



Mind Body **EDS**[®]

Supporting those impacted by Ehlers-Danlos syndromes

ANNUAL REPORT

YEAR ENDED 31ST DECEMBER 2024



A GATEWAY OF HOPE FOR EHLERS-DANLOS SYNDROMES

A Charity (Charitable Incorporated Organisation) Registered in England and Wales
Registered Charity Number 1177182

OUR FOUNDER'S STORY



My symptoms went unrecognised for more than a decade, until 2014 when I finally was given my diagnosis of Ehlers-Danlos syndrome (Hypermobility, hEDS) along with a number of other common comorbidities. Unfortunately, my diagnosis came too late because my condition had deteriorated to a point of becoming life-threatening: essentially, not only was my neck dangerously unstable, my brain was sinking through my skull causing serious life-threatening damage.

Living without an accurate diagnosis for the majority of my life has put a tremendous strain on my whole family. With a lack of funding and expertise available on the NHS or elsewhere, my family and I were then faced with the huge financial burden and stress of having to empty our pockets to seek the limited EDS specialists in the UK and eventually we had no choice but to go abroad to the USA for life-saving treatment. Between 2016 and 2019 I underwent a total of seven brain and spinal surgeries in my mid-twenties.

As a result of this life-altering experience, when I woke from my first neurosurgery in 2016, I wanted it to be put to good use to ensure that others did not suffer in the same way from a failure to diagnose EDS early. The result has been the creation of the Mind Body EDS charity.

The ongoing suffering amongst patients is real and it is a problem on a worldwide scale. Due to lack of awareness, knowledge and understanding in the medical profession and general public, patients go unbelieved for years and even decades, being told "it's just all in your head". They see doctor after doctor, getting misdiagnosis after misdiagnosis, only making their symptoms worse, causing irreversible damage to the body. When will this ignorance end?

Timely early diagnosis and the provision of appropriate care in order to manage the condition is imperative so that the proper course of treatment, therapy and lifestyle adjustments are made before the condition becomes disabling or life-threatening. Early diagnosis and treatment can have a hugely positive impact on the lives of sufferers and their families - and it is with this aspect of care for the EDS patient that our charity is concerned.

Living with a known diagnosis is better than an undiagnosed illness. This truly determines the type of outcome and quality of life an EDS patient is faced with.

I dream of a time where it is easier for doctors to diagnose EDS. I dream of a time when a patient's condition doesn't worsen to a point of becoming critically severe, until ultimately being diagnosed. I dream of a time when doctors have heard of this

'not-so-rare' connective tissue disease, being able to diagnose early and treat patients, giving them the best chance at life.

EDS is not a rare condition: the rarity is in the awareness and knowledge amongst the medical profession and general public. So being diagnosed correctly should not be rare.

Even though no two EDS individuals are ever the same, the one thing I have witnessed amongst patients that is similar are the characteristics of unity, resilience and hope. Without these three vital characteristics, our voices would never be heard or believed.

Invisible illness is the very definition of hell. Understanding Ehlers-Danlos syndromes is a steep learning curve, and the only way in which to climb, is to have hope for what the future could bring. Because there simply is nothing else. There is no cure.

In actively spreading education and awareness, a goal of our charity is to bring hope. By providing financial grants and support to EDS sufferers, a goal of our charity is to bring relief. Through supporting medical research, a goal of our charity is to bring resolution.

Mind Body EDS aspires to be 'a gateway of hope', to not just those of us with Ehlers-Danlos syndromes, but also for the future generations of zebras^[1] to come.

I'm a true believer and live by this famous quote by author Paul Shane, "helping one person might not change the world, but it could change the world for one person."

