

THE PAD PROJECT UK

England & Wales · Charity number 1203678

Details

Status Registered

Legal form CIO

Registered 2023-06-22

Register [View on the Charity Commission register](#)

Contact

Address The Self Storage Company
2 Park Lane
Hemel Hempstead
Hertfordshire
HP2 4YJ

Phone 07936448044

Email info@thepadprojectuk.org

Website www.byoursidehomecare.co.uk/thepadprojectuk

Activities

Objects: TO RELIEVE SICKNESS AND TO PRESERVE THE HEALTH OF PATIENTS IN THE UK BY PROVIDING OR ASSISTING IN THE PROVISION OF INCONTINENCE PADS AND OTHER PERSONAL HYGIENE ITEMS ANCILLARY TO THOSE PROVIDED BY THE NHS AND OTHER MEDICAL SERVICES PROVIDERS.

Activities: The Pad Project UK recycles your unopened Hygiene Continence Care products, health care items and Health Care Equipment. We operate from our main hub in Hemel hempstead and have Drop Zones in different areas where the public can donate to. These items are then taken back to the Hub for distribution, where they are given out to individuals or partner groups that are in desperate need of them.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Environment/conservation/heritage, Other Charitable Purposes
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£5,663	£5,663	-	-
2024-03-31	£3,286	£35,737	-	-

Trustees

Name	Role	Appointed
SARAH REBECCA PARKINS	Chair	2023-06-14
Allison Bordoley		2026-02-16
Claire Louise Huggins		2023-06-14

THE PAD PROJECT UK

England & Wales - Charity number 1203678

Accounts

**The Pad Project UK
CIO Foundation**

**Report and Financial Statements
For the Year Ended 31 March 2025**

Trustees Annual Report

**Charity Number: 1203678
Registered 22 June 2023**





**The Pad Project UK
CIO Foundation**

**Report and Financial Statements
For the Year Ended 31 March 2024**

Contents

The Pad Project UK Information	Page 2
Our Purpose and Objectives	Page 3
Achievements and Performance	Page 4
Financial Review	Page 6
Structure, Governance and Management	Page 8
Responsibilities of the Management Committee	Page 9
Financial Information	Page 10
Declaration	Page 12

**The Pad Project UK
CIO Foundation**

Report and Financial Statements for the Year Ended 31 March 2024

The Trustee Committee presents its trustees' report and financial statements for the year ended 21 March 2023

Reference and Administration Information

Charity Name:	The Pad Project UK
Charity registration number:	1203678
Registered Office and operational address:	The Self Storage Company 2 Park Lane, Hemel Hempstead, Hertfordshire, HP2 4YJ

Trustee Committee:

Mrs S Parkins	CEO, Chair and Treasurer
Mrs A Orr	
Mrs C Huggins	

Volunteers:

Ms Allison Boredoley



Accounts Overseen by: David Lindon & Co, Avaland House, 110 London Road, Apsley, Hemel Hempstead, Hertfordshire, HP3 9SD

The Pad Project UK operates in accordance with its constitution, which governs its structure and management. The trustees oversee the charity's activities and ensure its objectives are met.

Trustees are recruited and trained according to the charity's governance policies.

Appointment of Trustees:

Trustees are appointed in line with the charity's constitution. All trustees declare any conflicts of interest and act in the best interest of the charity.

Our Purpose and Objectives

The Pad Project UK aims to alleviate incontinence poverty by providing access to incontinence products and raising awareness about the impact of incontinence on individuals' well-being.

Our key objectives are:

- The advancement of health or the saving of lives by distributing free incontinence products to those affected by incontinence poverty.
- The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantages.
- The promotion of mental and moral improvement by raising awareness and providing education on incontinence management and health.
- Collaborating with community organisations, healthcare providers, and support groups to expand access to necessary products.
- To promote the recycling of healthcare items to aid in the advancement of environmental protection and improvement of the industry.

The provision of items and services aims:

- To provide relief for the public benefit by providing a recycling service for the collection and distribution of incontinence pads for people living with incontinence. Incontinence pads will be distributed, but not exclusively, to individuals/health care professionals and for services that need them.
- To offer support in the public interest for families whose loved ones have passed away by assisting with the clearing or return of items of equipment and care provisions from people's homes for repurposing or disposal.
- To reduce the amount of unused incontinence pads going to landfills for the public benefit by providing a recycling service in particular, by the collection of donated unused incontinence pads.
- To provide a signposting service for service users who need to be informed of the most appropriate service for them to help them deal with their incontinence issues.



- Support for those newly diagnosed with incontinence, including information and the provision of incontinence pads and solutions to their specific needs.

