

Charity registration number 1210390 (England and Wales)

FIBRO-CONNECT TS
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 OCTOBER 2025

FIBRO-CONNECT TS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J W Bell	(Appointed 8 October 2024)
	Ms E Fahey	(Appointed 1 October 2025)
	Ms F Firpionn	(Appointed 14 November 2024)
	Mr R Radford	(Appointed 14 November 2024)
	Ms S Simpson	(Appointed 14 November 2024)
	Ms S Stephenson	(Appointed 14 November 2024)
	Ms M Thompson	(Appointed 1 October 2025)
Charity registration	England and Wales	1210390
Registered office	Horsley Buildings Darlington Street Hartlepool TS24 0LE	
Independent examiner	AbacusBean Limited Level Q Surtees Business Park Stockton on Tees TS18 3HR	

FIBRO-CONNECT TS

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FIBRO-CONNECT TS

FOREWORD FROM THE CHAIR OF TRUSTEES FOR THE PERIOD ENDED 31 OCTOBER 2025

It gives me great pleasure to present the Trustees' Annual Report for Fibro-Connect TS CIO for the period ended 31 October 2025.

This has been a positive period for the charity, one in which we have continued to strengthen our support for people living with fibromyalgia, chronic pain, chronic fatigue and related conditions. Every week, we see first-hand the difference that a welcoming, understanding community can make to someone who may be feeling isolated, unheard or overwhelmed by the challenges of living with a long-term condition.

Our peer support groups have continued to provide a safe space where people can share experiences, gain practical advice and build meaningful friendships. Alongside this, our community shop has not only generated vital income to support our charitable activities but has also become an important point of contact within the local community, helping to raise awareness of our work and the conditions we support.

None of this would be possible without the incredible commitment of our volunteers. During the period, 25 dedicated volunteers gave their time and energy to run support groups, staff our shop, organise fundraising events, undertake administrative tasks and serve as trustees. On behalf of the Board, I extend my sincere thanks to every volunteer for their compassion, professionalism and unwavering commitment to our beneficiaries.

The Board has also continued to focus on strengthening the charity's governance, recruiting new trustees to broaden the range of skills and experience within the organisation, and planning for the future. As demand for our services continues to grow, we remain committed to developing sustainable services that reach more people across Teesside and the surrounding areas.

I would also like to thank our funders, donors, supporters and partner organisations whose generosity and confidence in our work enable us to continue making a real difference. Their support, combined with the dedication of our volunteers, allows Fibro-Connect TS to provide services that improve wellbeing, reduce isolation and empower people to live better with long-term health conditions.

Although challenges remain, the trustees are confident that the charity is well placed to continue its development. We look forward to building on the progress made this period, expanding our reach and ensuring that no one living with chronic pain or fatigue must face their journey alone.

On behalf of the Board of Trustees, I thank everyone who has supported Fibro-Connect TS throughout the period and look forward to a year of making a positive difference in our community.



James Bell
Chair of Trustees

Date: 24 July 2026

FIBRO-CONNECT TS

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 OCTOBER 2025

The trustees present their annual report and financial statements for the period ended 31 October 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 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)".

Objectives and activities

The objective of the charity is:

The relief of those suffering from fibromyalgia and other chronic pain conditions by means of:

1. Provision of information on support and health awareness;
2. A peer-to-peer support network;
3. Promoting the understanding of fibromyalgia and other associated chronic pain conditions to the wider community in the Tees Valley.

Public benefit

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission. The Trustees have considered this guidance when shaping the charity's objectives and in planning current and future activities.

Achievements and performance

Significant activities and achievements against objectives

During the 2024/25 financial period, Fibro-Connect TS:

- Continued to deliver regular peer support sessions.
- Expanded our peer support sessions to Middlesbrough and Redcar.
- Supported individuals across Teesside experiencing chronic pain and fatigue conditions.
- Helped reduce social isolation and improve emotional wellbeing.
- Strengthened community connections through inclusive group environments.

The charity also progressed plans to expand outreach provision, including developing drop-in sessions across multiple locations to increase accessibility.

Feedback from beneficiaries highlights the importance of a safe, understanding environment where lived experience is shared and validated.

Financial review

The charity's income for the period totalled £64,476, derived from grants, donations, charity shop sales and fundraising activities.

Expenditure totalled £37,020, primarily covering:

- Staff wages and on costs.
- Venue hire – Support Unit and Charity Shop.
- Refreshments for support sessions.
- Volunteer expenses.
- Operational costs.