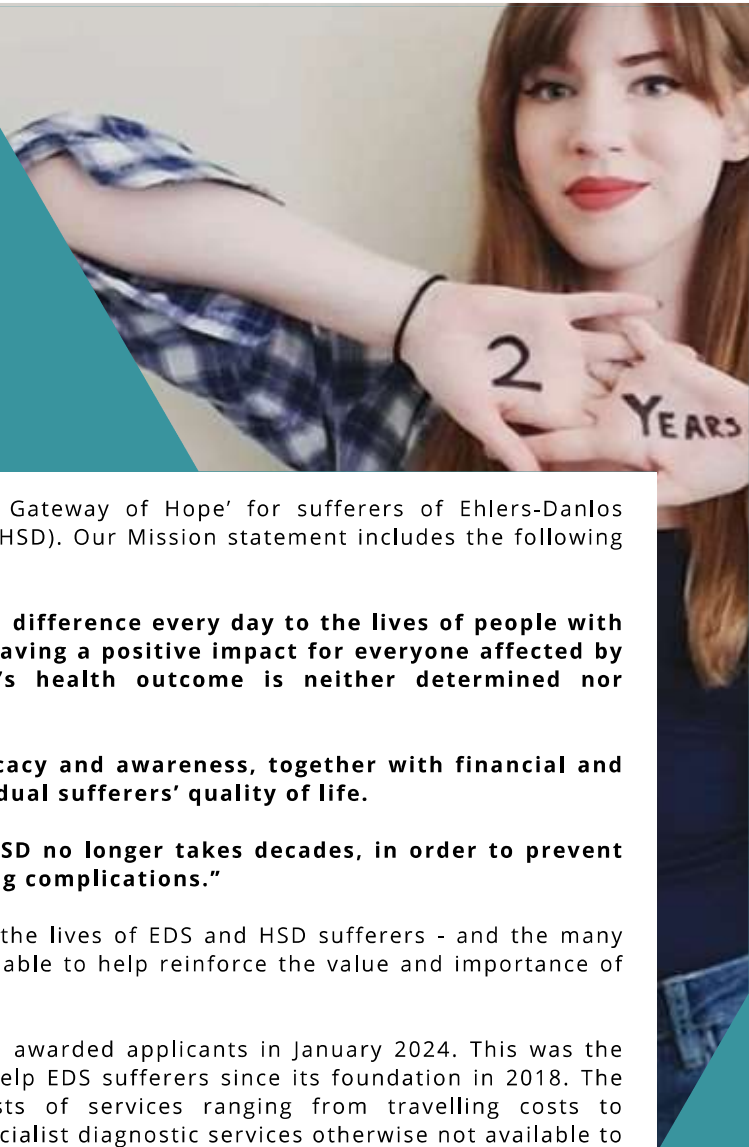
So, it's your turn. Help change the world for those who are impacted by EDS and contribute to their life-changing diagnosis, treatment and management of their condition by offering your kindness and support in giving today.

Many people who suffer from rare diseases, such as Ehlers-Danlos syndromes are known as medical zebras. The zebra originates from the phrase doctors are taught in medical school "when you hear the sound of hooves, think horses not zebras". Doctors are taught to assume the most common and simplest diagnosis (horses) which is usually correct, to avoid misdiagnosing patients with rare illnesses (zebras). Yet sometimes, when you hear the sound of hooves, it really is a zebra.

Laura Sylvester-Dodson

[1] Many people who suffer from rare diseases, such as Ehlers-Danlos syndromes are known as medical zebras. The zebra originates from the phrase doctors are taught in medical school "when you hear the sound of hooves, think horses not zebras". Doctors are taught to assume the most common and simplest diagnosis (horses) which is usually correct, to avoid misdiagnosing patients with rare illnesses (zebras). Yet sometimes, when you hear the sound of hooves, it really is a zebra.

OUR CHAIR'S REPORT



The overarching Mission of Mind Body EDS is to be 'A Gateway of Hope' for sufferers of Ehlers-Danlos Syndromes ('EDS') and Hypermobility Spectrum Disorders (HSD). Our Mission statement includes the following goals:

"Mind Body EDS aims to be at the forefront of making a difference every day to the lives of people with EDS and HSD and their families. We are committed to having a positive impact for everyone affected by Ehlers-Danlos syndromes, to ensure each individual's health outcome is neither determined nor disadvantaged by their personal means.

