

Charity registration number 289901 (England and Wales)

**NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2025**

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Nicholas Panay (Chairman)
Jackie Howe (Honorary Treasurer)
Dr Claudine Domoney
Julia Hammond
Dr Michael Craig
Annie Hawkins
Dr Neeпа Thacker
Emma Leisinger
Dr Vera Martins
Amber Leisinger (Appointed 25 March 2025)

Charity registration

England and Wales 289901

Principal address

33 Pilgrims Way West
Otford
Kent
TN14 5JQ

Independent examiner

Lee, Dicketts & Co
3 East Point
High Street
Seal
Sevenoaks
Kent
TN15 0EG

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

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NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MAY 2025

The trustees present their annual report and financial statements for the year ended 31 May 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 association'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 association aims to:

- increase awareness of PMS and the opportunities for improved treatment;
- provide advice, information and support;
- improve menstrual health care;
- undertake and support research, and;
- increase the availability of specialist facilities

Public benefit

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

Achievements and performance

Significant activities and achievements against objectives

In NAPS 40th Year (inauguration meeting London, June 1984) we are delighted to report significant achievements and sustained performance in all areas of our work.

We continue to be the first port of call for media in PMS/PMDD issues. As was noted in last year's report, increased exposure in the media and hence social media has raised the profile of NAPS resulting in more offers of fundraising, donating to NAPS and a willingness by sufferers to share their experiences.

NAPS continues to support verified research through helping to recruit participants and by publishing results. We have been contacted by a number of both undergraduate and graduate researchers and we are supporting the research being undertaken by Dr Rhima Dillon-Smith of the University of Birmingham, in Improving MENstrual related mood Symptoms across the life course: a basket randomized trial (IMMENSE).

PMS Awareness Week inevitably celebrated NAPS Fortieth Anniversary. Much has been achieved in those years in raising awareness of PMS and improving access to both accurate diagnosis and appropriate treatment for sufferers but the sad reality is that this standard is not universally applied by the medical profession and we even hear of women whose PMS has only been recognized after decades.

Part of our strategy to improve the wellbeing of sufferers is to organise Study Days on Women's Health for Health Care Professionals. Following on from the highly successful Study Day in November 2023, our next event was held at the Royal College of Nursing in London in February 2025. Once again, a very popular conference and highly evaluated by attendees. Included in the programme was a talk by the NAPS CEO, Jackie Howe, a founder member of NAPS, Treasurer since 1984 and Volunteer CEO since 2007. She outlined the history of the Association and ended by calling upon those who are the first point of call for those blighted by PMS, to work with NAPS to achieve its aims; it cannot realise them on its own.

Amber Leisinger was welcomed on to the NAPS Board in March and we are delighted that she is to be responsible for our social media activity.

NAPS collaborated again with the Royal College of Nursing in updating the information for their members on PMS and PMDD which was previously produced as a joint NAPS/RCN venture.

We were approached by a counsellor for CGL 'Change, Grow, Live' to provide information on PMS/PMDD as it was observed that the mental/behavioral health problems of some of their clients, were exacerbated during the premenstruum.

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

NAPS was also contacted by 'Grassroots Suicide Prevention' in advance of World Suicide Prevention Day, 10th September 2024, so as to raise awareness of the link of Premenstrual Disorders to female suicides. A very valuable collaboration was effected.

The reviewing and updating of the NAPS Guidelines on PMS, first published in 2010 was begun in earnest during this year and has involved five of the trustees. While not yet completed, it is expected that the new guidelines will be published end of 2025/early 2026.

It can again be recorded, that NAPS continues to provide specialist information, advice and support, for effective management of PMS to those who seek help from the Association. The Ask the Expert service offers tailored advice from specialists to members. NAPS PR policy remains pro-active and responsive. The Association's work is constantly publicised through conventional and social media.

The trustees of NAPS have continued to be very active on behalf of the Association speaking both virtually and in person at meetings on Women's Health, being members of the Ask the Experts Team, writing articles for health journals, being available for media interviews and contributing to the website. All trustees are active in determining the future work of the charity. There are also individual members of NAPS who give their time freely to promoting awareness of both PMS and the work of the charity. Trustee meetings were conducted on Zoom throughout the year as was the AGM.

