

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2025**

PAIN UK CIO

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1191657

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

PAIN UK CIO
(Charitable Incorporated Organisation)

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PAIN UK CIO
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LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1191657
DATE OF REGISTRATION	6th October 2020
START OF FINANCIAL YEAR	1st November 2024
END OF FINANCIAL YEAR	31st October 2025
TRUSTEES AT 31ST OCTOBER 2025	Marian Nicholson Jason Bingham Roland Watson Beki Osborne Ashley Simpson (Appointed 13th January 2025) Stacey Frier (Appointed 3rd May 2025) Martina Finetti (Appointed 3rd May 2025) Zara Mohmood (Appointed 13th January 2025) Oliver Shaw (Resigned 7th December 2024) Rebecca Pollard (Resigned 7th December 2024) Jo Betterton (Resigned 16th March 2025)) Sandrine Del Rey (Resigned 4th January 2025))

LEGAL STATUS Charitable Incorporated Organisation

GOVERNING INSTRUMENT CIO - Association Registered 6th October 2020

OBJECTS

a) To relieve the suffering of people in pain, in particular by bringing together voluntary organisations established for the relief of pain sufferers in a common effort to improve their care, treatment and management. b) To advance the education of the general public on the causes, effects, treatment and management of pain. c) To promote social inclusion for the public benefit among people living with pain who may be socially excluded from society, or parts of society, as a result of poor management of their condition and the physical, psychological and social problems that can ensue.

CORRESPONDENCE ADDRESS c/o Suite 1, The Old Pig Styes
Brighthams Farm
Bines Road
Partridge Green
West Sussex
RH13 8EQ

PRIMARY BANKERS HSBC Bank Plc
50 Church Road
Burgess Hill
West Sussex
RH15 9AE

INDEPENDENT EXAMINERS Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
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PAIN UK CIO
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TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31ST OCTOBER 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, CIO - Association 6th October 2020 and constitutes a Charitable Incorporated Organisation.

Organisational Structure

Trustees are elected at the Annual General Meeting. During the financial year the Charity recruited four trustees and four trustees resigned. There are currently eight trustees as stated above.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

CHARITABLE ACTIVITIES

Charitable Activities

During the year, Pain UK contributed to a series of articles and media responses highlighting the complexity and impact of chronic pain. These covered adult scoliosis, complex regional pain syndrome, the stress-pain connection, oral health and chronic pain, and the growing use of at-home neuromodulation devices. Across these outputs, Pain UK emphasised the need for earlier recognition, patient validation, holistic biopsychosocial care, improved access to specialist services, and caution around treatments where the evidence base remains limited.

Pain UK also developed proposals for annual prize awards, including student, junior doctor, allied healthcare professional and research-focused prizes, designed to encourage academic engagement with chronic pain and strengthen collaboration with the British Pain Society.

A major project for Pain UK was working with Health Innovation NE and N Cumbria and a wide range of other stakeholders: the group cooperated in creating a Citizen's Jury Report on Pain Management, an initiative to shape the future of persistent pain care in the NENC region.

At the end of the financial year, the charity had 43 charity members and over 1,350 individual members. During the year the Charity organised virtual meetings for its charity members and sent out newsletters and invitations to events. To individual members, the mailouts invited them to help pain researchers by filling in questionnaires or taking part in interviews.

The Charity responds to requests from health organisations to comment on new guidelines, etc. as well as requests from media for interviews. The breakdown of enquires are shown in this table.

November 2024 - October 2025

	Total 2024/25	Total 2023/24
Invitations to comment as lived experience experts, e.g. NICE, local groups, etc.	22	48
Enquiries from individuals	52	30
Enquiries from media	17	20
Requests from PhD/Masters students for volunteers for their research	51	35
Research requests from pharmaceutical or commercial companies	4	12
Requests for commercial promotions (which we have to deny)	21	16
Content (blogs, articles) submitted for posting on the website or social media	2	17
Total	169	178

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In particular, the Charity's two Facebook pages are very popular, both with researchers seeking volunteers for their ethically approved projects and with individuals sharing pain stories. We ask researchers for feedback on their studies.