Achievements and Performance

The activities of **The Pad Project UK** deliver public benefit by addressing the critical issue of incontinence poverty, which affects millions in the UK and has far-reaching consequences for physical health, mental well-being, and financial stability. Key aspects of how our work has benefitted the public include:

1. Alleviating Incontinence Poverty

- It is estimated that over 14 million people in the UK experience bladder and bowel problems. Research indicates a significant proportion of women experience incontinence during their lifetime. Men with urinary incontinence frequently report anxiety and social withdrawal.
- The rising cost of living has compounded the issue, making incontinence products unaffordable for many, particularly those on low incomes. By providing essential products, The Pad Project UK directly improves the quality of life for individuals and families facing incontinence poverty. This has included providing products to top up individuals' supplies of pads where their allocations from social services are not meeting their daily needs.

2. Promoting Health and Hygiene

- Access to proper incontinence supplies helps prevent related health issues, such as skin infections and pressure sores, reducing the burden on healthcare systems.
- Campaigns launched to address 'incontinence poverty' amid the cost-of-living crisis have highlighted the health risks associated with a lack of access to these essentials.
- Many individuals we are supporting regularly have been assessed through their local bladder and bowel services and have been allocated a set number of incontinence pads, typically 2 to 4 pads a day. The Pad Project UK is working with families whose loved ones are using up to 10 pads a day, leaving many families in a deficit of between 6 to 8 pads a day. If they did not top up their supplies, this would lead to further health complications, on top of what are usually very complex care needs already being managed.

3. Raising Awareness

- By highlighting incontinence poverty, a hidden yet pervasive issue, The Pad Project UK breaks down taboos and encourages open discussions, promoting inclusivity and reducing stigma.
- Awareness campaigns, combined with product distribution efforts, create a broader understanding of the problem, driving action and support from society.
- Since the charity was founded, it has also raised awareness within the local social services and government of the issue not only of pad poverty but also the environmental impact of the waste within the industry.



- The collaborations with other local services and charities have had a positive impact on the individuals as well as the services provided by The Pad Project UK. Providing inclusive partnerships with services and families.

4. Empowering Local Communities

- Through partnerships with local organisations and healthcare providers, we create sustainable solutions for incontinence care.
- Our work strengthens local networks and ensures that vulnerable individuals receive the support they need.

5. Reducing Financial Burden

- According to the most recent *Households Below Average Income* statistics for the financial year ending 2024, 15% of people in the UK were living in absolute low income before housing costs, and this rises to 18% when housing costs are included. These figures illustrate the continued squeeze on family incomes and the persistence of low income in the UK. Additionally, separate analysis shows that around 4.5 million children (approximately 31%) were living in relative poverty over the same period.
- By providing free or subsidised products, we alleviate financial strain, allowing families to allocate resources to other essential needs.

6. Encouraging Equality

- Incontinence poverty disproportionately affects marginalised groups, creating barriers to equal participation in work, education, and social activities.
- By ensuring access to basic health essentials, The Pad Project UK contributes to a fairer and more equitable society.

7. Fostering Mental Well-being

- Incontinence can lead to social isolation, anxiety, and depression. Nearly 8 in 10 men with urinary incontinence report feeling anxious about leaving their homes.
- By providing support and essential products, we help restore confidence, dignity, and mental well-being to affected individuals.
- Interactions with families and individuals have proven to be beneficial to mental health and general well-being. Those who use the service have often reported that they enjoy the visit to our sites and have found a safe place to talk about issues they may find embarrassing to talk about with other organisations or family.

These efforts underscore The Pad Project UK's commitment to improving lives and addressing incontinence poverty in a holistic and impactful manner.

During our second year, The Pad Project UK has made substantial strides toward achieving its mission. Key accomplishments include:

- Distribution of over 36,000 incontinence products to individuals in need across Hertfordshire and surrounding areas.



- Attended 9 workshops and awareness programs about incontinence management, reaching 175 participants.
- Built partnerships with local healthcare providers, community groups, other charity organisations and businesses to enhance our reach.
- Raised £4,988.51 through donations and fundraising events, directly supporting our beneficiaries.

Financial Review

Overview of The Pad Project UK's First Year (2024–2025)

Income and Funding

The Pad Project UK received financial support through donations and injections from By Your Side. These funds allowed us to lay the foundation for our operations and deliver vital support to individuals living in incontinence poverty.

Key Income Figures:

- **Total Donations:** £4,988.51
- **By Your Side Direct Injection:** £674,71
- **Total Income:** £5,663.22

By Your Side continued to play a supportive role during the reporting year, contributing to the charity's stability while The Pad Project UK progressed toward a more diversified income base. This support, alongside ongoing access to professional expertise and operational resources, enabled the charity to maintain core activities, meet essential running costs, and continue delivering support to individuals affected by incontinence poverty. The combination of external donations and reduced reliance on direct injections reflects a positive step toward greater financial sustainability while maintaining the strong foundations established in the charity's first year.

Expenditure

During the year ended 31 March 2025, The Pad Project UK operated within its available income, with expenditure carefully controlled to ensure financial sustainability while continuing to deliver direct support to individuals affected by incontinence poverty. Spending during the year was focused on essential operational costs required to store, distribute, and promote access to incontinence products, alongside limited staffing support.