Financial review

Prudent financial management continues to be a sound operating base for NAPS. The administrative work is carried out by the CEO and the IT staff member, both on a voluntary basis. It was decided this year that the bookkeeping element of the accounts would be undertaken by the Association's accountants so as to relieve pressure on the CEO.

Administrative expenses continue to be well contained.

Unfortunately, we were as last year, faced with a problem linked to the company that processes our membership. For a number of months, they were unable to transfer payments to our Business account. It transpired that the Sort Code used in this account was linked to the NAPS Alliance and Leicester account - Alliance and Leicester was taken over by Santander in 2008! This was eventually resolved but since this caused unnecessary work for the Association, we were again awarded compensation.

Funds raised this year for NAPS have again been significant and far exceed those of last year.

The women of Tewkesbury Women's Rugby Football Club have continued to support our work in memory of their team member, Paige McCormack, who lost her life to PMDD. They have been assisted by friends and family. There is a major event held at the club each year and several other endeavors.

Sadly, NAPS was informed in the latter part of 2024 of the untimely death of Steph Ives-Stevens, from Yorkshire, who in November 2023 also lost her life to PMDD. Friends, family and ex- work colleagues, have undertaken all manner of challenges along with a significant donation from Steph's employer, to produce for NAPS a major addition to our funds.

There have been a number of other donations to NAPS during this financial year which together with those in memory of both Paige and Steph have made it possible for us to plan more ambitiously for the benefit of all those we serve.

Study Days are a key to raising awareness of PMS/PMDD within the medical profession but we are of course aware of the need for careful financial management of these events. This year's was financed by ticket sales through Eventbrite, professional membership subscriptions and by sponsorship. The accounts give a figure for expenditure but income is contained within a number of areas. Itemised specifically are only the Eventbrite sales the fees from professional members attending for Refreshments/Lunch and one sponsorship (two others are included in debtors). The remainder of income is to be found within donations and membership subscriptions this is because a professional member is entitled to free access to a Study Day. The final analysis is that income for this Study Day was slightly under that of expenditure. We believe it be incumbent on us to explain precisely the representation of income so as to give assurance of financial prudence.

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

Membership remains solid and subscriptions are an important component of our income as is evidenced in the surge in professional membership in applications for Study Days.

Without doubt our improved presence on social media has extended the reach of the Association and given a welcome boost to our membership.

Given the position of the Association at the end of this financial year, we are necessarily confident that not only the financial future remains secure but that projects can now be undertaken to better promote the interests of sufferers of all types of Premenstrual Syndrome. We will continue to be their voice as we have been since NAPS inception in 1984.

Major risks

The trustees have assessed the major risks to which the association is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The association was established by patients, doctors and nurses by a charitable trust deed in 1983.

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

Nicholas Panay (Chairman)

Jackie Howe (Honorary Treasurer)

Dr Claudine Domoney

Julia Hammond

Dr Michael Craig

Annie Hawkins

Dr Neepta Thacker

Emma Leisinger

Dr Vera Martins

Amber Leisinger

(Appointed 25 March 2025)

Recruitment and appointment of trustees

Recruitment of trustees is through a vote by members attending the AGM of the association.

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

Nicholas Panay (Chairman)

Trustee

11 February 2026

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

We report to the trustees on our examination of the financial statements of National Association for Premenstrual Syndromes (the association) for the year ended 31 May 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

We have completed our examination. We confirm that no matters have come to our attention in connection with the examination giving us cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the association 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.

We 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.