We confront EDS and HSD on all fronts - through advocacy and awareness, together with financial and research support - to help save lives and improve individual sufferers' quality of life.

Our vision is for a world where diagnosis of EDS and HSD no longer takes decades, in order to prevent the condition from causing disabling and life-threatening complications."

One of our primary goals is to help make a difference to the lives of EDS and HSD sufferers - and the many testimonials we receive from people the Charity has been able to help reinforce the value and importance of this goal.

The Charity opened a Grant Round in December 2023 and awarded applicants in January 2024. This was the tenth Grant Round the Charity has been able to fund to help EDS sufferers since its foundation in 2018. The Charity helped 10 successful individuals meet the costs of services ranging from travelling costs to appointments; mobility aids and equipment assistance; specialist diagnostic services otherwise not available to them through the NHS and to receive various therapies to their individual needs. We distributed a total of £20,809 to those applicants in this Round.

The Charity awarded two 'Out of Round' grants in 2024 to two individuals that needed urgent help. The Charity awarded a total financial support of £6,550.

A summary of the financial report is that the Charity opened 2024 with £15,170.39; raised £6,458 through sponsored activities and direct donations; distributed £26,809 through one Grant Round and two 'Out of Round' awards referred to above, and incurred £1,670 in expenses and promotional materials. None of the Trustees or the Founder are remunerated and donate their time for free. The Charity closed the year with a cash balance of £16,580 as of 31st December 2024.

As it was reported in the 2023 Chair's Report, the level of financial support being requested exceeds the Charity's capacity to support all applicants and in each Grant Round the Trustees face the unenviable task of determining how to allocate a limited cash resource amongst the many worthy applicants. Your support of the Charity either through helping raise money or making donations directly is important in allowing us to help as many EDS and HSD sufferers as possible and is most welcome.

Mind Body EDS is not just about directly helping EDS and HSD sufferers secure early accurate diagnosis and treatment, critically important though that is. The Charity was also established to help address the lack of awareness and understanding of EDS and HSD amongst both the medical profession and the general public more broadly, and in 2024 we continue to take steps in broadening recognition of EDS as a unique set of disabilities.

I would like to take this opportunity to acknowledge and thank those colleagues who help run the Charity and to thank all who have contributed to its activities in whatever way during 2024.

I have held the position of Interim-Chair since 2023.



Interim-Chair of the Trustees

REPORT OF THE TRUSTEES FOR YEAR ENDED 31ST DECEMBER 2024

The Trustees of Mind Body EDS are pleased to present this seventh annual report and accounts for the Charity. The Charity was licensed on 15th February 2018 and the Trustees have chosen to close the accounting period end on 31st December each year. This report covers the accounting period from 1st January 2024 to 31st December 2024.

These 'Receipts and Payments' accounts are presented under section 133 of the Charities Act 2011, which states that charities registered in England and Wales that are not companies are allowed to complete Receipts and Payments accounts if their turnover does not exceed £250,000.

Also, In accordance with section 25 of the Charity's constitution, the Trustees have kept proper accounting records and the charity is entitled to file receipts and payments accounts if the Trustees choose to do so. The Trustees confirm that none of the exceptions listed in the Charity Commission's guidelines apply to the Charity and that receipts and payments accounts are appropriate to the Charity's circumstances. The Trustees have opted to use the Charity Commission's proforma for completing the accounts.