Expenditure for the year was as follows:

- Advertising & Marketing: £1,210.00
- Consumables: £149.98
- Insurance: £91.29
- Storage / Rent: £3,407.76
- Printing & Stationery: £3.50
- Salaries: £750.00
- Legal / Subscriptions: £47.00



- Postage: £3.69

Total expenditure for the year: £5,663.22

Total expenditure matched total income for the reporting period, reflecting a break-even position and prudent financial management by the trustees.

Historic Funding and Financial Support

By Your Side Ltd has provided significant historical financial support to The Pad Project UK, particularly during its establishment phase. Between 22 June 2023 and 31 March 2024, By Your Side Ltd contributed £33,931.38 toward operational costs. In addition, £21,217.26 was invested to cover costs incurred prior to the charity's formal registration. The total historic investment by By Your Side Ltd, therefore, amounts to £55,148.64.

During the year ended 31 March 2025, reliance on direct injections from By Your Side Ltd reduced significantly, with the charity primarily funded through donations and operating within its own income. This represents a positive step toward greater financial independence and long-term sustainability, while continuing to benefit from non-financial support and professional expertise where appropriate.

Surplus/Deficit

The total income for the year ended 31 March 2025 was £5,663.22, with total expenditure also amounting to £5,663.22, resulting in a break-even position for the year. This outcome reflects careful financial management by the trustees, with expenditure deliberately aligned to available income. Operating on a break-even basis represents a positive step forward in the charity's financial maturity, demonstrating reduced reliance on historic funding injections and an increased focus on sustainability while continuing to deliver support to individuals affected by incontinence poverty.

Activities and Achievements

During the year ended 31 March 2025, The Pad Project UK continued to address incontinence poverty through targeted activity, operating at a smaller but more sustainable scale while maintaining direct community impact.

1. Raising Awareness

- Awareness-raising activity continued throughout the year, with £1,210.00 invested in advertising and marketing to maintain visibility via social media, local outreach, and printed materials.
- This activity supported ongoing engagement with individuals, families, and organisations in need of support, ensuring continued access to the charity's services despite reduced overall expenditure.

2. Operational Foundations



- Storage and rent costs of £3,407.76 enabled the charity to safely store and distribute donated incontinence products, ensuring continuity of service delivery.
- Modest expenditure on consumables (£149.98) and insurance (£91.29) supported day-to-day operations and ensured appropriate safeguarding of assets and activities.
- Limited spending on printing and stationery (£3.50) and postage (£3.69) reflected a move toward more cost-effective, digital communication where possible.

3. Community Impact

- The charity remained largely volunteer-led, with a small contribution toward salaries (£750.00) to support essential administrative and coordination functions.
- By continuing to work closely with donors, community partners, and local networks, The Pad Project UK supported individuals and families struggling with the ongoing cost of incontinence supplies.
- Activity during the year focused on maintaining direct support, signposting, and product distribution while operating within available resources.

Key Milestones

1. Public Engagement

- Strategic use of advertising and community outreach helped raise awareness of incontinence poverty as a critical but often hidden issue.
- Promotion of the charity's work also supported early engagement with potential volunteers, helping to lay the groundwork for future service expansion.

2. Capacity Building

- Investment in essential operational costs, including storage and basic resources, ensured the charity could safely receive and manage donated items.
- During the year, initial steps were taken to promote volunteer involvement, supporting the development of processes that will enable increased capacity in future periods.

3. Community Support

- Donations and limited financial support from By Your Side Ltd and local authority funding enabled the charity to continue delivering practical assistance to individuals and families in need.
- Ongoing engagement with local community organisations helped strengthen awareness of the charity and its services.

Challenges

A key challenge during the reporting year was continuing to operate within limited financial resources while maintaining essential services and community support. Careful financial management was required to balance operational needs with available income.



The charity also faced challenges in promoting volunteer engagement and building partnerships to support service delivery and future growth, while minimising additional financial reliance on direct funding injections from By Your Side Ltd.

Looking Ahead

Moving into the next reporting year, The Pad Project UK aims to build on the foundations established to date while continuing to operate sustainably and proportionately.

1. Expand Fundraising Efforts

- The charity will focus on diversifying income sources through donations, community fundraising, and grant opportunities, to reduce reliance on direct funding injections and support long-term financial sustainability.

2. Increase Community Outreach

- Efforts will continue to strengthen relationships with local organisations, healthcare providers, and community groups, alongside targeted awareness activity to improve understanding of incontinence poverty and the support available.

3. Deliver Direct Impact

- The charity will seek to increase the distribution of incontinence supplies to underserved individuals and families, subject to available resources, while maintaining safe and responsible processes for receiving and managing donations.

This forward-looking approach reflects the charity's ongoing commitment to tackling incontinence poverty and developing a resilient operating model capable of delivering sustained community benefit in future years.