Reserves policy

The trustees recognise the importance of maintaining an appropriate level of free reserves to provide financial stability and ensure the continuity of the charity's activities. The trustees aim to maintain free reserves equivalent to approximately three months' unrestricted expenditure. This level is considered sufficient to meet ongoing commitments, manage short-term fluctuations in income and provide protection against unforeseen expenditure.

At 31 October 2025, the charity held free reserves of £5,161, which the trustees consider to be consistent with this policy. The trustees will continue to review the level of reserves regularly to ensure it remains appropriate to the charity's activities and future plans.

FIBRO-CONNECT TS

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

Major risks

The trustees have considered the major risks to which the charity is exposed and have established systems to mitigate these risks. Key risks include:

- Funding uncertainty – mitigated through active fundraising and diversification of income.
- Volunteer capacity – managed through ongoing recruitment and support.
- Demand exceeding capacity – addressed through phased growth and outreach planning.
- Safeguarding and wellbeing – supported by appropriate policies and procedures.

The trustees review risks regularly and take appropriate action where required.

Structure, governance and management

The charity is a Charitable Incorporated Organisation (CIO) governed by a Foundation Constitution dated 15 January 2024.

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

Mr S Picton	(Appointed 1 June 2026)
Mr J W Bell	(Appointed 8 October 2024)
Ms E Fahey	(Appointed 1 October 2025)
Ms F Firpionn	(Appointed 14 November 2024)
Mr R Radford	(Appointed 14 November 2024)
Ms S Simpson	(Appointed 14 November 2024)
Ms S Stephenson	(Appointed 14 November 2024)
Ms M Thompson	(Appointed 1 October 2025)

Recruitment and appointment of trustees

The trustees recognise the importance of maintaining a diverse and skilled Board to ensure the effective governance and long-term sustainability of the charity. During the period, the charity actively sought to recruit additional trustees with a range of professional skills, lived experience, and backgrounds to strengthen the Board's capacity and reflect the communities it serves.

Recruitment is undertaken through open and transparent processes, including promotion via the charity's website, social media, volunteer recruitment platforms, and local networks. Prospective trustees are provided with information about the charity, the responsibilities of trusteeship, and the skills and time commitment required before appointment.

The charity is committed to promoting equality, diversity, and inclusion in trustee recruitment and welcomes applications from individuals with lived experience of chronic pain, fatigue, disability, and from underrepresented groups. New trustees receive an induction programme and ongoing support to enable them to fulfil their governance responsibilities effectively.

The trustees continue to review the Board's skills and experience to identify any gaps and inform future recruitment, ensuring the charity remains well governed and resilient as it develops.

FIBRO-CONNECT TS

TRUSTEES' REPORT (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

The trustees consider the Board of Trustees to comprise the charity's key management personnel. Collectively, they are responsible for directing and controlling the charity, setting its strategic objectives, overseeing financial management, ensuring compliance with legal and regulatory requirements, and monitoring the delivery of the charity's activities.

The charity did not employ any paid senior management personnel during the 2024/25 financial period. Day-to-day operations were delivered through the charity's employees and volunteers under the direction and oversight of the Board of Trustees.

The trustees receive no remuneration for their role as trustees. Any reasonable expenses incurred in carrying out their duties are reimbursed in accordance with the charity's expenses policy.

The trustees are supported by a dedicated team of volunteers who assist in delivering services, operating the charity's community shop, organising fundraising activities, and supporting the administration of the charity. While these volunteers play a vital role in the charity's success, responsibility for the strategic management and governance of the organisation remains with the Board of Trustees.

Volunteer Impact

Fibro-Connect TS is proud to be a volunteer-led charity, and the trustees recognise that the organisation's achievements during the period would not have been possible without the commitment, compassion, and dedication of its volunteers.

During the 2024/25 financial period, the charity was supported by 25 active volunteers, who generously gave their time, skills, and lived experience to help deliver the charity's aims.

Our volunteers made a significant contribution by:

- Facilitating and supporting peer support groups, providing a safe, welcoming, and understanding environment for people living with chronic pain and fatigue conditions.
- Staffing the charity's community shop, helping to generate vital unrestricted income while engaging with the local community and raising awareness of the charity's work.
- Organising and supporting fundraising events and community activities, enabling the charity to secure additional income and strengthen relationships with supporters and local organisations.
- Serving as trustees, providing strategic leadership, governance, financial oversight, and ensuring the charity continued to operate in accordance with its charitable objectives and legal responsibilities.
- Supporting the day-to-day running of the charity through administration, promotional activities, community engagement, and practical assistance across a wide range of services.