REFERENCE AND ADMINISTRATIVE DETAILS

OUR TRUSTEES FOR 2024

Kevin Sylvester (Interim-chair)
Andy Blair (resigned May 2024)
Graham Noakes (resigned August 2024)
Francesca Oosthuizen
Martin Coleman (appointed September 2024)
Rochelle Sylvester (appointed September 2024)

OUR FOUNDER

Laura Sylvester-Dodson

OUR FAMILY PATRONS

Rt Hon. Lord Mark Malloch Brown and Lady Trish Malloch-Brown

OUR MEDICAL PATRON

Professor Christopher Matthias

OUR AMBASSADOR

Ashleigh Harley

OUR REGISTERED ADDRESS

c/o Shaw Gibbs
Wey Court West
Union Road
Farnham
Surrey
GU9 7PT

OUR CONTACT DETAILS

Find us at: www.mindbodyeds.org.uk
Social media: @mindbodyedscharity

OUR PURPOSES AND ACTIVITIES

Our charitable objects as detailed in our constitution are these:

1) The relief of sickness and the preservation and promotion of good health among people suffering from Ehlers Danlos Syndromes (EDS) and Hypermobility Spectrum Disorders (HSD), comorbidities and related conditions in particular but not exclusively by:

a) Providing information and grants of financial assistance to those diagnosed with such conditions, and those seeking a diagnosis

b) Providing grants of financial assistance to organisations undertaking research into Ehlers Danlos Syndromes, comorbidities and related conditions, the useful results of which will be disseminated for the public benefit

2) To advance education of the public in EDS and HSD, comorbidities and related conditions in particular but not exclusively by providing informative talks designed to raise awareness and further knowledge of the conditions among the medical profession

These defined purposes translate into our key objectives as an organisation which are to provide support in three key areas:



EDUCATION

We are about raising awareness and educating the public and medical community about the range of EDS and HSD and how widespread they are, specifically advocating across the UK's medical schools. By uniquely focusing on the doctors of tomorrow we aim to provide better outcomes for EDS and HSD patients - and in this way differentiate ourselves from other charities. The earlier a patient can get a diagnosis, the earlier their life can improve and potentially mitigate disabling or life-threatening medical complications that can occur depending on the progression and severity of their EDS and HSD.

FINANCIAL SUPPORT

We are about financially supporting and contributing to individuals and families who are directly impacted by EDS and HSD enabling them to have the option (NHS or private) to access the limited EDS and HSD specialists to diagnose, manage and treat their conditions in the UK. Key interventional diagnostics and treatments for some patients are only offered in specialist locations, resulting in substantial travel and accommodation costs for many families, even when treatments are available on the NHS. Fundamentally, we aim to ensure that delay through lack of affordability does not determine a worse outcome for the patient.



RESEARCH

We support research to find causes, treatments and potential cures of the EDS and HSD and improving the quality of life of patients affected by this genetic condition.

OUR STRUCTURE, GOVERNANCE AND MANAGEMENT

As at 31st December 2024 the Charity has four trustees who meet on a regular basis in Trustee meetings which are the decision making forum of the Charity. The terms of office for the individuals vary and are set for 2, 3 and 4 years.

The role of Interim-Chair rotated between Kevin Sylvester and Graham Noakes from January to August. Since September 2023, Interim-Chair is represented by Kevin Sylvester.

During the course of 2024 there have been four full Trustee meetings, all meetings being held virtually. Two trustees attended all four meetings, three trustees attended two meetings, and four trustees attended one meeting.

Two trustees resigned in 2024 due to personal reasons - Andy Blair as of 21 May 2024, and Graham Noakes as of 13 August 2024. We welcomed and appointed two new Trustees as of 21 September 2024, Martin Coleman and Rochelle Sylvester.

The Trustees are not paid and volunteer their time in meetings and in other activities to further the causes of the Charity.

The Charity is supported in administrative and ambassadorial roles by the Charity's founder, Laura Sylvester-Dodson. Laura also attends Trustee meetings and has been influential in defining the direction and principles of the Charity.

The Charity keeps detailed accounting records and has an agreed set of Financial Policies which set out the way in which the Charity's financial activities are carried out, covering such activities as operating the bank account, and producing quarterly financial updates to Trustees.

In managing its financial resources, the Trustees from time to time consider the need to hold reserves. The Charity does not have employees, nor premises, and does not therefore incur regular expenses of this nature. However, to be prudent and to allow the Charity to meet potential expenses and commitments as they fall due (such as for professional fees) the Trustees have determined that a small sum should be set aside at all times to meet these expenses (the balance being £2,370 at the end of the accounting period).