Structure, Governance, and Management

Investment and Historic Funding

During its initial establishment phase, By Your Side Ltd provided significant financial support to enable The Pad Project UK to become operational. Between 22 June 2023 and 31 March 2024, funding of £33,931.38 was provided to support operational costs. In addition, £21,217.26 was invested to cover costs incurred prior to the charity's formal registration. This historic funding was essential in establishing the charity's infrastructure, systems, and early service delivery and laid the foundations for its ongoing work.

Risk Management and Financial Sustainability

The Management Committee remains mindful of both external and internal risks, particularly those relating to financial sustainability. A risk register has been established and is reviewed regularly to identify and mitigate potential risks to the charity's operations. As the charity has developed, increasing emphasis has been placed on diversifying income streams through donations, fundraising, and grant opportunities, with the aim of reducing dependency on any single source of funding. Financial systems and controls are reviewed on an ongoing basis to ensure the charity remains responsive, compliant, and financially sustainable.



Organisational Structure and Delegation

The Pad Project UK is governed by a Management Committee with collective responsibility for strategic oversight, compliance, and financial accountability. The committee is made up of individuals with a range of relevant skills and experience. Day-to-day management, including oversight of financial processes and operational activity, is delegated to the CEO, operating within the framework of policies and controls approved by the Management Committee.

Related Parties and Collaborative Working

Historic financial support from By Your Side Ltd has supported the development of collaborative working relationships with local medical professionals, health and social care services, community organisations, and volunteers. These partnerships align with the charity's objectives and support a coordinated approach to addressing incontinence poverty. Ongoing professional support and knowledge-sharing continue to strengthen the charity's governance and operational effectiveness, without reliance on the level of financial injections provided during the establishment phase.

This governance structure ensures clear accountability, effective risk management, and a strong foundation from which The Pad Project UK can continue to develop its work in support of communities experiencing incontinence poverty.

Responsibilities of the Management Committee

The Management Committee of The Pad Project UK is responsible for preparing the financial statements for each financial year, ensuring that they give a true and fair view of the charity's financial activities and financial position. The financial statements are prepared in accordance with applicable charity law and the Statement of Recommended Practice (SORP) for charities.

In preparing the financial statements, the Management Committee is responsible for:

- Selecting suitable accounting policies and applying them consistently.
- Making judgements and estimates that are reasonable and prudent.
- Preparing the financial statements on a going concern basis, unless it is inappropriate to presume that the charity will continue in operation.

The Management Committee is also responsible for maintaining adequate accounting records that are sufficient to show and explain the charity's transactions and to disclose, with reasonable accuracy at any time, the financial position of the charity. These records enable the Management Committee to ensure that the financial statements comply with the requirements of charity law and applicable regulations.

In addition, the Management Committee takes reasonable steps to safeguard the assets of the charity and to prevent and detect fraud, error, and other irregularities through the implementation of appropriate internal controls and oversight arrangements.



Financial Oversight and Investment by By Your Side Ltd

During the charity's establishment phase, By Your Side Ltd provided significant financial support, including funding of £33,931.38 between 22 June 2023 and 31 March 2024, alongside £21,217.26 to cover costs incurred prior to the charity's formal registration. This historic investment enabled the charity to become operational and establish appropriate systems and controls.

The Management Committee has responsibility for overseeing all financial support received by the charity and for ensuring that funds are applied solely in furtherance of the charity's objectives. This includes maintaining appropriate financial controls, monitoring expenditure, and implementing risk management procedures to safeguard the charity's assets and ensure accountability.

The level of direct financial support from By Your Side Ltd reduced significantly in the current reporting year, reflecting the charity's progression toward a more sustainable operating model, while governance and oversight arrangements remain firmly in place.

Audit and Accountability

The Management Committee confirms that, to the best of its knowledge and belief, there is no relevant financial or audit information of which the committee is unaware. The committee has taken all reasonable steps to ensure that it is aware of any relevant information required for the preparation of the financial statements, thereby supporting transparency and accountability in the charity's financial reporting.

The financial statements have been prepared in accordance with applicable charity law and the Statement of Recommended Practice (SORP) for Accounting and Reporting by Charities and are subject to independent examination where required.

Donations

	Unrestricted	Restricted	01/04/24 – 31/03/25 Total	22/06/23 – 31/03/24 Total
Watford Council	-	-	-	£500.00
Donations	£4,988.51	-	£4,988.51	£1,305.99
Totals	£4,988.51	-	£4,988.51	£1,805.99

Restricted donation: This was a grant for computer equipment used in conjunction with database software to organise information and make it accessible for volunteer counsellors.

Expenses

Salaries	£750.00
Consumables	£149.98
Advertising & Marketing	£1,210.00
Storage facilities / Rent	£3,407.76
Legal / Subscriptions	£47.00



Postage	£3.69
Printing & Stationary	£3.50
Insurance	£91.29
Totals	£5,663.22

Employees

	01/04/24 – 31/03/25	22/06/23 – 31/03/24
CEO (unpaid)	1	1
Salaried staff	0	1 (Until Feb 2024)
Trustees (unpaid)	3	3
Administration (Unpaid)	0	0
Volunteers (Unpaid)	1	1
Paid staff member from By Your Side Ltd	0	1
Totals	5	7

The charity does not operate any pension scheme for its employees but administers their salaries through By Your Side Ltd which provides pensions through The Peoples Pension Scheme.