The trustees are immensely grateful for the enthusiasm and commitment shown by every volunteer. Their contribution extends far beyond the hours they give; they provide empathy, lived experience, encouragement, and a sense of community that is at the heart of Fibro-Connect TS.

The charity remains committed to recruiting, training, and supporting volunteers, recognising them as one of its greatest assets and essential to the continued growth and sustainability of the organisation.

The trustees' report was approved by the Board of Trustees



Mr J W Bell
Trustee

24 July 2026

FIBRO-CONNECT TS

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FIBRO-CONNECT TS

I report to the trustees on my examination of the financial statements of Fibro-Connect TS (the charity) for the period ended 31 October 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

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.



Beverley Goodall
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TS18 3HR
27 July 2026

FIBRO-CONNECT TS

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE PERIOD ENDED 31 OCTOBER 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income and endowments from:				
Donations and legacies	3	19,734	27,738	47,472
Other trading activities	4	15,854	-	15,854
Investments	5	28	-	28
Other income	6	1,122	-	1,122
Total income		36,738	27,738	64,476
Expenditure on:				
Raising funds	7	11,056	3,648	14,704
Charitable activities	8	12,196	10,120	22,316
Total expenditure		23,252	13,768	37,020
Net income and movement in funds		13,486	13,970	27,456
Reconciliation of funds:				
Fund balances at 8 October 2024		-	-	-
Fund balances at 31 October 2025		13,486	13,970	27,456

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

FIBRO-CONNECT TS

BALANCE SHEET

AS AT 31 OCTOBER 2025

	Notes	2025 £	£
Fixed assets			
Tangible assets	14		8,325
Current assets			
Debtors	15	5,610	
Cash at bank and in hand		19,961	
		25,571	
Creditors: amounts falling due within one year	16	(6,440)	
Net current assets			19,131
Total assets less current liabilities			27,456
The funds of the charity			
Restricted income funds	18		13,970
Unrestricted funds	19		13,486
			27,456

The financial statements were approved by the trustees on 24 July 2026

Mr J W Bell
Trustee

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 OCTOBER 2025

1 Accounting policies

Charity information

Fibro-Connect TS is a Charitable Incorporated Organisation (CIO) governed by a Foundation Constitution dated 15 January 2024.

1.1 Reporting period

The financial statements cover the period from the CIO's registration on 8 October 2024 to 31 October 2025. As this is the first period of account, no comparative figures are presented.

1.2 Basis of preparation

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 have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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.

1.3 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.

1.4 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.

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

1.5 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.

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

1 Accounting policies

(Continued)

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.

1.6 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.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Motor vehicles	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 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.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 OCTOBER 2025

3 Income from donations and legacies

	Unrestricted funds	Restricted funds	Total
	2025 £	2025 £	2025 £
Donations and gifts	2,679	-	2,679
Grants	-	27,738	27,738
Other	17,055	-	17,055
	<u>19,734</u>	<u>27,738</u>	<u>47,472</u>

Other

Other income of £17,055 represents the transfer of cash and assets from the predecessor CIC following the establishment of the charity.

Fibro-Connect TS is extremely grateful for the generous support received from its volunteer workforce. The charity benefits greatly from the team of volunteers. In accordance with FRS 102 and the Charities SORP (FRS 102), Section 6, the economic benefit of volunteers is not recognised in the financial statements due to the absence of a reliable measurement basis.

4 Income from other trading activities

	Unrestricted funds	Total
	2025 £	2025
Fundraising events	354	354
Shop income	15,500	15,500
Other trading activities	<u>15,854</u>	<u>15,854</u>

5 Income from investments

	Unrestricted funds	Total
	2025 £	2025
Interest receivable	28	28
	<u>28</u>	<u>28</u>

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

6 Other Income

	Unrestricted funds	Total
	2025 £	2025
Employment allowance	1,122	1,122
	<u>1,122</u>	<u>1,122</u>

7 Expenditure on raising funds

	Unrestricted funds	Restricted funds	Total
	2025 £	2025 £	2025
Fundraising and publicity			
Staging fundraising events	448	-	448
Staff costs	3,450	3,648	7,098
Depreciation and impairment	313	-	313
	<u>4,211</u>	<u>3,648</u>	<u>7,859</u>
Trading costs			
Operating charity shops	6,384	-	6,384
Depreciation and impairment	461	-	461
	<u>6,845</u>	<u>-</u>	<u>6,845</u>
Total costs	<u>11,056</u>	<u>3,648</u>	<u>14,704</u>

