

Charity registration number 1204247 (England and Wales)

HIDDEN DISABILITIES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

HIDDEN DISABILITIES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	G L Wardell	
	B W Headland	
	K M Newton	
	C Ideson	(Resigned 25 Feb 2025)
	Mr A R G McCallum	(Appointed 8 April 2024)
	R Lowe	(Appointed 8 April 2024)
	Mr M Cuthbert	(Appointed 13 June 2025)
Charity registration	England and Wales	1204247
Principal address	Riverside Station Road Burstwick Hull HU12 9JG	
Independent examiner	Trevor Mark Rackham Rackham's Accountants Limited 3 Melton Enterprise Park Redcliff Road Melton East Yorkshire HU14 3RS	

HIDDEN DISABILITIES

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HIDDEN DISABILITIES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's constitution, the Charities Act 2011 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 (FRS 102)" (effective 1 January 2019).

Objectives and activities

The Charity was created to raise awareness of hidden disabilities within the community. We have created a comprehensive website with information on hidden disabilities. We have a database of members which exceeds over one hundred people. We provide local events for wellness, social, personal development, and expert advice to support those with hidden disabilities.

At Hidden Disabilities, we advocate for and support individuals facing a spectrum of hidden disabilities, with a primary focus on Autoimmune Diseases, Chronic Pain & Fatigue Disorders, Mental Health, and Neurological Disorders. We understand that these conditions, though not always visible, significantly impact daily lives. Within these categories, we are initially concentrating on several specific challenges: Chronic Fatigue Syndrome (CFS/ME), Epilepsy, Postural Orthostatic Tachycardia Syndrome (PoTS), Fibromyalgia, Lupus, and Ehlers-Danlos Syndrome (EDS).

Each of these conditions presents unique hurdles, from the debilitating fatigue of CFS to the intricate challenges faced by those with autoimmune diseases. Our mission is to provide a comprehensive platform that addresses the multifaceted aspects of these hidden disabilities. Through awareness initiatives, educational resources, and empathetic support networks, we strive to create a community where individuals can find solace, understanding, and the strength to navigate their unique journeys.

Public benefit

The Trustees are of the opinion that the nature of the Charity's operations and the geographical area over which it operates are such that it fulfils the public benefit criteria as specified by the Charity Commission. Further, the Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 with regard to guidance published by the Charity Commission in connection with public benefit.

Achievements and performance

Significant activities and achievements against objectives

Financial review

The financial position of the Charity is good with net assets on 31 March 25 amounting to £4,305 (2024: £19,318).

Total income during the year amounted to £26,665 (2024: £32,713).

The Charity intends to continue implementing its aims and objectives as set down by the governing document for the forthcoming year.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Major risks

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

The Trustees have considered the major risks to which the charity is exposed and have reviewed those risks.

HIDDEN DISABILITIES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Structure, governance and management

Hidden Disabilities is a charity governed by a Board of Trustees who are responsible for setting the strategic direction.

Financial accountability is undertaken by the board to ensure that decisions meet the tests of legality, relevance, and prudence.

We are continuing to work through our development plan which sets out our goals and challenges in more detail and continue to be collaborative and responsive, working in partnership with other charities and businesses to provide the best support available to our end users.

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

N W Houfe	(Resigned 7 October 2024)
G L Wardell	
B W Headland	
K M Newton	
C Ideson	(Resigned 25 Feb 2025)
Mr A R G McCallum	(Appointed 8 April 2024)
R Lowe	(Appointed 8 April 2024)
Mr M Cuthbert	(Appointed 13 June 2025)

The trustees who were appointed after the year end to the date of the signature of the financial statements were:

A McCallum	(Appointed 8 April 2024)
R Lowe	(Appointed 8 April 2024)

Recruitment and appointment of trustees

The Trustees may at any time appoint a person who is willing to act as such and has the necessary skills, knowledge, and experience to benefit the charity. The other trustees give all necessary training and guidance. The trustees keep the membership of the board under review and understand the need to have access to a good mix of skills.

Other matters

Policies

The charity continues to develop necessary policies and procedures in place including safeguarding, health and safety, risk assessments, equal opportunities, and data protection etc. to protect the charity, and people the charity supports, and these are reviewed regularly.

The trustees' report was approved by the Board of Trustees.

Alex McCallum
.....

Mr A McCallum
Trustee

Date: 31-01-2026
.....

HIDDEN DISABILITIES

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HIDDEN DISABILITIES

I report to the trustees on my examination of the financial statements of Hidden Disabilities (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 as required by section 130 of the Charities Act 2011.
- 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 financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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.