Trustee Remuneration & Related Party Transactions

No members of the Management Committee received any remuneration during the year ended 31 March 2025. No travel or subsistence expenses were charged to the charity during the reporting period.

No trustee, or any person connected with a trustee, had any material personal interest in any contract or transaction entered into by the charity during the period 1 April 2024 to 31 March 2025.

During the charity's establishment phase, services were provided by Claire Louise Branding in relation to advertising and marketing activity for the period 22 June 2023 to 31 March 2024. These services were coordinated by Claire Huggins in her capacity as a trustee. The total cost of these services amounted to £3,888.94 and was fully funded by By Your Side Ltd. No such services were provided, commissioned, or funded during the current reporting year.

The trustees met three times during the charity's first year of operation. As the charity has become more established, the Management Committee has agreed to meet between four and six times per year, typically on a bi-monthly basis, to support effective governance and oversight.

Taxation

As a charity, The Pad Project UK is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable



Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

Tangible Fixed Assets

Cost	Office Equipment
At 1 April 2024	£500.00
Additions	£0.00
At 31 March 2025	£500.00
Accumulated depreciations	Amount
At 1 April 2024	£90.00
Annual depreciation value	£90.00
At 31 March 2025	£180.00
Net Book Value	
At 31 March 2025	£320.00

Declaration

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

Signed on behalf of the Charity's Trustees:

Sarah Parkins

Chairperson

Date: 09/01/2024

The Pad Project UK

The Self Storage Company
2 Park Lane
Hemel Hempstead
Hertfordshire
HP2 4YJ

Phone:

07936448044

Email:

info@thepadprojectuk.org

Website:

www.byyoursidehomecare.co.uk/thepadprojectuk



INDEX:

Information sources:

- NHS England published reports
- Bladder and Bowel Community resources
- British Medical Journal publications
- International Urogynaecology Journal
- Prostate Cancer UK resources
- Bladder Health UK publications
- The Pad Project UK internal figures and results

THE PAD PROJECT UK

England & Wales - Charity number 1203678

Accounts

**The Pad Project UK
CIO Foundation**

**Report and Financial Statements
For the Year Ended 31 March 2024**

Trustees Annual Report

**Charity Number: 1203678
Registered 22 June 2023**





**The Pad Project UK
CIO Foundation**

**Report and Financial Statements
For the Year Ended 31 March 2024**

Contents

The Pad Project UK Information	Page 2
Our Purpose and Objectives	Page 3
Achievements and Performance	Page 4
Financial Review	Page 6
Structure, Governance and Management	Page 8
Responsibilities of the Management Committee	Page 9
Financial Information	Page 10
Declaration	Page 12

**The Pad Project UK
CIO Foundation**

Report and Financial Statements for the Year Ended 31 March 2024

The Trustee Committee presents its trustees; report and financial statements for the year ended 21 March 2023

Reference and Administration Information

Charity Name:	The Pad Project UK
Charity registration number:	1203678
Registered Office and operational address:	Protea Business Centres, Bridge House, High Street, Redbourn, Hertfordshire, AL3 7LJ

Trustee Committee:

Mrs S Parkins	CEO, Chair and Treasurer
Mrs A Orr	
Mrs C Huggins	

Volunteers:

Miss C Weller



Accounts Overseen by: David Lindon & Co, Avaland House, 110 London Road, Apsley, Hemel Hempstead, Hertfordshire, HP3 9SD

The Pad Project UK operates under its constitution, which guides its structure and management. The trustees oversee the charity's activities and ensure its objectives are met.

Trustees are recruited and trained according to the charity's governance policies.

Appointment of Trustees:

Trustees are appointed in line with the charity's constitution. All trustees declare any conflicts of interest and act in the best interest of the charity.

Our Purpose and Objectives

The Pad Project UK aims to alleviate incontinence poverty by providing access to incontinence products and raising awareness about the impact of incontinence on individuals' well-being.

Our key objectives are:

- The advancement of health or the saving of lives by distributing free incontinence products to those affected by incontinence poverty.
- The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantages.
- The promotion of mental and moral improvement by raising awareness and providing education on incontinence management and health.
- Collaborating with community organisations, healthcare providers, and support groups to expand access to necessary products.
- To promote the recycling of healthcare items to aid in the advancement of environmental protection and improvement of the industry.

Provision of items and services aims:

- To provide relief for the public benefit by providing a recycling service for the collection and distribution of incontinence pads for people suffering from incontinence. Incontinence pads will be distributed in particular but not exclusively to individuals/health care professionals and for services that need them.
- To offer support in the public interest for families whose loved ones have passed away by assisting with the clearing or return of items of equipment and care provisions from people's homes for repurposing or disposal.
- To reduce the amount of unused incontinence pads going to landfills for the public benefit by providing a recycling service in particular by the collection of donated unused incontinence pads.
- To provide a signposting service for service users who need to be informed of the most appropriate service for them to help them deal with their incontinence issues.



