

CONTROLLING CHEMSEX
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 28 FEBRUARY 2025

Charity Registration No. 1197081

CONTROLLING CHEMSEX

LEGAL AND ADMINISTRATIVE INFORMATION

| | |
|----------------------|--|
| Trustees | Mr John Edward Sadler ACA Mr Philip David Mark Hurd Mr Carmi Korine (appointed 15 July 2024) Mr Matthew Snead (appointed 28 May 2025) Ms Tess O'Brien (appointed 1 August 2025) Mr Darren John Irvine-Duffy (resigned 15 July 2024) Dr Emilio Arbe-Herrero (resigned 30 January 2025) Mr Chris Kelly (appointed 30 January 2025, resigned 1 April 2025) |
| Charity number | 1197081 |
| Registered office | Gemma House 39 Lilestone Street London NW8 8SS |
| Independent examiner | Lance Moylan |

CONTROLLING CHEMSEX

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CONTROLLING CHEMSEX

TRUSTEES' REPORT

FOR THE YEAR ENDED 28 FEBRUARY 2025

The trustees present their report and financial statements for the year ended 28 February 2025.

The registered office is Gemma House, 39 Lilestone Street, London NW8 8SS.

The charity's aim is to promote and protect the health of individuals suffering from involvement in Chemsex behaviours, with a particular focus on the LGBTQ+ community by:

- Providing advice, information and support to them and others affected by their involvement;
- Providing psychosexual therapy; and
- Raising awareness in society of the issues arising from Chemsex.

In this report "Chemsex" is the use of drugs before or during planned sexual activity to sustain, enhance, disinhibit or facilitate the experience. Chemsex commonly involves crystal methamphetamine, GHB/GBL and mephedrone, and sometimes injecting these drugs (also known as slamming).

The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2015).

Objectives and activities

As the only UK-based national charity focused exclusively on chemsex support, Controlling Chemsex occupies a vital niche in the field of addiction and recovery services. Unlike generalist LGBTQ+ or addiction charities, our work is driven by a wealth of lived experience and it is tailored specifically to address the challenges of chemsex.

This unique position compels us to continually seek out more individuals who have overcome chemsex-related issues and are willing to commit to supporting others facing similar challenges. Additionally, we strive to foster partnerships with other organisations that can collaborate with us in advancing our mission.

Additionally, being a relatively new organisation, we face significant challenges in securing sufficient resources to offer all our services free of charge to our users. The complexity and often misunderstood nature of chemsex further complicates efforts to obtain funding. Consequently, it is essential for us to explore alternative avenues for resource generation beyond traditional grants, in order to sustain and expand our support effectively.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

Goals

- Expanding and strengthening our workforce by training new keyworkers, aiming for a 10% increase, to effectively meet the growing demand and provide high-quality support to an increasing number of service users.
- Development and implementation of a comprehensive training programme for the NHS and other organisations nationwide. This programme aims to equip these organisations with the necessary knowledge and skills to provide effective chemsex support services independently. Additionally, it serves as a strategic avenue to secure funding that sustains and expands our ongoing projects.
- Improving the fundraising team to explore new avenues of funding to ensure the charity's sustainability and growth.
- Enhancement and updating of the charity's website content to maintain it as a valuable, accessible, and up-to-date resource by integrating detailed, evidence-based information across a broad spectrum of chemsex-related topics, reflecting the evolving needs and concerns of the community served, and addressing areas actively sought by users to improve engagement and provide vital support and education to individuals and organisations.
- Securing resources to hire a part-time Psychosexual Therapy Lead, responsible for ensuring the effective operation of this service to provide targeted and professional therapeutic support to individuals requiring this specialised care.

The Trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work within the period. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the Trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Our training programmes for external organisations are now fully operational and delivering excellent results. These sessions have been very well received and are proving to be highly impactful. This success is largely due to the unique and effective tools and strategies we have created, developed, and refined over the years—resources that are not available anywhere else. These proprietary methods, built directly from our lived experience and specialised practice, form the backbone of the training modules and are central to their effectiveness.

Our fundraising team has been actively engaged in organising and participating in a range of initiatives, including charity runs, sporting events, raffles, and community fundraising activities. These efforts have not only contributed to raising essential funds for our work, but have also helped to increase awareness of chemsex-related issues across a broader audience.

