

Beat Kidney Stones

Treat to Beat and Prevent Kidney Stones

Trustees Annual Report

And Unaudited Accounts

For Year 9

2nd October 2024 to 1st October 2025

Beat Kidney Stones is a Charity with the Charity Registration Number 1170678

Beat Kidney Stones

Legal and Administrative Information

Trustees

Ms Jilly Collins - re-appointed
Miss Tracey M Palmer – re-appointed
Miss Clare Sanders
Mrs Penny Sweetland

Secretary & CEO

Peter E Sanders

Registered Charity Number

1170678

Principal Banker

Lloyds Bank
Lloyds Bank Business Banking
BX1 1LT

and

Epworth Cash Plus Fund
Epworth Investment Management
Methodist Church House
25 Tavistock Place
London
WC1H 9SF

Beat Kidney Stones

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Beat Kidney Stones

Trustees Report

The Trustees present their report and accounts for the year ended 1st October 2025

The accounts have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the Charity's governing document and "Accounting and Reporting by Charities"

Structure, Governance and Management

Beat Kidney Stones is a Charitable Incorporated Organisation and was entered on the Register of Charities by the Charity Commission on the 12th December 2016 and was given the Registered Charity Number 1170678.

The trustees, who are also members of the Charity and who served during the year were:

Ms Jilly Collins
Miss Tracey M Palmer
Miss Clare Sanders
Mrs Penny Sweetland

Method of recruitment and appointment of trustees

New trustees apply and part of their interview process is to be asked if they are eligible to be appointed a trustee. If the potential trustee is eligible, they are recommended and appointed by the existing trustees. New trustees are informed about the Charity Commission's web site which identifies the responsibilities and how to act as a trustee and given a copy of the Foundation Document of Beat Kidney Stones and the latest Annual Report. None of the trustees have any beneficial interest in Beat Kidney Stones. All of the Trustees are also Members of Beat Kidney Stones.

Organisational Structure

The day-to-day management of the Charity's activities were delegated by the trustees to the Volunteer Chief Executive Officer on the 9th January 2017. The Volunteer CEO is assisted by other volunteers who report to the CEO.

Risk Policies

The Volunteer CEO assesses the risk policies regularly and the trustees are satisfied that the policies do mitigate exposure to major risks. The existing and new policies are: Lone Working Policy; Confidentiality Policy; Staff & Volunteer Working Policy; Health & Safety Policy; Rights & Responsibility Policy; Conflict of Interest Policy; Conflict of Interest Register, Managing Volunteers & Staff Policy; Equal Opportunities Monitoring Form; Risk Management policy; Handling Complaints Policy; GDPR; Investment Policy; Equality & Diversity Policy. The trustees state that no serious incidents have arisen during this financial year.

Objectives and activities

Beat Kidney Stones is a Charitable Incorporated Organisation and its objects are:

To promote and protect the physical and mental health of sufferers of kidney stones through the provision of financial assistance, support, education and practical advice; and to advance the education of the general public in all areas relating to kidney stones, in particular but not exclusively, by funding research into kidney stones.

Achievements and performance

On each day of the year a post was published on Facebook for the benefit of kidney stone sufferers, their family and friends and all other interested parties. The posts contained comment, questions, information and quotes from sufferers, members of the public, carers, reputable web sites, institutions and Researchers. Resulting from these posts the Charity has and will continue to identify life and work actions that improve sufferer conditions and treatments. These actions have also been published on the Charity's web site, to the Kidney Stone Research Group on LinkedIn and other pertinent Groups on LinkedIn.

Many kidney stone sufferers have said, having the "Helpful Information" page on the Charity's web site has helped their employer to understand and appreciate exactly what a kidney stone sufferer, experience's. The employer takes from the web site a better understanding of chronic pain and why each kidney stone sufferer has to continually drink water evenly over each 24 hours. All the information on the web site helps to prevent misunderstandings between the employer and kidney stone sufferers.

This year a number of kidney stone sufferers have rang or repeatedly rang the land line number displayed on the Charity's web site to talk over their symptoms and treatments with the CEO of the Charity. This land line number is now called a help line for kidney stone sufferers.