- Support for those newly diagnosed with incontinence including information and the provision of incontinence pads and solutions to their specific needs.

Achievements and Performance

The activities of **The Pad Project UK** deliver public benefit by addressing the critical issue of incontinence poverty, which affects millions in the UK and has far-reaching consequences for physical health, mental well-being, and financial stability. Key aspects of how our work has benefitted the public include:

1. Alleviating Incontinence Poverty

- Incontinence is a widespread issue, with approximately 14 million people in the UK experiencing bladder problems. Around 34% of women are affected, and over half of men report experiencing symptoms of urinary incontinence, with many feelings anxious about leaving their homes.
- The rising cost of living has compounded the issue, making incontinence products unaffordable for many, particularly those on low incomes. By providing essential products, The Pad Project UK directly improves the quality of life for individuals and families facing incontinence poverty. This has included providing products to top up individuals' supplies of pads where their allocations from social services are not meeting their daily needs.

2. Promoting Health and Hygiene

- Access to proper incontinence supplies helps prevent related health issues, such as skin infections and pressure sores, reducing the burden on healthcare systems.
- Campaigns launched to address 'incontinence poverty' amid the cost-of-living crisis have highlighted the health risks associated with lack of access to these essentials.
- Many individuals we are supporting on a regular basis have been assessed through their local bladder and bowel services and have been allocated a set number of incontinence pads, typically 2 to 4 pads a day. The Pad Project UK is working with families whose loved ones are using up to 10 pads a day, leaving many families in a deficit of between 6 to 8 pads a day. If they did not top up their supplies, this would lead to further health complications, on top of what are usually very complex care needs already being managed.

3. Raising Awareness

- By highlighting incontinence poverty, a hidden yet pervasive issue, The Pad Project UK breaks down taboos and encourages open discussions, promoting inclusivity and reducing stigma.
- Awareness campaigns, combined with product distribution efforts, create a broader understanding of the problem, driving action and support from society.
- Since the charity was founded, it has also raised awareness within the local social services and government of the issue not only of pad poverty but also the environmental impact of the waste within the industry.



- The collaborations with other local services and charities have had a positive impact on the individuals as well as the services provided by The Pad Project UK. Providing inclusive partnerships with services and families.

4. Empowering Local Communities

- Through partnerships with local organisations and healthcare providers, we create sustainable solutions for incontinence care.
- Our work strengthens local networks and ensures that vulnerable individuals receive the support they need.

5. Reducing Financial Burden

- The cost of incontinence products places a heavy financial burden on individuals, particularly in the current economic climate, where absolute low income increased by 500,000 people before housing costs in the year 2022/23.
- By providing free or subsidised products, we alleviate financial strain, allowing families to allocate resources to other essential needs.

6. Encouraging Equality

- Incontinence poverty disproportionately affects marginalised groups, creating barriers to equal participation in work, education, and social activities.
- By ensuring access to basic health essentials, The Pad Project UK contributes to a fairer and more equitable society.

7. Fostering Mental Well-being

- Incontinence can lead to social isolation, anxiety, and depression. Nearly 8 in 10 men with urinary incontinence report feeling anxious about leaving their homes.
- By providing support and essential products, we help restore confidence, dignity, and mental well-being to affected individuals.
- Interactions with families and individuals have proven to be beneficial to mental health and general well-being. Those who use the service have often reported that they enjoy the visit to our sites and have found a safe place to talk about issues they may find embarrassing to talk about with other organisations or family.

These efforts underscore The Pad Project UK's commitment to improving lives and addressing incontinence poverty in a holistic and impactful manner.

During our first year, The Pad Project UK has made substantial strides toward achieving its mission. Key accomplishments include:

- Distribution of over 12,000 incontinence products to individuals in need across Hertfordshire and surrounding areas.
- Conducted 12 workshops and awareness programs about incontinence management, reaching 200 participants.



- Built partnerships with local healthcare providers, community groups, other charity organisations and businesses to enhance our reach.
- Raised £1,805.99 through donations and fundraising events, directly supporting our beneficiaries.

Financial Review

Overview of The Pad Project UK's First Year (2023–2024)

Income and Funding

The Pad Project UK received financial support through donations and injections from By Your Side. These funds allowed us to lay the foundation for our operations and deliver vital support to individuals living in incontinence poverty.

Key Income Figures:

- **Total Donations:** £1,805.99
- **By Your Side Direct Injection:** £1,480.00
- **Total Income:** £3,285.99

By Your Side generously funded the setup and all operational costs for the first year of The Pad Project UK. Their financial support, amounting to £1,480 in direct injections, alongside their provision of expertise and resources, allowed the charity to establish itself and begin tackling the critical issue of incontinence poverty. From covering initial expenses such as staffing, advertising, storage, equipment, and legal fees to supporting ongoing operational needs, By Your Side's commitment ensured The Pad Project UK could focus entirely on its mission of supporting individuals in need. This funding laid a strong foundation for the charity's growth and future impact.

