



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1 January 2025 To 31 December 2025

Charity name: Medical Expeditions

Charity registration number: 1187187

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The advancement of education and the preservation and protection of health in particular but not exclusively by:</p> <ul style="list-style-type: none">a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefitb) raising awareness and educating the public about altitude-related illnesses
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The dissemination of a booklet entitled Travel at High Altitude, the sole aim of which is to educate the public on the health risks of going to high altitude in order to keep people safe.</p> <p>The undertaking of field research at altitude has become increasingly difficult due to the prohibitive cost of insuring research expeditions at altitude. Medical Expeditions is seeking similarly aligned UK charities still actively engaged in altitude research in order to support their efforts.</p> <p>The OCC App was last updated in November 2025 and gets used between 500 and 1,000 times a year. The website gets approximately 1,000 unique visits a year and receives links from 36 different travel medicine websites. We are very keen to ensure that the booklet continues to be freely accessible.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The charity is wholly run for public benefit. No sector of society is excluded from being able to access the booklet on Travel at High Altitude which is freely available on our website and app.</p>

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Travel and High Altitude Medicine booklet remains a popular download from our website. Briefly the website went down due to technical software issues and we were able to solve these issues quickly when users pointed out that the download was not working. The problem had arisen because our WordPress website needed some security upgrades and this highlighted the need to have some long term funds in place to maintain the website.</p> <p>The Medex App (The electronic form of Travel and High Altitude booklet in all 18 languages) remains fully functional though this too will require long term funding to maintain.</p> <p>As mentioned in the summary above, it is unlikely that further field research at altitude will be undertaken by Medical Expeditions because of the prohibitive cost of insurance. Medical Expeditions is seeking a similarly aligned UK charity that is actively engaged in field research at altitude in order to offer financial support with the funds not assigned to maintaining access to the Travel and High Altitude Booklet download and the App.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>The only expenses of the charity during the year were the cost of the domain name and bank charges for holding the bank account. Our bank, HSBC, is now providing free banking to Charities so that next year we should not incur any bank charges. Following the opening of a savings account to sit alongside our current bank account we have received bank interest on our funds and this is supporting the payment of the domain name fee.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.
Amount of reserves held	Para 1.22	£13,689
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable
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Additional information (optional)

You may choose to include further statements where relevant about:

A description of the principal risks facing the charity	Para 1.46	The ability to attract new trustees
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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	As a charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed at an AGM by a vote of members.

Reference and Administrative details

Charity name	Medical Expeditions
Other name the charity uses	
Registered charity number	1187187
Charity's principal address	Pinfold Hyssington Montgomery Powys SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair		
2	Dr David Collier			
3	Dr Paul Richards			
4	Mrs Sally Currin	Treasurer		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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Exemptions from disclosure



Reason for non-disclosure of key personnel details

No exemptions from disclosure

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Simon Currin	Mrs Sally Currin
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date

7/5/26

Medical Expeditions
Charitable Incorporated Organisation

Receipts and payments accounts
For the year ended 31 December 2025

Registered with the Charity Commission For England and Wales

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the year ended 31 December 2025

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and Payments Accounts for the year ended 31 December 2025

	2025	2024
	£	£
Receipts		
Total receipts – bank interest	213	3
	<hr/>	<hr/>
Payments		
Bank charges	35	60
Domain name costs	16	29
	<hr/>	<hr/>
Net deficit/surplus	162	(86)
	<hr/>	<hr/>

Statement of assets and liabilities at 31 December 2025

	2025	2024
	£	£
Cash at bank - HSBC	13,689	13,527
	<hr/>	<hr/>
Net assets	13,689	13,613
	<hr/>	<hr/>
Unrestricted funds brought forward	13,527	13,613
Payments in year	162	(86)
	<hr/>	<hr/>
Unrestricted funds carried forward	13,689	13,527
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Signed by



Simon Currin on behalf of the Trustees on 04/05/2026