



Mind Body **EDS**[®]

Supporting those impacted by Ehlers-Danlos syndromes

ANNUAL REPORT

YEAR ENDED 31ST DECEMBER 2025



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."

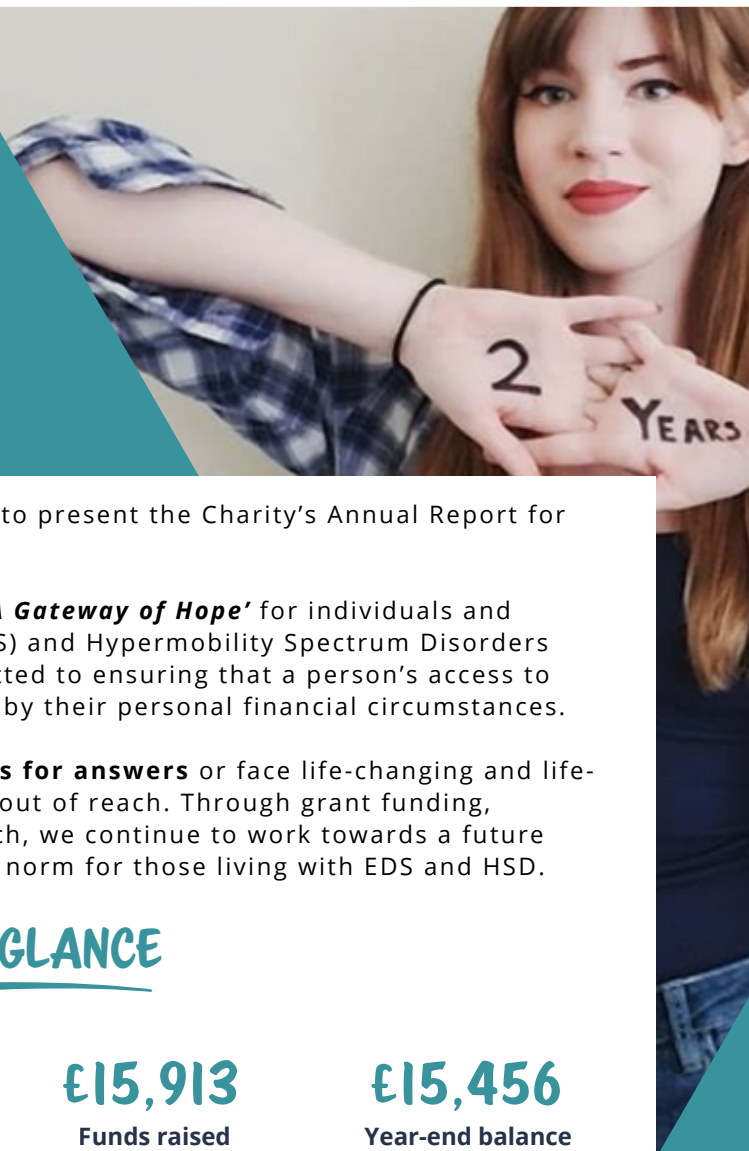
So, it's your turn. Help change the world for those who are impacted by EDS and contribute to their life-changing diagnosis, treatment and management of their condition by offering your kindness and support in giving today.

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



As Interim Chair of Mind Body EDS, it is my privilege to present the Charity's Annual Report for 2025.

The overarching Mission of Mind Body EDS is to be '**A Gateway of Hope**' for individuals and families affected by of Ehlers-Danlos Syndromes (EDS) and Hypermobility Spectrum Disorders (HSD). Since our founding, we have remained committed to ensuring that a person's access to diagnosis, treatment, and support is not determined by their personal financial circumstances.

We believe that **no one should have to wait decades for answers** or face life-changing and life-threatening complications because specialist care is out of reach. Through grant funding, advocacy, awareness raising, and support for research, we continue to work towards a future where earlier diagnosis and better outcomes are the norm for those living with EDS and HSD.

2025 AT A GLANCE

11	£10,328	£15,913	£15,456
Grant recipients supported	Grant funding awarded	Funds raised	Year-end balance

One of the most rewarding aspects of our work remains the direct impact we have on individuals and families. The testimonials we receive from grant recipients continue to reinforce the importance of our mission and remind us why this work matters. Behind every application is a person seeking hope, support, and access to care, often after years of struggle.