Lee, Dicketts & Co

3 East Point
High Street
Seal
Sevenoaks
Kent
TN15 0EG
12 February 2026

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income and endowments from:			
Donations and legacies	2	57,760	14,279
Charitable activities	3	4,864	5,115
Investments	4	170	245
Other income	5	2,000	1,000
Total income		64,794	20,639
Expenditure on:			
Charitable activities	6	13,399	6,188
Total expenditure		13,399	6,188
Net income and movement in funds		51,395	14,451
Reconciliation of funds:			
Fund balances at 1 June 2024		40,683	26,232
Fund balances at 31 May 2025		92,078	40,683

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

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

STATEMENT OF FINANCIAL POSITION

AS AT 31 MAY 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	12		2,355		3,140
Current assets					
Debtors	13	3,359		1,574	
Cash at bank and in hand		87,564		36,869	
		90,923		38,443	
Creditors: amounts falling due within one year	14	(1,200)		(900)	
Net current assets			89,723		37,543
Total assets less current liabilities			92,078		40,683
The funds of the association					
Unrestricted funds	15		92,078		40,683
			92,078		40,683

The financial statements were approved by the trustees on 11 February 2026

Nicholas Panay (Chairman)
Trustee

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2025

1 Accounting policies

Charity information

National Association for Premenstrual Syndromes is an unincorporated registered charity with the Regulator for Charities in England and Wales. The principal address is 33 Pilgrims Way West, Otford, Kent TN14 5JQ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the association'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 association is a Public Benefit Entity as defined by FRS 102.

The association 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 association. 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 association 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.

1.4 Incoming resources

Income is recognised when the association 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 association 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.

1.5 Resources expended

The accruals basis is applied to all expenditure.

Expenditure has been allocated according to the Statement of Recommended Practice "Accounting and Reporting by Charities" and is shown under the appropriate sub-heading. Items of expenditure which involve more than one charitable activity, are allocated appropriately between the charitable activities involved on the basis of estimates made by the charity's management.

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

1 Accounting policies (Continued)

1.6 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:

Plant and machinery	33.33% straight line
Fixtures, fittings & equipment	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.

1.7 Impairment of fixed assets

At each reporting end date, the association 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).

1.8 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.

1.9 Basic financial instruments

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any loss arising from impairment are recognised in the profit and loss account in other administrative expenses.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and membership subscriptions	57,760	14,279

3 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Charitable activities		
Conference fees	4,864	5,115

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

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

4 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	170	245

5 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	2,000	1,000

6 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Depreciation and impairment	785	1,046
Rent and rates	-	163
Insurance	420	359
Travel and subsistence	101	85
Telephone	694	480
Repairs and renewals	147	298
Postage and carriage	610	572
Computer and website costs	510	954
Subscriptions	162	-
Sundry expenses	125	-
Conference costs	8,645	1,331
	12,199	5,288
Share of support and governance costs (see note 7)		
Governance	1,200	900
	13,399	6,188
Analysis by fund		
Unrestricted funds	13,399	6,188

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

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

7 Support costs allocated to activities

	2025 £	2024 £
Governance costs	1,200	900
	<u> </u>	<u> </u>
Analysed between:		
Charitable activities	1,200	900
	<u> </u>	<u> </u>

8 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	900	900
Depreciation of owned tangible fixed assets	785	1,046
	<u> </u>	<u> </u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year, but one was reimbursed a total of £1,267 for travelling and office expenses (2024- one was reimbursed £2,207).

10 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.

11 Taxation

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

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

12 Tangible fixed assets

	Plant and machinery	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 June 2024	1,209	6,125	7,334
At 31 May 2025	1,209	6,125	7,334
Depreciation and impairment			
At 1 June 2024	1,209	2,985	4,194
Depreciation charged in the year	-	785	785
At 31 May 2025	1,209	3,770	4,979
Carrying amount			
At 31 May 2025	-	2,355	2,355
At 31 May 2024	-	3,140	3,140

13 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Other debtors	3,359	1,574

14 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	1,200	900

15 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 June 2024 £	Incoming resources £	Resources expended £	At 31 May 2025 £
General funds	40,683	64,794	(13,399)	92,078

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROMES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2025

15 Unrestricted funds (Continued)

Previous year:	At 1 June 2023	Incoming resources	Resources expended	At 31 May 2024
	£	£	£	£
General funds	26,232	20,639	(6,188)	40,683
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

16 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).