The CEO has continued to introduce Beat Kidney Stones to the research environment.

This Charity is involved with other organisations and offers opinions derived from kidney stone sufferer's comments and experiences and carers comments and experiences.

1 This year a Researcher from the Nuffield Department of Surgical Sciences asked if Beat Kidney Stones would assess her ethical application and protocol for the molecular examination of the internal structures of 10 cancerous kidneys for differences between kidneys with and without kidney stones. After assessing the document, the CEO on behalf of Beat Kidney Stones was happy to write that there were no ethical issues therein and supported this application.

2 In Year 8 Beat Kidney Stones was asked by a Researcher from the Nuffield Department of Surgical Sciences to help in the first instance to take part in a study design workshop and the CEO and a Trustee took part. This contact led to more detail about a proposed stage 1 research proposal to the National Institute for Health Research and Care (NIHR) and called, STOP (STOne Prevention) Trial. The purpose of the STOP Trial is to investigate if a certain type of drug reduces the re-occurrence of kidney stones. So many patients have wished for a drug to stop further kidney stones and because of this the CEO decided to write a support letter to the Stop Trial Lead. The CEO was invited to be a patient representative co-investigator and was added to the NIHR stage 2 application. Unfortunately, this year, this funding request was turned down by NIHR.

Consequently, Beat Kidney Stones encouraged an improved repeat application and included a more comprehensive support letter during the NIHR Stage 2 application level.

3 The Urology Foundation's (TUF) Patient and Public Involvement and Engagement programme brings together researchers and people affected by urology conditions to drive research forward. TUF are currently working on a project with Newcastle University to develop a Percutaneous Nephrolithotomy (PCNL) Outcome Prediction Tool (POPT). The Beat Kidney Stones CEO is participating in this group to:

Help develop an App and Website that predicts the risk to an individual of having PCNL and ensure the app and website is beneficial for patients.

4 The Beat Kidney Stones CEO attended a Patient and Public Involvement and Engagement Forum based at Swansea University Medical School on behalf of REMIT: Rethinking health policy in Multimorbidity – a population-based approach.

Remit is looking to develop a new approach to manage people with multiple, long term health conditions with an aim to reduce treatment burden and ensure improved outcomes for patients and the NHS.

More people are now living with multiple long-term conditions yet decisions regarding the management of each condition are usually considered individually. The three conditions currently being assessed are Heart Disease, Chronic Kidney Disease and Type 2 Diabetes,

5 Beat Kidney Stones was asked for opinions by a Masters Student working on a project to investigate the management of pain caused by the passing of kidney stones.

Interesting and helpful information relative to kidney stones and pain is published on LinkedIn, Facebook, the Kidney Stone Research Group and the Charity's web site.

Beat Kidney Stones has a continuous Stakeholder status in the National Institute for Health and Care Excellence (NICE). Beat Kidney Stones supports at all times the "Renal and ureteric stones: assessment and management guideline published on the 8-1-19 and the Renal and ureteric stones Quality standard (/guidelines/qs195)" which was published on the 29-7-20. Both publications are the current treatment standards for all sufferers of kidney stones. Signposts are on the Beat Kidney Stone web site to access both the NICE Guideline and Quality Standard.

The Charity continues to ask on its web site, through its Facebook posts and from the Kidney Stone Research Group on LinkedIn for comments, suggestions and research preferences from kidney stone sufferers and interested parties. It is thought this is a unique feature of this Charity. Consequently, Beat Kidney Stones is always open for comment from kidney stone sufferers and prepared to amend its policies according to the comments received.

The Charity is maintaining the articles on its web site about the Sufferers Travelling Support Fund, a fall safe alarm and an identification card for existing sufferers who think they might lose consciousness again. The identification card is provided at no cost to sufferers.

The Charity's daily Facebook posts continue to reach more people each year. These posts have generated comment and personal stories from sufferers which have led to further sufferer information being added to the Charity's web site, Facebook page and passed to the Kidney

Stone Research Group. More people are becoming members of the Kidney Stone Research Group and members are largely sufferers followed by Clinicians and researchers.