Trevor Mark Rackham

Rackham's Accountants Limited
3 Melton Enterprise Park
Redcliff Road
Melton
East Yorkshire
HU14 3RS
Date: 31-01-2026

HIDDEN DISABILITIES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and legacies	2	16,710	-	16,710	3,465	18,020	21,485
Charitable activities	3	1,600	-	1,600	1,500	-	1,500
Other trading activities	4	8,084	-	8,084	9,554	-	9,554
Investments	5	271	-	271	174	-	174
Total income		<u>26,665</u>	<u>-</u>	<u>26,665</u>	<u>14,693</u>	<u>18,020</u>	<u>32,713</u>
Expenditure on:							
Raising funds	6	-	15,167	15,167	9,438	-	9,438
Charitable activities	7	23,657	2,853	26,510	3,957	-	3,957
Total expenditure		<u>23,657</u>	<u>18,020</u>	<u>41,677</u>	<u>13,395</u>	<u>-</u>	<u>13,395</u>
Net income/(expenditure) and movement in funds		3,008	(18,020)	(15,012)	1,298	18,020	19,318
Reconciliation of funds:							
Fund balances at 1 April 2024		<u>1,297</u>	<u>18,020</u>	<u>19,317</u>	<u>-</u>	<u>-</u>	<u>-</u>
Fund balances at 31 March 2025		<u>4,305</u>	<u>-</u>	<u>4,305</u>	<u>1,298</u>	<u>18,020</u>	<u>19,318</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

HIDDEN DISABILITIES

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	13	-		1,440	
Cash at bank and in hand		6,087		18,837	
		<u>6,087</u>		<u>20,277</u>	
Creditors: amounts falling due within one year	14	(1,782)		(960)	
Net current assets			4,305		19,317
			<u>4,305</u>		<u>19,317</u>
The funds of the charity					
Restricted income funds	15	-		18,020	
Unrestricted funds	16		4,305	1,298	
			<u>4,305</u>	<u>19,318</u>	

The financial statements were approved by the trustees on 31-01-2026

Karen Newton
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K M Newton
Trustee

HIDDEN DISABILITIES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Hidden Disabilities is a charitable incorporated organisation (CIO).

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts 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 in preparing 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.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

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 income will be received.

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.

HIDDEN DISABILITIES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

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.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	4,210	-	4,210	1,465	-	1,465
Grants	12,500	-	12,500	2,000	18,020	20,020
	<u>16,710</u>	<u>-</u>	<u>16,710</u>	<u>3,465</u>	<u>18,020</u>	<u>21,485</u>

3 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Charitable Activity Income		
Sponsorship & advertising	<u>1,600</u>	<u>1,500</u>

4 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	<u>8,084</u>	<u>9,554</u>

HIDDEN DISABILITIES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	271	174

6 Expenditure on raising funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fundraising and publicity						
Staging fundraising events	-	15,167	15,167	8,539	-	8,539
Other fundraising costs	-	-	-	899	-	899
	-	15,167	15,167	9,438	-	9,438

7 Expenditure on charitable activities

	Charitable Activity Expenditure 2025 £	Charitable Activity Expenditure 2024 £
Direct costs		
Volunteer expenses	135	9
Activity costs	17,821	666
Speaking therapies	194	156
Materials/ stock	566	371
Staff costs	4,320	1,032
	23,036	2,234
Share of support and governance costs (see note 8)		
Support	2,442	763
Governance	1,032	960
	26,510	3,957
Analysis by fund		
Unrestricted funds	23,657	3,957
Restricted funds	2,853	-
	26,510	3,957

HIDDEN DISABILITIES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

8 Support costs allocated to activities

	2025 £	2024 £
Marketing & PR	-	496
Website	772	189
Office costs	946	79
	724	-
Governance costs	1,032	960
	<u>3,474</u>	<u>1,724</u>
Analysed between:		
Charitable Activity Expenditure	<u>3,474</u>	<u>1,724</u>

9 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	<u>1,032</u>	<u>960</u>

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

13 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Prepayments and accrued income	<u>-</u>	<u>1,440</u>

HIDDEN DISABILITIES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

14 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	750	-
Accruals and deferred income	1,032	960
	<u>1,782</u>	<u>960</u>

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
Lottery Funding	18,020	-	(18,020)	-

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
Lottery Funding	-	18,020	-	18,020

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
General funds	1,298	26,665	(23,658)	4,305

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
General funds	-	14,693	(13,395)	1,298

HIDDEN DISABILITIES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Current assets/(liabilities)	4,305	-	4,305
	<u>4,305</u>	<u>-</u>	<u>4,305</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Current assets/(liabilities)	1,298	18,020	19,318
	<u>1,298</u>	<u>18,020</u>	<u>19,318</u>

18 Related party transactions

There were no disclosable related party transactions during the year.