

**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**





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**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 – 31/03/2024.

Services were provided by Claire Louise Branding for Advertising and Marketing during the period of 22/06/2023 – 31/03/2024, 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

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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