During 2025, the Charity opened two Grant Rounds: our Eleventh Grant Round in June 2025 and our Twelfth Grant Round in December 2025. As the twelfth round was awarded in January 2026, only the eleventh grant round is reflected within the 2025 financial accounts.

Through the Eleventh Grant Round, we awarded grants to **11 individuals**, distributing a total of **£10,328** to help recipients access specialist diagnostic, travel to medical appointments, mobility aids and equipment, and therapies tailored to their individual needs. For many recipients, these interventions would not otherwise have been accessible.

Financially, the Charity remained stable throughout the year. We began 2025 with a cash balance of £16,580, **raised £15,913** through donations and fundraising activities, **distributed £10,328 in grants**, and incurred £6,709 in operational and promotional expenses. We closed the year with a cash balance of **£15,456**.

As always, none of the Trustees or our Founder receive remuneration for their work. The Charity's achievements are made possible entirely through the dedication of volunteers who generously donate their time, expertise, and energy.

Whilst we are proud of what has been achieved, **demand for support continues to exceed the resources available**. Each grant round requires Trustees to make difficult decisions regarding the allocation of limited funds amongst many deserving applicants.

OUR IMPACT SINCE 2018

221

Applications reviewed

123

Grant recipients supported

£161,561

Grant funding awarded

£215,401

Total funds raised

Alongside our grant-making activities, Mind Body EDS continues to play an important role in raising awareness and understanding of EDS and HSD. Improving recognition of these conditions amongst healthcare professionals, policymakers, and the wider public remains a core objective of the Charity. We are encouraged by the growing visibility of EDS and HSD, but there is still much work to be done.

On behalf of the Board of Trustees, I would like to express my sincere thanks to everyone who has supported Mind Body EDS during the year. Whether through fundraising, donations, volunteering, professional expertise, or advocacy, your support enables us to continue making a meaningful difference in the lives of people affected by EDS and HSD.

I would also like to thank my fellow Trustees, our Founder (Laura Sylvester-Dodson), and all those who contribute behind the scenes to ensure the Charity continues to grow and thrive.

Together, we remain committed to providing hope, support, and practical assistance to those who need it most

Kevin Sylvester

Kevin Sylvester
Interim-Chair of the Trustees



REPORT OF THE TRUSTEES FOR YEAR ENDED 31ST DECEMBER 2025

The Trustees of Mind Body EDS are pleased to present this eighth 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 2025 to 31st December 2025.

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)
Francesca Oosthuizen
Martin Coleman
Rochelle Sylvester
Jessica Constantinou (appointed February 2025)

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 2025 the Charity has five 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 is represented by Kevin Sylvester.

During the course of 2025 there have been three full Trustee meetings, all meetings being held virtually. All five trustees attended two meetings, and four trustees attended one meeting.

We welcomed and appointed one new Trustees as of 19 February 2025, Jessica Constantinou.

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 2025 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 2025?

£15,913

**Fundraised by individuals
and events in 2025**

11

**EDS patients positively
impacted by financial grants
in 2025**

£10,328

**Total financial grants
awarded to EDS patients in
2025**

FUND RAISING

The income of the Charity for 2025 was **£15,913**.

Despite a challenging economic climate and ongoing pressures of the cost-of-living crisis, Mind Body EDS maintained a successful programme of fundraising activities throughout the year. Whilst overall donations were modest than previous years, we were extremely fortunate to receive support from **charitable foundations totalling £9,000**, alongside generous contributions from many individual donors. The diversity of our supporters and fundraising methods demonstrate the growing awareness of both the Charity and the needs of the EDS and HSD community.

Highlights of fundraising activity during 2025 included:

- **£10,529** raised through our Charity Quiz Night in November, including a generous foundation donation of £5,000.
- **£1,384** raised through direct individual donations.
- **£753.51** raised by volunteer Christmas carol singers in Farnham during December.

Additional donations were received through a variety of channels, including Crowdfunder, PayPal, bank transfers, 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.



With thanks to all volunteers, raffle and silent auction prize donors at the Charity Quiz Night and Christmas Carols fund raising events.

GRANT GIVING

Awarding grants to individuals remains the core purpose of Mind Body EDS.

