

Company registration number: 12214417

Charity registration number: 1190586

Trauma Research UK

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 December 2025

HQ Accountancy Ltd
3rd Floor
Granite Buildings
6 Stanley Street
Liverpool
Merseyside
L1 6AF

Trauma Research UK

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Trauma Research UK

Reference and Administrative Details

Trustees	N Speakman
	M Montgomery
	R T Dean
	H B Speakman
Charity Registration Number	1190586
Company Registration Number	12214417
Registered Office	The charity is incorporated in Wales.
	3rd Floor
	Granite Buildings
	6 Stanley Street
Independent Examiner	Liverpool
	Merseyside
	L1 6AF
	HQ Accountancy Ltd
	3rd Floor
	Granite Buildings
	6 Stanley Street
	Liverpool
	Merseyside
	L1 6AF

Trauma Research UK

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 December 2025.

Objectives and activities

Objects and aims

To improve mental health and reduce the physical suffering of those experiencing trauma and crisis. Our website continues to provide a growing library of free, accessible resources for individuals affected by trauma-related symptoms. In addition, we deliver a structured six-week Help & Support Programme via Zoom, designed to advance the understanding and application of trauma care, while also contributing to the education and development of medical and mental health professionals.

The charity remains committed to exploring emerging therapeutic approaches, supporting research into both accredited and unaccredited methods that demonstrate effectiveness, and working towards broader recognition of interventions that can meaningfully support those in need.

Objectives, strategies and activities

Throughout 2025, the charity continued to expand its reach and impact in line with its core objectives. A key focus remained the training and development of volunteer mentors to enable the delivery of increased Help & Support Programmes.

During the year, 107 successful programmes were completed, each supporting individuals experiencing trauma to develop healthier cognitive patterns, improve emotional regulation, and regain a greater sense of wellbeing.

The charity also continued its commitment to raising awareness of trauma and the support available. This has laid important foundations for further growth and increased accessibility of services heading into 2026.

Building on the success of previous initiatives, plans were confirmed for a further fundraising charity ball, reinforcing the organisation's commitment to sustainable funding and long-term impact. This event will play a key role in enabling the continuation and expansion of the charity's work in the coming years.

Public benefit

In shaping the objectives for the year and planning activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance on fee charging.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, governance and management

The annual report was approved by the trustees of the charity on 14 May 2026 and signed on its behalf by:

.....
N Speakman
Trustee

Trauma Research UK

Independent Examiner's Report to the trustees of Trauma Research UK ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the accounts present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Trauma Research UK as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

Trauma Research UK

Independent Examiner's Report to the trustees of Trauma Research UK ('the Company')

.....
HQ Accountancy Ltd
ACCA

3rd Floor
Granite Buildings
6 Stanley Street
Liverpool
Merseyside
L1 6AF

14 May 2026

Trauma Research UK

Statement of Financial Activities for the Year Ended 31 December 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2025 £
Income and Endowments from:			
Donations and legacies		15,739	15,739
Other trading activities	3	24,773	24,773
Investment income	4	613	613
Total income		<u>41,125</u>	<u>41,125</u>
Expenditure on:			
Raising funds		1	1
Charitable activities		<u>(14,747)</u>	<u>(14,747)</u>
Total expenditure		<u>(14,746)</u>	<u>(14,746)</u>
Net income		<u>26,379</u>	<u>26,379</u>
Net movement in funds		26,379	26,379
Reconciliation of funds			
Total funds brought forward		<u>51,152</u>	<u>51,152</u>
Total funds carried forward	10	<u>77,531</u>	<u>77,531</u>
	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Donations and legacies		10,982	10,982
Other trading activities	3	20,204	20,204
Investment income	4	912	912
Total income		<u>32,098</u>	<u>32,098</u>
Expenditure on:			
Raising funds		(7,196)	(7,196)
Charitable activities		<u>(1,431)</u>	<u>(1,431)</u>
Total expenditure		<u>(8,627)</u>	<u>(8,627)</u>
Net income		<u>23,471</u>	<u>23,471</u>
Net movement in funds		23,471	23,471
Reconciliation of funds			
Total funds brought forward		<u>27,681</u>	<u>27,681</u>
Total funds carried forward	10	<u>51,152</u>	<u>51,152</u>

The notes on pages 8 to 12 form an integral part of these financial statements.

Trauma Research UK

Statement of Financial Activities for the Year Ended 31 December 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

All of the charity's activities derive from continuing operations during the above two periods.
The funds breakdown for 2024 is shown in note 10.

The notes on pages 8 to 12 form an integral part of these financial statements.

Trauma Research UK

(Registration number: 12214417) Balance Sheet as at 31 December 2025

	Note	2025 £	2024 £
Current assets			
Debtors	7	1,427	-
Cash at bank and in hand	8	<u>77,531</u>	<u>52,579</u>
		78,958	52,579
Creditors: Amounts falling due within one year	9	<u>(1,427)</u>	<u>(1,427)</u>
Net assets		<u>77,531</u>	<u>51,152</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>77,531</u>	<u>51,152</u>
Total funds	10	<u>77,531</u>	<u>51,152</u>

For the financial year ending 31 December 2025 the charity was entitled to exemption from audit under section 479A of the Companies Act 2006 relating to subsidiary companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 5 to 12 were approved by the trustees, and authorised for issue on 14 May 2026 and signed on their behalf by:

.....
N Speakman
Trustee

The notes on pages 8 to 12 form an integral part of these financial statements.