Employees when passing kidney stones had commented that some employers viewed frequent, very short-term absences over many weeks, to be a problem. Medical professionals had not recognised absenteeism due to kidney stones to be a widespread employment problem.

Beat Kidney Stones however heard many comments from sufferers which together indicated that employers could be treating employees much better.

Consequently, Beat Kidney Stones undertook a programme of providing information for employers and new sufferers.

To help repeat sufferers this Charity supports the home working option if it is at all possible.

From sufferers:

Working from home in a comfortable environment takes our mind off anticipating pain, it is better to have access to facilities when dealing with the intermittent chronic pain and drinking our recommended amount of water. Also, sufferers are happier and more productive when working from home.

The Trustees decided the monies for supporting sufferers and research will still be held in the Epworth Cash Plus Fund (It was called the Affirmative Deposit Fund) which earns a much-improved level of interest this year due to the increase in inflation.

To date monies accumulated in Epworth Cash Plus Fund are: allocated to sufferer support £606.68, for research £8562.68 and for Charity overhead £750.90.

In year 4 the Charity received two large donations – JA&MP 1 and MAS 1. The Donor in both cases made specific requests of Beat Kidney Stones that were agreed by the Trustees. Coincidentally the requests were in accordance with the existing rules of the Charity and particularly one (probably unique) rule that this Charity will disperse any donation in the manner requested by that particular donor.

The Donor in both cases requested that the donation be anonymous and be invested in perpetuity and in a specific way. Both Donors had the intention to achieve an income for the Charity and for the income to be used to only pay the actual operating costs of the Charity (Not speculative operating costs).

In year 5 the Trustees decided to hold sufficient reserves to maintain the operating costs for any rolling 12-month period and to allocate any monies accumulated above that level to research. This decision was and will be kept in constant review by the CEO.

Interest rates are still high so JA&MP 1 is still on deposit in the Epworth Cash Plus Fund. When the income from interest has fallen to a similar level to the income from the Epworth Multi Asset Fund the JA&MP 1 donation will be invested in the Epworth Multi Asset Fund or something similar, to obtain a primary objective of an income followed by capital growth.

When Beat Kidney Stones is asked for an opinion about a kidney stone issue by Researchers, sometimes a fee is paid, the CEO decided the fee should be paid to Beat Kidney Stones and added to JA&MP 1 which is currently on deposit. This decision will increase the capital value of JA&MP 1 which will also increase the income gained from JA&MP 1.

Due to the value of the income from the above donations the Trustees decided that all received monies not spent on overhead costs would be allocated towards research. Also, all donations received without a specific destination request by a donor are also to be allocated to research. Furthermore, all interest gained from monies not allocated towards research, will also be allocated towards research.

Donations

Thank you to all named and anonymous donors:

Year 2

Christine and Stephen Westcott.

Year 3

Rachel Matthee

Year 5

Eve Mockett, Paul Mockett, Andrew Charlton.

Year 6

Alison Sampson

Year 7

Lee Clark

Year 8

Lee Clark

Year 9

Mark Robinson

Lee Clark

Dr Bradley Phipps

Christine and Stephen Westcott

Colin Weightman

Janet Whiting

R C Furneaux

Fiona Northfield

Miss Ria Johal

Donations In Memorial

Year 2

Donations totalling £1359.47 were made to the Charity in memory of Margaret Anne Sanders

A donation of £50 was made to the Charity in memory of Joyce Hawkins.

Year 3

A donation of £117.5 was made to the Charity in memory of Joan and Charles Pinegar.

Donations totalling £1280.12 were made to the Charity in memory of Timothy Stone.

Year 4

An anonymous donation of £14,670.05 was made to the Charity in memory of John, Anne and Margaret Pink.

Donations totalling £803.65 were made to the Charity in memory of Edith Evelyn Lynam nee Johnson.

An anonymous donation of £48,000 was made to the Charity in memory of Margaret Anne Sanders. (MAS 1)

Year 5

Donations totalling £722.75 were made to Beat Kidney Stones in memory of Percy and Violetta. A donation of £19.28 was made to Beat Kidney Stones in memory of Patricia Mockett.