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

8 Expenditure on charitable activities

	Charitable activities 2025 £
Direct costs	
Staff costs	5,120
Depreciation and impairment	1,350
Unit costs	516
Service user support costs	918
Travel	2,670
Staff training	418
Telephone	205
Volunteer expenses	240
Repayment of restricted grants	4,752
	16,189
Share of support and governance costs (see note 9)	
Support	4,447
Governance	1,680
	22,316
Analysis by fund	
Unrestricted funds	12,196
Restricted funds	10,120
	22,316

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 OCTOBER 2025

9 Support costs allocated to activities

	2025 £
Staff costs	3,451
Depreciation	181
Bank fees	38
Printing, postage, stationery	280
General expenses	84
Legal and professional	47
IT software & consumables	82
Unit costs	129
Staff training	104
Telephone	51
Governance costs	1,680
	<u>6,127</u>
Analysed between:	
Charitable activities	<u>6,127</u>

10 Net movement in funds

2025
£

The net movement in funds is stated after charging/(crediting):

Fees payable to the charity's independent examiner:

- for the independent examination of the charity's financial statements	360
- for other financial services	1,320
Depreciation of owned tangible fixed assets	<u>2,305</u>

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period. One trustee was reimbursed expenses of £1,320 in respect of travel, subsistence, training and stationery incurred on behalf of the charity.

12 Employees

The average monthly number of employees during the period was:

	2025 Number
Charitable activities	<u>1</u>

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE PERIOD ENDED 31 OCTOBER 2025

12 Employees

(Continued)

Employment costs	2025
	£
Wages and salaries	14,224
Social security costs	1,122
Other pension costs	323
	<u>15,669</u>

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

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

There was no remuneration paid to key management personnel.

13 Taxation

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

14 Tangible fixed assets

	Fixtures and fittings	Motor vehicles	Total
	£	£	£
Cost			
Additions	6,430	4,200	10,630
At 31 October 2025	<u>6,430</u>	<u>4,200</u>	<u>10,630</u>
Depreciation and impairment			
Depreciation charged in the period	1,609	696	2,305
At 31 October 2025	<u>1,609</u>	<u>696</u>	<u>2,305</u>
Carrying amount			
At 31 October 2025	<u>4,821</u>	<u>3,504</u>	<u>8,325</u>

15 Debtors

	2025
	£
Amounts falling due within one year:	
Prepayments and accrued income	<u>5,610</u>

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

16 Creditors: amounts falling due within one year

	2025 £
Other taxation and social security	8
Other creditors	4,752
Accruals and deferred income	1,680
	<u>6,440</u>

17 Retirement benefit schemes

Defined contribution schemes	2025 £
Charge to profit or loss in respect of defined contribution schemes	<u>323</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

18 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 8 October 2024 £	Incoming resources £	Resources expended £	At 31 October 2025 £
Point North	-	5,000	(5,000)	-
Sir James Knott Trust	-	3,500	-	3,500
National Lottery Community Fund (Reaching Communities)	-	18,363	(8,768)	9,595
Screwfix Foundation	-	875	-	875
	<u>-</u>	<u>27,738</u>	<u>(13,768)</u>	<u>13,970</u>

Point North donated £5,000 towards payroll costs and service user refreshments. £248 was spent on refreshments. However, £4,752 was returned to Point North following the transfer of activities from the CIC to the CIO.

The Sir James Knott Trust donated £3,500 towards unit rent. Due to unforeseen circumstances, Fibro-Connect have had to relocate to a new venue. The Trust has confirmed its support to use the donation for rent costs at the new venue.

The National Lottery Community Fund - Reaching Communities are supporting a project promoting the understanding of fibromyalgia and supporting people suffering with chronic pain and fatigue conditions. £8,768 has been spent on staff costs at 31.10.25.

The Screwfix Foundation donated £875 towards unit repairs. Due to unforeseen circumstances, Fibro-Connect have had to relocate to a new venue. The Foundation has confirmed its support to use the donation for repair costs at the new venue.

FIBRO-CONNECT TS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 OCTOBER 2025

19 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.

	At 8 October 2024 £	Incoming resources £	Resources expended £	At 31 October 2025 £
General funds	-	36,738	(23,252)	13,486

20 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 October 2025:			
Tangible assets	8,325	-	8,325
Current assets/(liabilities)	5,161	13,970	19,131
	13,486	13,970	27,456

21 Related party transactions

There were no related party transactions during the period other than the reimbursement of trustee expenses disclosed in note 11.