Expenditure

Throughout the first year, we made strategic investments to establish and grow The Pad Project UK. Expenses were categorised into operational costs, marketing efforts, and infrastructure development to maximise our outreach and impact.

Key Expense Figures:

- **Consumables:** £30.20
- **Advertising & Marketing:** £3,888.94
- **Storage/Rent:** £5,643.32
- **Salaries:** £24,368.51
- **Telephone:** £90.00
- **Legal Fees:** £725.93
- **Postage:** £75.27
- **Equipment:** £708.95
- **Virtual Assistant (VA):** £206.25
- **Total Expenses:** £35,737.37



The finding given by By Your Side Ltd between 22/06/23 and 31/03/24 amounted to £33,931.38. Additionally, the costs incurred for the startup of the charity before its registration, which were covered by By Your Side, totalled £21,217.26. The total invested by By Your Side Ltd totalled £55,148.64.

Surplus/Deficit

The total income for the year was £1,805.99, while total expenses amounted to £35,737.37, resulting in a deficit of **£33,931.38**. This deficit reflects the initial investment required to launch and sustain the charity, much of which was supported by external injections and careful budgeting.

Activities and Achievements

In our first year, The Pad Project UK has made significant progress toward addressing incontinence poverty by:

1. **Raising Awareness:**
 - o We invested heavily in advertising and marketing campaigns, spending £3,888.94 to build visibility through social media, posters, and outreach materials.
 - o This has helped us connect with individuals, organisations, and communities who need our support.
2. **Operational Foundations:**
 - o Expenses for storage and rent (£5,643.36) ensured we could safely store and distribute essential supplies.
 - o Equipment purchases (£708.95) and repairs have supported our day-to-day activities and ensured efficiency in our processes.
3. **Community Impact:**
 - o Although volunteer-led, we relied on modest telephone and postage costs to maintain communication with supporters and clients.
 - o By working closely with donors and community partners, we supported individuals struggling with the costs of incontinence supplies.

Key Milestones

1. **Public Engagement:**
 - o Strategic use of advertising brought visibility to incontinence poverty as a critical issue.
2. **Capacity Building:**
 - o Investments in equipment and operational costs provided the foundation for future growth.
3. **Community Support:**
 - o Donations and injections from By Your Side and Local Councilmen enabled us to deliver vital assistance to those in need.



Challenges

- The primary challenge in our first year was managing the significant upfront costs necessary to establish the charity. These investments are expected to pay off as we scale our operations in the coming years.
- Engaging volunteers and partners to expand the services without additional costs to the charity of further injections from By Your Side.

Looking Ahead

Moving into our second year, The Pad Project UK aims to:

1. **Expand Fundraising Efforts:**
 - o Focus on diversifying income sources to reduce reliance on injections and ensure sustainability.
2. **Increase Community Outreach:**
 - o Strengthen partnerships with local organisations and expand awareness campaigns.
3. **Deliver Direct Impact:**
 - o Distribute more incontinence supplies to underserved individuals and families.

This overview reflects our dedication to tackling incontinence poverty and building a sustainable foundation for future growth. With continued support, we aim to make an even greater impact in the years ahead.

Structure, Governance, and Management

Investment and Funding for the First Year

During its first year, By Your Side Ltd funded £33,931.38 between 22/06/23 and 31/03/24, which supported the establishment of The Pad Project UK. This funding was essential for covering the operational costs, including the £21,217.26 incurred in the charity's early stages, before its official registration. This funding has been critical in laying the foundation for the charity's work, ensuring that its objectives and services could be developed while still being aligned with the overarching governance structures and policies.

Risk Management and Financial Sustainability

The Management Committee has been mindful of both external and internal financial risks, particularly as The Pad Project UK began operations. The startup costs were meticulously managed, and a risk register has been established to ensure the financial sustainability of the charity. This includes the diversification of funding sources, such as grants and donations, alongside By Your Side Ltd.'s support, to reduce dependency on any single stream of income. The ongoing review of financial systems ensures that the charity remains responsive and able to manage potential financial risks while continuing to meet its objectives.

Organisational Structure and Delegation

The financial support from By Your Side Ltd in the charity's early stages has enabled the establishment of robust governance procedures. The charity's Management Committee, comprising individuals with diverse expertise, oversees strategic decisions and ensures



financial accountability. The day-to-day financial management is entrusted to the CEO, who ensures the charity's financial health, including managing the costs covered by By Your Side Ltd for the startup phase.

Related Parties and Collaborative Efforts

By Your Side Ltd.'s significant financial contribution has facilitated collaboration with local and national stakeholders, including medical professionals, health and social care teams, and volunteers. These partnerships are aligned with The Pad Project UK's objectives, fostering a multi-agency approach to ensuring the charity can continue its work to support communities living in incontinence poverty. The ongoing involvement of By Your Side Ltd further strengthens these relationships, enabling the charity to expand its reach and effectiveness in delivering its services.