We provide financial assistance to people with EDS (Ehlers-Danlos syndromes) or HSD (Hypermobility Spectrum Disorder) who require support accessing diagnostic investigations, specialist consultations, treatment, travel to appointments, therapies, surgery, medical equipment, and mobility aids.

In 2025, the Charity awarded grants from its Eleventh Grant Round. We received **34 applications** and were able to award grants to **11 individuals**, distributing a total of **£10,328**.

The grants awarded ranged from **£150 to £3,995** and supported a wide range of needs, including specialist diagnostic services not otherwise available through the NHS, travel costs for complex medical appointments, therapies tailored to individual requirements, and equipment to improve quality of life.

As in previous years, the level of demand significantly exceeded the funds available. The Trustees continue to face difficult decisions when allocating limited resources amongst many deserving applicants.

Everything we have learned since the Charity's foundation reinforces the existence of a significant unmet need within the EDS and HSD community. We remain committed to helping individuals access the support, diagnosis, and treatment they need to improve health outcomes and quality of life.

AWARENESS RAISING

Raising awareness and improving understanding of EDS and HSD amongst both healthcare professionals and the general public remains one of the Charity's key objectives.

During 2025, Mind Body EDS continued to expand its reach through advocacy, education, social media, fundraising events, and community engagement.

Notable awareness and advocacy activities included:

- Meeting with **Gregory Strafford MP** to discuss the lack of NHS diagnostic pathways for EDS and HSD patients.
- Meeting with **Josh Newbury MP** regarding advocacy for EDS and Craniocervical Instability (CCI), a potentially life-threatening comorbidity affecting some individuals with EDS.
- Delivering educational presentations through the **Nexus Health Group**, presented to approximately 40 GPs and additional allied health professionals (e.g. nurses, paramedics, physiotherapists). Feedback from these sessions led to the establishment of a local GP-led initiative reviewing the identification and management of EDS and HSD patients.
- Organising community fundraising and awareness events, including our Charity Quiz Night and Christmas Carol Singing event in Farnham.
- Producing regular email campaigns and newsletters to keep supporters informed about the Charity's work and impact.
- Distributing EDS and HSD awareness materials and information leaflets to members of the public at local events.

Our social media presence continued to grow throughout the year, with approximately 4,000 followers across Facebook and Instagram. Through the dedication of our volunteers, we regularly shared educational content, awareness campaigns, grant recipient stories, patient experiences, and key awareness days.

A particular highlight has been our #MyEDSDiagnosis campaign, which encourages individuals around the world to share their diagnosis journey and the number of years it took them to receive answers. Since its launch, more than 200 individuals have participated, helping to highlight the reality of delayed diagnosis and supporting our mission to achieve earlier recognition of EDS and HSD.

We remain committed to improving awareness amongst healthcare professionals, particularly future generations of doctors and GPs. By increasing understanding of the signs, symptoms, and prevalence of EDS and HSD, we hope to contribute to earlier diagnosis, improved care pathways, and better long-term outcomes for patients.

FUNDING RESEARCH

Supporting research in EDS and HSD remains one of the Charity's long-term objectives.

At present, the Trustees believe that the greatest impact of the Charity's available funds is achieved through directly supporting individuals to access diagnosis, treatment, investigations, and essential medical care. Consequently, research funding has not yet been prioritised over grant giving.

However, we recognise the critical importance of research in improving understanding of the causes, progression, diagnosis, and treatment of EDS and HSD. As the Charity continues to grow, we hope to contribute to research initiatives that align with our mission and help improve outcomes for future generations.

We remain committed to exploring opportunities to support research as our resources and capacity expand in the years ahead.

LOOKING AHEAD TO 2026 AND BEYOND

As our experience over the past eight years has reinforced what we have known since the Charity was founded: there remains significant unmet need within the EDS and HSD community, and much more work to be done.

Demand for support continues to exceed the resources available, with many individuals facing substantial barriers to accessing timely diagnosis, specialist investigations, treatment, therapies, and essential medical equipment. We remain committed to addressing these challenges and ensuring that financial circumstances do not determine health outcomes for those living with EDS and HSD.

As we move through 2026 and beyond, our priority remains to secure sustainable, long-term funding and sponsorship partnerships that will enable us to increase the number and value of grants awarded. By strengthening our fundraising base, we hope to support more individuals in accessing life-changing and, in some cases, life-saving medical care.