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

Achievements and performance (continued)

In March 2024, we initiated an online course entitled “Global Chemsex Toolbox,” which was comprised of an 8-week virtual workshop aimed at assisting individuals grappling with Chemsex addiction as well as those experiencing difficulties in accessing chemsex services. The course was designed to maintain participant anonymity and was recorded for the benefit of individuals who may wish to view the sessions without engaging directly with a chemsex specialist advisor. To date, approximately 2,500 individuals have viewed the recorded content.

During the reporting period, a total of 1,023 individuals contacted us via our web chat service—an increase of 569 compared to the same period last year. In addition, 615 people completed the self-assessment tool available on our website to better understand the impact of chemsex on their lives, representing an increase of 107 users year-on-year.

In January 2025, Controlling Chemsex in partnership with data specialists Opinium have carried out public research in order to understand the awareness of how our society in general and the LGBTQ+ community in particular, understand the chemsex reality and the implications on the lives of so many people who are affected directly or indirectly by this problem. In this major survey of 2,000 people from all over the UK, Opinium looked at a range of issues relating to the LGBTQ+ community - testing awareness, understanding, and prioritisation. The results confirm what we already knew; there is very little awareness even in the LGBTQ+ community. The consequences of this are that this lack of knowledge leaves LGBTQ+ people more vulnerable to engage in chemsex than those who are aware of the risks, and we have to consider that while drug-related issues can impact anyone, the majority of people struggling with issues relating to chemsex identify as LGBTQ+.

The Opinium research uncovered the following:

- 16% of those surveyed, who identify as LGBTQ+, have never heard of the word chemsex;
- 34% of those surveyed, who identify as LGBTQ+, are not familiar with the risks of chemsex;
- 75% of those surveyed, who identify as LGBTQ+, do not fully grasp the severity of chemsex and do not regard this phenomenon as one of the three major issues currently facing their community.

Our social media presence continues to grow significantly. We are proud to be the chemsex-focused organisation with the largest following on Instagram globally, having gained 1,354 new followers during the reporting period alone. This increased reach enhances our ability to connect with affected individuals, disseminate key information, and promote access to support.

During this period, our presence in the media is growing, and among others we are present in these media outlets:

- | | | | |
|-------------|---------------|--------------|-------------|
| • BBC | • Pink News | • ITV News | • City News |
| • Metro | • Yahoo Life | • The Lancet | • Big Issue |
| • Gay Times | • QX Magazine | • Publico | • Iberico |

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TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

Financial review

The Statement of Financial Activities shows a surplus of £22,471 (2024: £11,329) and the Statement of Financial Position shows net assets at 28 February 2025 of £40,015 (2024: £17,544).

Policy on reserves

The Trustees assessed the minimum desirable level of unrestricted funds would be equivalent to three months of expenditure. The Trustees will continue to keep the Charity's financial position under review to ensure that the reserves levels meet the policy requirements.

Structure, governance and management

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Appointment of Trustees

Trustees are appointed by the existing Board of Trustees in accordance with the charity's governing document. New trustees are selected based on skills and experience needed by the charity and are formally appointed at a board meeting.

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr John Edward Sadler ACA

Mr Philip David Mark Hurd

Mr Carmi Korine (appointed 15 July 2024)

Mr Matthew Snead (appointed 28 May 2025)

Ms Tess O'Brien (appointed 1 August 2025)

Mr Darren John Irvine-Duffy (resigned 15 July 2024)

Dr Emilio Arbe-Herrero (resigned 30 January 2025)


Mr Chris Kelly (appointed 30 January 2025, resigned 1 April 2025)

CONTROLLING CHEMSEX

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

The trustees' report was approved by the Board of Trustees

A handwritten signature in black ink that reads "John Sadler". The script is cursive and fluid.