During the course of the year, 51 researchers were assisted by Pain UK. They ask for volunteers and their posts and posters reach a potential 3,700 people via Pain UK's Facebook pages.

FINANCIAL PERFORMANCE

Fundraising Activities

The charity received donations of £3,113 through Just Giving – less than half the previous year's donations. A further £1,301 was received from individuals and via Much Loved and companies.

Income and Expenditure and Statement of Assets

The charity has an excess of income over expenditure during the financial period of £1,111. The bank balance at the 31st October 2025 was £21,964.

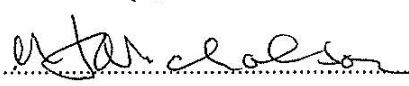
Trustees' Responsibilities

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Observe the methods and principles of the Charity Commission Statement of Recommended Practice (SORP);
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence;
- State whether applicable accounting standards have been followed, subject to any departures disclosed and explained in the financial statements.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 12 August 2026

Signed on their behalf by Trustee 

Printed Name: MARIAN JILL NICHOLSON

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST OCTOBER 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	4,414	-	4,414	11,043
TOTAL INCOMING RESOURCES		4,414	-	4,414	11,043
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	2,463	-	2,463	6,373
Governance Costs	4b	840	-	840	840
TOTAL RESOURCES EXPENDED		3,303	-	3,303	7,213
NET INCOMING (OUTGOING) RESOURCES		1,111	-	1,111	3,830
Funds Brought Forward		20,013	-	20,013	16,183
TOTAL FUNDS CARRIED FORWARD		21,124	-	21,124	20,013

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

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

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BALANCE SHEET
AS AT 31ST OCTOBER 2025

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Oct-25 £	TOTAL 31-Oct-24 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	21,964	-	21,964	20,853
Total Current Assets		21,964	-	21,964	20,853
Creditors: Amounts due within one year	9	840	-	840	840
NET CURRENT ASSETS		21,124	-	21,124	20,013
TOTAL ASSETS less current liabilities		21,124	-	21,124	20,013
Creditors: Long Term Liabilities	10	-	-	-	-
NET ASSETS		21,124	-	21,124	20,013
Funds of the Charity					
General Funds		21,124	-	21,124	20,013
Restricted Funds	5	-	-	-	-
Total Funds		21,124	-	21,124	20,013

Approved by the Trustees on 12 August 2026

Signed on their behalf by Trustee M. J. Nicholson

Printed Name: MARIAN JILL NICHOLSON

PAIN UK CIO
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2025**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2025

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted Funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted Funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated Funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance
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2. TANGIBLE FIXED ASSETS

The Charity held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st October 2025 : None

31st October 2024 : None

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2025

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Donations, Grants & Legacies				
Gifts & Donations	4,414	-	4,414	11,043
	4,414	-	4,414	11,043

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Cost of Charitable Activities				
Administrative Expenses	300	-	300	1,624
Bank Charges	56	-	56	105
Conference Costs	625	-	625	946
Consultancy Fees	-	-	-	1,680
Insurance Costs	317	-	317	343
Sundry Expenses	140	-	140	556
Website Costs	1,025	-	1,025	1,120
	2,463	-	2,463	6,373

b) Governance Costs

Independent Examiners Fees	9	840	-	840	840
		840	-	840	840

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2025

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Oct-25 £	TOTAL 31-Oct-24 £
Cash at Bank & in Hand	21,964	-	21,964	20,853
	21,964	-	21,964	20,853

8. DEBTORS AND PREPAYMENTS

The CIO held no debtors and prepayments during this or the previous financial period.

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Oct-25 £	TOTAL 31-Oct-24 £
Independent Examiners Fees	840	-	840	840
	840	-	840	840

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Oct-25 £	TOTAL 31-Oct-24 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	21,124	-	21,124	20,013
Long Term Liabilities	-	-	-	-
	21,124	-	21,124	20,013

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NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2025

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

13. TRUSTEES AND OTHER RELATED PARTIES

The only expenses paid to the Trustees related to reimbursements of expenses incurred in furtherance of the Charity's

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

PAIN UK CIO
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INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Pain UK CIO on the accounts for the year ended 31st October 2025 set out on pages 5 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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Date: 14th August 2026