This approach connects By Your Side Ltd.'s financial investment directly with the governance, risk management, and overall structure of The Pad Project UK, reinforcing the charity's foundation during its first year of operations.

Responsibilities of the Management Committee

In accordance with company law and the charity's Memorandum and Articles of Association, the Management Committee of The Pad Project UK is responsible for preparing financial statements that provide a true and fair view of the charity's financial position, including its income, expenditure, and application of resources for each financial year. In preparing these financial statements, the Management Committee follows best practices, including:

- **Selection of Accounting Policies:** The Committee ensures that suitable accounting policies are consistently applied.
- **Reasonable Judgements and Estimates:** The Committee makes reasonable and prudent judgements and estimates in line with charity law.
- **Going Concern Basis:** The Committee prepares the financial statements on a going concern basis, unless it is inappropriate to do so, ensuring the charity's continued viability.

As part of its responsibilities, the Management Committee is tasked with maintaining proper accounting records that accurately reflect the financial position of the charity at any given time. This is in line with the Companies Act 1985, ensuring that the charity's financial statements comply with all statutory requirements. The Committee also takes reasonable steps to safeguard the charity's assets and prevent fraud or irregularities.

Financial Oversight and Investment by By Your Side Ltd

In the charity's first year, By Your Side Ltd funded a substantial amount of £33,931.38, with £21,217.26 allocated towards covering the costs prior to the charity's official registration. The Management Committee is responsible for overseeing this financial support and ensuring that it is used in accordance with the charity's objectives. This includes ensuring proper financial controls are in place, as well as implementing risk management procedures to safeguard the charity's assets.

Audit and Accountability

The Management Committee affirms that, to the best of its knowledge, there is no relevant



audit information that has been omitted. The Committee has also taken all necessary steps to ensure that it is aware of any relevant financial information, ensuring transparency and accountability in the charity's financial reporting.

The financial statements are prepared in accordance with the Statement of Recommended Practice for Accounting and Reporting by Charities and the special provisions of the Companies Act 1985 for small entities.

Donations

	Unrestricted	Restricted	22/06/23 – 31/03/24 Total	Pre-registration Total
Watford Council	-	£500.00	£500.00	-
Donations	£1,305.99	-	£1,305.99	-
Totals	£1,305.99	£500.00	£1,805.99	-

Restricted donation: This was a grant for computer equipment used in conjunction with database software to organise information and make it accessible for volunteer counsellors.

Expenses

Salaries	£24,368.51
Consumables	£30.20
Advertising & Marketing	£3,888.94
Storage facilities / Rent	£5,643.32
Communications	£90.00
Legal / Insurance	£725.93
Postage	£75.27
Equipment	£708.95
Virtual Assistant	£206.25
Totals	£35,737.37

Employees

	22/06/23 – 31/03/24	Pre-registration
CEO (unpaid)	1	1
Salaried staff	1 (until Feb 2024)	1
Trustees (unpaid)	3	3
Administration (Unpaid)	0	0
Volunteers (Unpaid)	1	1
Paid staff member from By Your Side Ltd	1	0
Totals	7	6

The charity does not operate any pension scheme for its employees but administers their salaries through By Your Side Ltd which provides pensions through The Peoples Pension Scheme.



Trustee Remuneration & Related Party Transactions

No members of the management committee received any remuneration during the year. Travel costs were not charged to the charity during this reporting period.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the period of 22/06/2023 - 31/032024.

Services were provided by Claire Louise Branding for Advertising and Marketing during the period of 22/06/2023 - 31/032024, services which were supported by outside services but organised by Claire Huggins Trustee. This equated to the amount of £3888.94 which was funded by By Your Side Ltd.

The trustees met 3 times in the first year and are meeting 4 to 6 times going forward now the charity is actively running. These take place every other month when possible.

Taxation

As a charity, The Pad Project UK is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

Tangible Fixed Assets

Cost	Office Equipment
At June 2023	£0.00
Additions	£500.00
At 31 March 2023	£500.00
Accumulated depreciations	Amount
At June 2023	£0.00
Annual depreciation value	£90.00
At 31 March 2023	£410.00

Declaration

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

Signed on behalf of the Charity's Trustees:

Sarah Parkins



Chairperson

Date: 09/01/2024

The Pad Project UK
Protea Business Centres
Bridge House
High Street, Redbourn
ST. ALBANS
Hertfordshire
AL3 7LJ

Phone:
07936448044

Email:
info@thepadprojectuk.org

Website:
www.byyoursidehomecare.co.uk/thepadprojectuk

INDEX:

Information sources:

NHS England published reports
Bladder and Bowel Community resources
British Medical Journal
International Urogynaecology Journal
Prostate Cancer UK
Bladder Health UK
The Pad Project UK figures and results