As the Charity's turnover for 2024 did not exceed £250,000 the Trustees have elected to produce Receipts and Payments accounts and these are to be seen later in this report. The Trustees have opted to use the Charity Commission's proforma for completing the accounts.

Mind Body EDS is officially trademarked by the IPO.



HOW HAVE WE FULFILLED OUR OBJECTIVES IN 2024?



With thanks to the Christmas carol singer volunteers

FUND RAISING

The income of the Charity for 2024 was £6,458.

Despite a challenging economic climate and ongoing pressures of the cost of living crisis, we maintained a programme of fundraising activity. While overall donations were modest than previous years, we were extremely fortunate to receive two donations from foundations totalling £5,000, as well as having many individuals donating. The wide variety of donors and methods of support shows us that we are raising awareness of the Charity and our causes far and wide.

Other friends of the Charity who have helped us through the year included:

- £227 raised by Emily Rezin doing a challenge of 30 miles in 30 days
- £777 raised by direct donations
- £685 raised by volunteer Christmas carol singers in December
- Contributions are made in many ways, including Crowd Funder, PayPal, and the Charities Aid Foundation.

These contributions, though modest, remain an important source of unrestricted funds and demonstrate the commitment of our community to supporting people affected by EDS and HSD. We are grateful to all of our donors, whatever the method you choose to help us.

GRANT GIVING

Awarding grants to individuals is the core of what we do – we award grants to applicants seeking financial support for diagnostic tests, travel, treatments or equipment arising from their diagnosis – or suspected diagnosis – of Ehlers-Danlos syndromes. In 2024, we awarded grants from the December 2023 grant round and two 'out of round' grants. In total we had 25 applications and were able to award 12 grants to a total value of over £26,809. The value of the grants awarded ranged from £350 to £5,724.

Everything we have experienced in these first six years of activity for the Charity indicates to us that there is a huge unmet need for support and we will continue to work hard to help individuals to access support and treatment to give everyone the best chance of an earlier diagnosis or the support they need to live better with EDS.

£6,458

**Fundraised by individuals
and events in 2024**

12

**EDS patients positively
impacted by financial grants
in 2024**

£26,809

**Total financial grants
awarded to EDS patients in
2024**

AWARENESS RAISING

Our aim to raise awareness amongst the public and the medical community will never be complete – there will always be more that can be done. In 2024, we made a virtual impact actively using Social Media (Facebook and Instagram) with est. 11,000 total followers, thanks to the efforts and support of volunteers working with us posting EDS Facts, Grant Testimonials and Awareness Days.

Our aim to reach the medical community is specifically focussed on the next generation of young doctors and GPs. By raising awareness of the symptoms and prevalence of EDS amongst trainee medics – and particularly using the 'zebra' analogy – in future, the experience of hearing about EDS may lead a clinician to pursue EDS as a diagnosis – possibly leading to achieving the ultimate goal of more timely diagnosis and appropriate, and possibly life saving, treatment.

Our aim to reach the general public continued to grow in 2024 with the help of advocacy events, social media, fundraising events, and website. We would like to highlight:

- Delivered a webinar presentation on EDS and the work of our Charity to nine Nexus general practices across London. Resulted in significant positive action where Nexus initiated an audit of EDS and HSD within their patient records to strengthen their understanding and improve care pathways. Feedback from participants was overwhelmingly positive, with clinicians reported greater awareness and confidence in supporting patients with these conditions.
- Fundraising events - individuals participated for our Charity in the 30 miles in 30 days sporting event as described in the 'Fundraising' section above
- Carol singing at Christmas in our local town, Farnham, spreading awareness of EDS to members of the public by handing out MB-EDS awareness flyers and advocating.
- Social Media - our accounts on Facebook and Instagram have been very active this year with est. 11,000 total supporters, thanks to the efforts of volunteers working with us. Our #myedsdiagnosis campaign that began in May 2018 continues to be a success with over 200 individuals from around the world sharing their diagnosis story and number of years to diagnosis to help spread awareness of our Charity's mission. Most weeks we have shared these stories, EDS Facts, Awareness Days and Grant Testimonials to reach a wider audience and have received positive feedback.