John Edward Sadler ACA

Trustee

29 November 2025

CONTROLLING CHEMSEX

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF CONTROLLING CHEMSEX

I report to the trustees on my examination of the financial statements of Controlling Chemsex (the charity) for the year ended 28 February 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

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 that in any material respect:

1. Accounting records were not kept in respect of the charity in accordance with section 130 of the Charities Act; or
2. The financial statements do not accord with those records; or
3. The financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Lance Moylan FCPA (Aust.), ACMA, CGMA

29 November 2025

CONTROLLING CHEMSEX

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 28 FEBRUARY 2025

| | | Unrestricted funds 2025 £ | Restricted funds 2025 £ | Total funds 2025 £ | Total funds 2024 £ |
|--|-------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| | Notes | | | | |
| Income and endowments from: | | | | | |
| Donations and legacies | 2 | 41,257 | 82,173 | 123,430 | 107,219 |
| Income from Charitable Activities | 3 | 1,140 | - | 1,140 | - |
| Total | | 42,397 | 82,173 | 124,570 | 107,219 |
| Expenditure on: | | | | | |
| Charitable activities | 4 | 14,515 | 86,624 | 101,139 | 94,113 |
| Support costs | 5 | 570 | 390 | 960 | 1,777 |
| Net income for the period / Net movement in funds | | 27,312 | (4,841) | 22,471 | 11,329 |
| Reconciliation of funds: | | | | | |
| Total funds brought forward | | 9,022 | 8,522 | 17,544 | 6,215 |
| Fund balances at 28 February 2025 | | 36,334 | 3,681 | 40,015 | 17,544 |

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

CONTROLLING CHEMSEX

STATEMENT OF FINANCIAL POSITION

AS AT 28 FEBRUARY 2025

| | Notes | 2025 £ | 2024 £ |
|---|-------|-----------|-----------|
| Current assets | | | |
| Cash at bank and in hand | | 41,741 | 26,001 |
| Prepayments | | 448 | 809 |
| Debtors: amounts falling due within one year | 9 | 150 | 6,111 |
| | | <hr/> | <hr/> |
| | | 42,339 | 32,921 |
| Creditors: Amounts falling due within one year | 10 | (2,324) | (15,377) |
| | | <hr/> | <hr/> |
| Net current assets | | 40,015 | 17,544 |
| Income funds | | | |
| Unrestricted funds | 12 | 36,334 | 9,022 |
| Restricted funds | 12 | 3,681 | 8,522 |
| | | <hr/> | <hr/> |
| Reserves | | | |
| | | <hr/> | <hr/> |
| Total funds | | 40,015 | 17,544 |
| | | <hr/> | <hr/> |

The notes at pages 11-16 form part of these accounts

The financial statements were approved by the Trustees on 29 November 2025.



John Edward Sadler ACA
Trustee

CONTROLLING CHEMSEX

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 28 FEBRUARY 2025

1 Accounting policies

The principal accounting policies, all of which have applied consistently throughout the period, are set out below.

Charity information

Controlling Chemsex is an unincorporated charity registered in England and Wales. The registered office is Gemma House, 39 Lilestone Street, London NW8 8SS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's SORP (FRS102) '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 (FRS102) (effective 1 January 2015)', 'Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland' the Companies Act 2006, and "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 (FRS102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in SORP for charities applying FRS 102 Update Bulletin 1 to not prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary accounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting prepare the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the trustees' report.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that the income will be received.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

1 Accounting policies (continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt, or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

1.5 Resources expended

Costs expended in order to generate funds are recognised once it becomes obligated to paying those costs.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial liabilities

Creditors are not interest bearing and are stated at their nominal value.

CONTROLLING CHEMSEX

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

2 Income from donations and legacies

| | Unrestricted 2025 £ | Restricted 2025 £ | Total 2025 £ | Total 2024 £ |
|---------------------|---------------------------|-------------------------|--------------------|--------------------|
| Donations and Gifts | 21,257 | - | 21,257 | 8,202 |
| Grants | 20,000 | 82,173 | 102,173 | 99,017 |
| Total | 41,257 | 82,173 | 123,430 | 107,219 |

3 Income from Charitable Activities

| | Unrestricted 2025 £ | Restricted 2025 £ | Total 2025 £ | Total 2024 £ |
|-----------------|---------------------------|-------------------------|--------------------|--------------------|
| Training Income | 1,140 | - | 1,140 | - |
| Total | 1,140 | - | 1,140 | - |