Trauma Research UK

Notes to the Financial Statements for the Year Ended 31 December 2025

1 Charity status

The charity is limited by guarantee, incorporated in Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

The address of its registered office is:

3rd Floor
Granite Buildings
6 Stanley Street
Liverpool
Merseyside
L1 6AF

These financial statements were authorised for issue by the trustees on 14 May 2026.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

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

Income and endowments

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

Trauma Research UK

Notes to the Financial Statements for the Year Ended 31 December 2025

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

3 Income from other trading activities

	Unrestricted funds General £	Total funds £
Events income;		
Other events income	24,773	24,773
Total for 2025	24,773	24,773
Total for 2024	20,204	20,204

Trauma Research UK

Notes to the Financial Statements for the Year Ended 31 December 2025

4 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income; Interest receivable on bank deposits	613	613
Total for 2025	613	613
Total for 2024	912	912

Trauma Research UK

Notes to the Financial Statements for the Year Ended 31 December 2025

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Debtors

	2025 £
Prepayments	<u>1,427</u>

8 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	<u>77,531</u>	<u>52,579</u>

9 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals	<u>1,427</u>	<u>1,427</u>

10 Funds

	Balance at 1 January 2025 £	Incoming resources £	Resources expended £	Balance at 31 December 2025 £
Unrestricted funds				
General	<u>51,152</u>	<u>41,125</u>	<u>(14,746)</u>	<u>77,531</u>

	Balance at 1 January 2024 £	Incoming resources £	Resources expended £	Balance at 31 December 2024 £
Unrestricted funds				
General	<u>27,681</u>	<u>32,098</u>	<u>(8,627)</u>	<u>51,152</u>

Trauma Research UK

Notes to the Financial Statements for the Year Ended 31 December 2025

11 Related party transactions

There were no related party transactions in the year.

Trauma Research UK

Statement of Financial Activities by fund for the Year Ended 31 December 2025

Unrestricted Funds

	Total Unrestricted Funds 2025 £	Total Unrestricted Funds 2024 £
Income and Endowments from:		
Donations and legacies	15,739	10,982
Other trading activities	24,773	20,204
Investment income	613	912
Total income	<u>41,125</u>	<u>32,098</u>
Expenditure on:		
Raising funds	1	(7,196)
Charitable activities	<u>(14,747)</u>	<u>(1,431)</u>
Total expenditure	<u>(14,746)</u>	<u>(8,627)</u>
Net income	<u>26,379</u>	<u>23,471</u>
Net movement in funds	26,379	23,471
Reconciliation of funds		
Total funds brought forward	<u>51,152</u>	<u>27,681</u>
Total funds carried forward	<u><u>77,531</u></u>	<u><u>51,152</u></u>

Trauma Research UK

Detailed Statement of Financial Activities for the Year Ended 31 December 2025

	Total 2025 £	Total 2024 £
Income and Endowments from:		
Donations and legacies (analysed below)	15,739	10,982
Other trading activities (analysed below)	24,773	20,204
Investment income (analysed below)	613	912
	<u>41,125</u>	<u>32,098</u>
Total income		
Expenditure on:		
Raising funds (analysed below)	1	(7,196)
Charitable activities (analysed below)	(14,747)	(1,431)
	<u>(14,746)</u>	<u>(8,627)</u>
Total expenditure		
Net income	<u>26,379</u>	<u>23,471</u>
Net movement in funds	26,379	23,471
Reconciliation of funds		
Total funds brought forward	51,152	27,681
Total funds carried forward	<u><u>77,531</u></u>	<u><u>51,152</u></u>

Trauma Research UK

Detailed Statement of Financial Activities for the Year Ended 31 December 2025

	Total 2025 £	Total 2024 £
<i>Donations and legacies</i>		
Legacies and bequests	-	10,982
Legacies and bequests	15,739	-
	<u>15,739</u>	<u>10,982</u>
<i>Other trading activities</i>		
Fundraising events	-	20,204
Fundraising events	24,773	-
	<u>24,773</u>	<u>20,204</u>
<i>Investment income</i>		
Interest on cash deposits	-	912
Interest on cash deposits	613	-
	<u>613</u>	<u>912</u>
<i>Raising funds</i>		
Fundraising costs	-	(5,063)
Other fundraising costs	-	(998)
Accountancy fees	-	(834)
Other services	1	(13)
Bank charges	-	(288)
	<u>1</u>	<u>(7,196)</u>
<i>Charitable activities</i>		
Fundraising costs	(10,669)	-
Other fundraising costs	(1,143)	-
Insurance	-	(349)
Insurance	(372)	-
Telephone and fax	-	(259)
Telephone and fax	(259)	-
Website	-	(823)
Website	(734)	-
Printing, postage and stationery	(40)	-
Other services	(1,530)	-
	<u>(14,747)</u>	<u>(1,431)</u>

This page does not form part of the statutory financial statements.