Year 6

Donations totalling £357.80 were made to Beat Kidney Stones in memory of Lois and Mark Osborn.

Year 7

Donations totalling £564.48 were made to Beat Kidney Stones in memory of Ivan Osborn.

Year 8

Donations totalling £600.97 were made to Beat kidney Stones in memory of Frank and Beryl Lynam.

Year 9

Possibly three donations were made, and one certainly from Janet Whiting in Memory of Robert Farmer.

Public Benefit

The trustees confirm they have and will continue, to comply with their duty to have due regard to the guidance on public benefit issued by the Charity Commission in exercising their powers. This has been exemplified above, by the continuing use of the web site www.beatkidneystones.co.uk and by the continued use of the Kidney Research Group on LinkedIn. Further examples are the daily dialogue by the Charity on Facebook, plus the comment, questions and experiences given by sufferers when replying to posts on the Charity's Facebook page.

Kidney stone sufferers also ask for help and advice or make comments by telephone and email on a regular basis.

A further example of public benefit was the collating by the Charity of comments made by Kidney Stone Sufferers to the Charity when fulfilling its role as a NICE Stakeholder. The Charity made those comments known to NICE at the Guideline and then at Quality Standard consultative stage and this year on the NICE Draft Guideline: Urinary tract infection in under 16s: diagnosis and management

This means Kidney Stone Sufferers have had an input to one NICE Guideline and Quality Standard and a second Draft Guideline.

There is a requirement by funding bodies for Researchers to have a Patient and Public Involvement and Engagement (PPI&E) role in all research applications. Beat Kidney Stones has assisted 5 different groups of Researchers in this financial year.

Frequently first-time sufferers who are experiencing the extreme/chronic pain associated with the passing of a kidney stone contact this Charity to ask for help and advice. Also, family members on behalf of sufferers also contact this Charity to ask for advice and help in understanding their loved one's situation.

The most frequently asked question is:

Is there a medical treatment that will stop another kidney stone from being formed? The answer currently is no and this answer applies to approximately 5 million people in the UK.

Financial Review

During this ninth year the Charity generated a net income of £2484.16

The Trustees directed the CEO to concentrate all suitable income into the Research Fund and to always be mindful of the operating costs and the existing Reserves Policy (below) at all times. Provisions are to be made for a possible capital expenditure of approximately £1k (for a replacement laptop) to take place over the coming years.

Reserves Policy

Due to receiving J, A, & MP 1 and then MAS 1 the Trustees decided that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to the Charity's running costs for any rolling 12 monthly period. Then when the income from J, A, & MP 1, MAS 1 and other income exceeds any rolling 12 monthly running cost average the excess will be allocated to the Designated Reserved Research Fund or the Designated Reserved Sufferer Support Fund as demand dictates. The Trustees consider that reserves at this level will ensure that the advice and assistance given via the web site, Facebook and Kidney Research Group will allow the Charity to continue operating for any rolling 12 month period and speed the growth primarily of the research fund and then the support fund as necessary.



Signed on behalf of the Trustees

Independent Examiner's Report on the Accounts

Report to the trustees of Beat Kidney Stones
On the Accounts for the period 2nd October 2024 to 1st October 2025
Charity Number. 1170678

We report to the trustees on our examination of the accounts of the above charity for the year ending 1st October 2025.

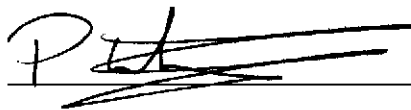
As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

We report in respect of our examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



18-12-25

Paul Wright on behalf of
APB Accountants Limited
1-5 Market Square
Ilfracombe
Devon
EX34 9AU

Statement of Comprehensive Income & Statement of Financial Position

Statement of Comprehensive Income

		24/25		23/24	
		Unrestricted	Restricted	Unrestricted	Restricted
Notes					
Incoming Resources	2	3777.38	72,656.45	3,225.81	72,656.45
Outgoing Resources	3	1306.75		1,014.10	
Net (Deficit)/Surplus	4	2470.63		2,211.71	
Fund Balance at 1 st October 2025		2470.63		2,211.71	