Raising awareness among healthcare professionals remained a priority in 2024 and we would like to thank all our supporters and volunteers for making it successful.

FUNDING RESEARCH

Our objective to fund research into EDS and HSD is aspirational – in these early years, funds have been directed towards our more immediate priority of helping individuals to seek diagnosis and to aid them in living more comfortably with EDS. In the longer term, there will be many opportunities to contribute to the research agenda and to focus funding in areas which will support greater understanding of the origins, progress and treatments for EDS, and we are hoping that within 5 years, we will have made a start on this particular objective.

LOOKING AHEAD TO 2025 AND BEYOND

As our experience over the past six years as a Charity has shown us, there is much unmet need for EDS and HSD sufferers and much more to do.

Our focus for 2024, and continuing into 2025, has been to secure longer-term sponsorship donors to enable us to offer more grant awards to individuals to help them achieve a timely diagnosis, and to provide support for medical and lifestyle requirements of those living with the disease.

We will also be stepping up our advocacy work and are planning to reach out to more of the medical community to raise awareness of the symptoms and prevalence of Ehlers-Danlos syndromes and Hypermobility Spectrum Disorders to give new patients the best chance of an early diagnosis.

For our fundraising efforts, we are hopeful that we will have more events and opportunities to connect with donors despite challenging economic times.

And we will be continuing to engage with our networks and communities to seek support for our work through a variety of sponsored and individual efforts.

This report is signed by the Interim Chair of Trustees and was approved by the Trustees by email on 12th October 2025.



Kevin Sylvester
Interim-Chair of the Trustees

MIND BODY EDS

A CHARITABLE INCORPORATED ORGANISATION REGISTERED IN ENGLAND & WALES CHARITY NUMBER 1177182

Receipts and Payments Analysis for accounting period 1st January 2024 to 31st December 2024			
		2024	2023
		£	£
Receipts			
Donations from Charitable foundations	5,000	18,000	
Donations from Individuals and companies	774	1,605	
Donations from Sponsors	226	2,234	
Direct Fundraising activities	458	1,270	
	<u>6,458</u>	<u>23,109</u>	
Payments			
Grants to applicants	26,809	14,214	
Bank and money transfer fees	-	-	
Professional fees	875	2,222	
Purchase of equipment	-	-	
Office expenses	764	302	
Fundraising expenses	49	-	
Conference and educational events	-	-	
	<u>28,497</u>	<u>16,738</u>	
Cash Funds			
Bank account balance	16,121	36,578	
Cash in Hand	458	850	
Pay Pal account balance	1	1,191	
	<u>16,580</u>	<u>38,619</u>	

Please see the Notes to the Accounts on the following pages.

NOTES TO THE ACCOUNTS

These 'Receipts and Payments' accounts are presented under section 133 of the Charities Act 2011, which states that charities registered in England and Wales that are not companies are allowed to complete Receipts and Payments accounts if their turnover does not exceed £250,000.

Also, In accordance with section 25 of the Charity's constitution, the Trustees have kept proper accounting records and the charity is entitled to file receipts and payments accounts if the Trustees choose to do so. The Trustees confirm that none of the exceptions listed in the Charity Commission's guidelines apply to the Charity and that receipts and payments accounts are appropriate to the Charity's circumstances. The Trustees have opted to use the Charity Commission's proforma for completing the accounts.

ACCOUNTING YEAR END

The Charity was licensed on 15th February 2018. The Charity has chosen to designate 31 st December as its accounting period end. Specific disclosures for Charitable Incorporated Organisations

- The Charity is required to disclose any guarantees which it has given and which could give rise to a potential liability. As at the end of December 2024 the Trustees had agreed to pay, but not yet paid, a sum of £500 for professional fund raising advice.
- There are no debts outstanding at 31st December 2024 and consequently no debts secured by an express charge on any asset of the Charity.