4 Charitable activities

| | Unrestricted 2025 £ | Restricted 2025 £ | Total 2025 £ | Total 2024 £ |
|--------------------------------|---------------------------|-------------------------|--------------------|--------------------|
| Advertising and marketing | 3,993 | 1,800 | 5,793 | 4,297 |
| Bank fees | 328 | - | 328 | 345 |
| Subcontractors and Freelancers | 2,675 | 27,464 | 30,139 | 31,245 |
| Subsistence | - | - | - | 15 |
| Insurance | - | 694 | 694 | 639 |
| Interest paid | - | - | - | - |
| Printing and stationery | - | 3 | 3 | - |
| IT costs | 33 | 2,125 | 2,158 | 2,552 |
| Staff costs | 7,270 | 54,041 | 61,311 | 54,870 |
| Subscriptions | 36 | 396 | 432 | 144 |
| Sundry other costs | 180 | 101 | 281 | 6 |
| Total | 14,515 | 86,624 | 101,139 | 94,113 |

CONTROLLING CHEMSEX

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

5 Support costs

| | Unrestricted 2025 £ | Restricted 2025 £ | Total 2025 £ | Total 2024 £ |
|-----------------|---------------------------|-------------------------|--------------------|--------------------|
| Accounting fees | - | 336 | 336 | 1,582 |
| Legal expenses | - | 54 | 54 | 195 |
| Consulting | 570 | - | 570 | - |
| Total | 570 | 390 | 960 | 1,777 |

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period in respect of employment (2024: none).

7 Employees

There was 1.5 full time-equivalent (FTE) employee during the period, excluding subcontractors and freelancers (2024: 1.2). No employee or trustee received emoluments in excess of £60,000.

8 Independent examination

In respect of the Independent Examination of the accounts for the period ended 28 February 2025, no fee was paid (2024: no fee). The examiner is a volunteer.

9 Debtors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|-------------------|------------|--------------|
| Income receivable | - | 6,111 |
| Trade Debtors | 150 | - |
| Total | 150 | 6,111 |

CONTROLLING CHEMSEX

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

10 Creditors: amounts falling due within one year

| | 2025 | 2024 |
|------------------|--------------|---------------|
| | £ | £ |
| Unearned revenue | - | 13,330 |
| Payroll payable | 1,914 | 584 |
| Accruals | 410 | 1,463 |
| Total | 2,324 | 15,377 |

11 Related party transactions

During the period accounting fees of £336 were paid for services to Sadler Advisory Limited at arms' length rates (2024: £1,184), in accordance with the Charities Act 2011 s185. The services provided are payroll services.

Sadler Advisory Limited is controlled by John Sadler ACA, a trustee. John Sadler did not benefit personally from this relationship.

CONTROLLING CHEMSEX

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2025

12 Movement in funds

| | At 1 Mar 2024 £ | Incoming resources £ | Resources expended £ | Gross transfers £ | At 28 Feb 2025 £ |
|--------------------------------------|-----------------------|----------------------------|----------------------------|-------------------------|------------------------|
| Restricted funds: | | | | | |
| Restricted income funds: | | | | | |
| National Lottery Community Fund | 2,792 | 45,829 | (48,621) | - | - |
| Tudor Trust | 989 | 21,389 | (22,378) | - | - |
| City of Westminster Charitable Trust | 1,558 | 14,955 | (12,832) | - | 3,681 |
| Garfield Weston Foundation | 3,183 | - | (3,183) | - | - |
| Total | <u>8,522</u> | <u>82,173</u> | <u>(87,014)</u> | <u>-</u> | <u>3,681</u> |
| Unrestricted funds: | | | | | |
| General funds | 9,022 | 42,397 | (15,085) | - | 36,334 |
| Total funds | <u>17,544</u> | <u>124,570</u> | <u>(102,099)</u> | <u>-</u> | <u>40,015</u> |

At the reporting date, the charity maintained the value of 4.5 months of operating costs in unrestricted funds, meeting the requirements of the charity's Reserves Policy to maintain 3 months of operating costs in unrestricted funds.

Restricted expenditure includes allocated support costs.

13 Events After The Reporting Date

On 7 March 2025 the charity was awarded a grant from City Bridge Foundation for the total amount of £225,130 over five years.

On 28 November 2025 the charity was awarded a grant from Imperial Health Charity for the total Amount of £45,751 over 18 months.