Statement of Financial Position

Fixed Assets					
Tangible assets	1.2	61.61		75.14	-
Investments			56,920.85		57,344.63
Current assets					
Restricted Cash to Re-invest			15408.23	-	15,311.82
Cash at Banks and in hand		920.68	-	1,068.54	-
Designated Reserve Fund for Sufferers		606.68	-	606.68	-
Designated Reserve Fund for Research		<u>8532.68</u>	-	<u>5,838.15</u>	-
Total Assets		10,060.04	72,329.08	7,513.37	72,656.45
Liabilities and Equity					
Retained Earnings		7,575.88		5,301.66	
Net Income		<u>2484.16</u>		<u>2,211.71</u>	
Equity		10,060.04		7,513.37	
Restricted Funds			<u>72,329.08</u>		<u>72,656.45</u>
Total Equity			82,389.12		80,169.82

Notes to the Accounts

1 Accounting Policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention

The accounts have been prepared in accordance with applicable accounting standards and SORP.

1.2 Tangible fixed assets and depreciation

Tangible fixed assets are stated at costs (Less depreciation of 18%) for this third year

	24/25	23/24
	£	£
Capital equipment	75.14	91.63
Depreciation	13.53	16.49
Net book value	61.61	75.14

2 Donations

Restricted Donations

A restricted donation of £14670.05 (J, A, & MP 1) was received subject to this amount being invested in perpetuity to achieve a regular income to only meet current operating costs. Aberdeen/CAF cancelled this Investment opportunity. Due to high interest rates the Trustees decided to hold cash in the Epworth Cash Plus Fund until Interest rates start falling.

£ £

0 0

A second restricted donation of £48,000 (MAS 1) was received subject to this amount being invested in perpetuity with Epworth to achieve a regular income to only meet Operating Costs:

Global	25,276.15	25,431.66
Multi Asset	17,501.33	17,862.76
UK Equity	<u>14,143.37</u>	<u>14,050.21</u>

Total Invested Restricted Funds are: 56,920.85 57,344.63

	24/25		23/24	
	Unrestricted Funds	Restricted Funds	Unrestricted Funds	Restricted Funds
Restricted Invested Donations		56,920.85		57,344.63
Other Donations and income				
Restricted donation for reinvesting		15311.82	-	15,226.82
Income for BKS's contributions		<u>96.41</u>	-	<u>85</u>
Total restricted donation to reinvest		15408.23	-	15,311.82
Donor 1	611.19	-	600.97	-
Donation from MR	96.00	-	0	-
Donation from LC	38.4	-	28.92	-
Donation from DBP	9.60	-	0	-
Donation from SW 2	50.0	-	50.0	-
Donation from CW	96.0	-	96.0	-
Donation from JW	288.0	-	288.0	-
Donation from RCF	25.0	-	25.0	-
Donation from FN	1.4	-	1.4	-
Donation from RJ	4.8	-	4.8	-
plc donations	272.25	-	50.00	-
PayPal	4.05	-	48.73	-
Gift Aid	152.85	-	143.03	-
Epworth Cash Plus	1019.98	-	1074.51	-
MAS 1 Multi Asset Fund	382.97	-	490.73	-
MAS 1 UK Equity	361.73	-	428.20	-
MAS 1 Global Equity	363.16	-	360.72	-
J, A, & MP 1	0	-	0	-
Other Interest	<u>0</u>	-	<u>0</u>	-
		72,329.08		72,656.45
Total Income	3777.38		3225.81	

3 Total resources expended

	24/25	23/24
Costs of generating income		
Repairs and renewals	682.03	383.9
General Admin	0	0
Premises cost	611.19	572.00
Services bought	0	0
Volunteer expenses & sundries	<u>0</u>	<u>41.71</u>

Outgoings	1293.22	997.61
Total outgoings with depreciation	<u>1306.75</u>	<u>1014.10</u>
4 Net Income	2484.16	2211.71