RELATED PARTY TRANSACTIONS

In 2024 a sum of £813.36 was paid to Kevin Sylvester, interim Chair of the Charity, for expenses incurred on behalf of the Charity.

TRUSTEE REMUNERATION AND EXPENSES

During the year no Trustee received any remuneration in their role as a Trustee. A total of £813.36 was reimbursed to Trustees for payments made on behalf of the charity.

ACCOUNTING FOR SEPARATE FUNDS – RESTRICTED AND ENDOWMENT FUNDS

All receipts to the Charity have been technically unrestricted – no specific conditions attach to funds received and hence no separate accounting for reserved funds is required. The Charity holds no endowment funds.

However, in order to be prudent and to ensure that the Charity is able to meet potential expenses and commitments as they fall due (such as for professional fees) the Trustees have determined that a small sum should be set aside at all times to meet these expenses (the balance being £1,160 at the end of the accounting period). These funds set aside are not restricted or reserved under the meaning of the SORP.

END OF NOTES.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Mind Body EDS

1177182

Receipts and payments accounts

CC16a

For the period
from

1st January 2024

To

31st December 2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations from Charitable foundations	5,000	-	-	5,000	18,000
Donations from Individuals and companies	774	-	-	774	1,605
Donations from Sponsors	226	-	-	226	2,234
Direct Fundraising activities	458	-	-	458	1,270
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,458	-	-	6,458	23,109
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,458	-	-	6,458	23,109
A3 Payments					
Grants to applicants	26,809	-	-	26,809	14,214
Bank and money transfer fees	-	-	-	-	-
Professional fees	875	-	-	875	2,222
Purchase of equipment	-	-	-	-	-
Office expenses	764	-	-	764	302
Fundraising expenses	49	-	-	49	-
Conference and educational events	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	28,497	-	-	28,497	16,738
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	28,497	-	-	28,497	16,738
Net of receipts/(payments)	- 22,039	-	-	- 22,039	6,371
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	38,619	-	-	-	32,248
Cash funds this year end	16,580	-	-	- 22,039	38,619

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account balance	16,121	-	-
	Pay Pal account balance	458	-	-
	Cash in Hand	1	-	-
	Total cash funds	16,580	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Kevin Sylvester	Kevin Sylvester	12th October 2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Mind Body EDS

1177182

Receipts and payments accounts

CC16a

For the period
from

1st January 2023

To

31st December 2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations from Charitable foundations	18,000	-	-	18,000	20,000
Donations from Individuals and companies	1,605	-	-	1,605	5,714
Donations from Sponsors	2,234	-	-	2,234	5,222
Direct Fundraising activities	1,270	-	-	1,270	190
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	23,109	-	-	23,109	31,125
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,109	-	-	23,109	31,125
A3 Payments					
Grants to applicants	14,214	-	-	14,214	28,428
Bank and money transfer fees	-	-	-	-	2
Professional fees	2,222	-	-	2,222	2,134
Purchase of equipment	-	-	-	-	-
Office expenses	302	-	-	302	176
Fundraising expenses	-	-	-	-	84
Conference and educational events	-	-	-	-	240
	-	-	-	-	-
	-	-	-	-	-
Sub total	16,738	-	-	16,738	31,065
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,738	-	-	16,738	31,065
Net of receipts/(payments)	6,371	-	-	6,371	60
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	32,248	-	-	32,248	32,188
Cash funds this year end	38,619	-	-	38,619	32,248

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank account balance	36,578	-	-
	Pay Pal account balance	1,191	-	-
	Cash in Hand	850	-	-
	Total cash funds	38,619	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
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Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Kevin Sylvester	Kevin Sylvester	5/21/2024
Graham Noakes	Graham Noakes	5/21/2024