The beginning of 2026 will see the charity immediately making a positive impact on EDS and HSD patients with the awarding of grants as the 12th Grant Round opened in December 2025. We will continue to expand our advocacy and awareness-raising work. Building on the relationships established with parliamentarians, healthcare professionals, and patient communities, we will seek further opportunities to improve understanding of EDS and HSD and advocate for better diagnostic pathways and access to care. We remain particularly focused on engaging with healthcare professionals and medical trainees to improve recognition of these conditions and support earlier diagnosis.

Fundraising will remain a key priority in 2026. We are encouraged by the growing support we have received from individual donors, community fundraisers, charitable foundations, and corporate supporters. We look forward to developing new fundraising opportunities and strengthening existing relationships despite the continued economic challenges faced by many households and organisations.

A particularly exciting development for 2026 is that Mind Body EDS has secured its second Charity Ballot Place in the 2026 London Marathon. This represents a significant milestone for the Charity and provides an opportunity not only to raise vital funds but also to increase awareness of EDS and HSD amongst thousands of participants, spectators, and supporters.

We will continue to engage with our networks, volunteers, supporters, and the wider EDS and HSD community to ensure that our work remains focused on the areas of greatest need. Through collaboration, awareness, advocacy, and grant funding, we remain committed to being 'a Gateway of Hope' for individuals and families affected by EDS and HSD.

This report is signed by the Interim Chair of Trustees and was approved by the Trustees by email on 17 August 2026.



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 2025 to 31st December 2025

	2025
Receipts	£
Donations from Charitable foundations	9,000
Donations from Individuals and companies	1,384
Donations from Sponsors	5,529
Direct Fundraising activities	
	15,913
Payments	
Grants to applicants	10,328
Bank and money transfer fees	8
Professional fees	1,746
Purchase of equipment	
Office expenses	1,416
Fundraising expenses	3,539
Conference and educational events	
	17,037
Cash Funds	
Bank account balance	14,610
Cash in Hand	432
Pay Pal account balance	415
	15,456

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 31st 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. The Charity had no liabilities outstanding at the end of 2025.
- There are no debts outstanding at 31st December 2025 and consequently no debts secured by an express charge on any asset of the Charity.

RELATED PARTY TRANSACTIONS

The Charity had two related party transactions in 2025, both of which were for grant awards made during the competitive grant rounds under the same application criteria as apply to all applicants.

An award of £520 to Laura Sylvester-Dodson, the charity's founder, and daughter of trustee Kevin Sylvester. To avoid conflict in decision making, Laura's application was considered by all Trustees excluding her father.

The second was to the daughter of Jacqueline Burke, the Chair of the Charity from 2018 to 2022 and is the current bookkeeper for the Charity. The award was for the amount of £500 and Jacqueline plays no part in assessing the grant applications.

TRUSTEE REMUNERATION AND EXPENSES

During the year no Trustee received any remuneration in their role as a Trustee. A total of £1,158 was reimbursed to Trustees for payments made on behalf of the charity or in the course of carrying out the charity's business.

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 amount being £830 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 2025

To

31st December 2025

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	9,000	-	-	9,000	5,000
Donations from Individuals and companies	1,384	-	-	1,384	774
Donations from Sponsors	5,529	-	-	5,529	226
Direct Fundraising activities		-	-	-	458
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,913	-	-	15,913	6,458
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,913	-	-	15,913	6,458
A3 Payments					
Grants to applicants	10,328	-	-	10,328	26,809
Bank and money transfer fees	8	-	-	8	
Professional fees	1,746	-	-	1,746	875
Purchase of equipment		-	-	-	
Office expenses	1,416	-	-	1,416	764
Fundraising expenses	3,539	-	-	3,539	49
Conference and educational events	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	17,037	-	-	17,037	28,497
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	17,037	-	-	17,037	28,497
Net of receipts/(payments)	- 1,124	-	-	- 1,124	- 22,039
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,580	-	-	16,580	38,619
Cash funds this year end	15,456	-	-	15,456	16,580

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	14,610	-	-
	Pay Pal account balance	432	-	-
	Cash in Hand	414	-	-
	Total cash funds	15,456	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	17th August 2026	