



National Tremor Foundation Charitable Trust

**Report & Financial Statements
for the year ended 31 December 2024**

Charity number: 1042013

National Tremor Foundation Charitable Trust

Contents

Trustees' Annual Report (consisting of:)	Page
Objective and activities	1
Achievements & Performance	1
Board Activity	2
Communications & Digital	4
Research	6
Essential Tremor in Children and Young People	7
Annual Meeting	7
Fundraising Review	7
Plans for 2025	7
Public Benefit Statement	7
Financial Review	7
Reference and Administrative Details	8
Governance, Management and Structure	8
Responsibilities of Trustees	9
Independent Examiner's Report	10
Statement of Financial Activities	11
Balance Sheet	11
Notes forming part of the financial statements	12

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Objectives and Activities

The Trust's legal purpose (objects) is:

- To promote, centralise and co-ordinate for the benefit of the public any form of research into essential, idiopathic and hereditary tremor and to disseminate and publish the useful results of such research.
- To relieve the need of sufferers from essential, idiopathic and hereditary tremor.
- To advance the education of the public in the subject of essential, idiopathic and hereditary tremor.

The Trust is currently able to resource these charitable activities:

- **Information.** Provision of knowledge to people affected by tremor or movement disorders of various parts of the body in order to help them and their families/carers manage the condition. The initial source for the Trust's beneficiaries is the website which the Trust believes is the leading source of information for a number of tremors affecting people in the UK. Further sources are a newsletter (available in hard and soft copy), a general telephone enquiry service and access to an advisory panel.
- **Research.** Research opportunities are regularly reviewed but are dependent on the build-up of reserves available. Research is important because it progresses the understanding of tremors by investigating causes and potential treatments.
- **Beneficiary support.** This activity covers the annual conference, active support and the encouragement/subsidy of regional support groups where there are known clusters of interested beneficiaries.

Achievements and Performance

This section explains the activities for the reporting period; NTF generated a respectable amount of income for 2024, which was almost identical to 2023. Expenditure has unfortunately continued to exceed income for the second consecutive year. The additional expenditure which has increased by over 10% has mainly been due to additional staff costs, especially the appointment of a new General Manager, on a freelance basis, towards the third quarter of 2024. The appointment of a General Manager is a considerable investment by the NTF as part of our strategic approach towards growth over the coming years. The role's objectives will be operational in providing governance support for the Trustees, as well as helping to raise awareness of the tremors impacting people, and to increase the level of fundraising activities and identifying new fundraising streams.

There has also been continuous improvements and developments to our website, which is an important source of information and engagement for the public, and most importantly people living with neurological tremors.

The Charity is always conscious about keeping costs to a minimum while maintaining the central office support facility.

Honorary President Lord Julian Fellowes



We are delighted and honoured to continue to have Lord Julian Fellowes as Honorary President of the NTF. Lord Fellowes is world renowned for creating the hugely successful and critically acclaimed TV period drama

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Downton Abbey. In a recent newspaper interview, he revealed that he lives with Essential Tremor. In the last ever episode of Downton Abbey, it was revealed that a much-loved existing character was suffering with Essential Tremor which raised a great amount of awareness for this little-known condition.

Lord Fellowes was born in Cairo, Egypt, educated in Britain before moving to Los Angeles in 1981 and returned to the UK in 1991. He is well known as an actor, novelist, screenwriter and film director and his career spans over 40 years. Lord Fellowes has been a member of the House of Lords since January 2011. He is also chairman and patron of several UK charities.

Rob Mallard, Patron for Young People



In 2023 Coronation Street Actor Rob Mallard was appointed Patron for Young People. This appointment has been a step forward in raising awareness of the challenges facing young people with neurological tremors. He has spoken openly on television, radio, and at public events, sharing his personal journey and experiences with essential tremor. His involvement has also been notable during National Essential Tremor Awareness Month, where he actively promotes understanding of the condition in collaboration with the NTF.

Board Activity

The NTF continues to raise funds to support people with all forms of neurological tremors. The 2024 income was similar to 2023, however the expenditure continues to increase. The majority of charities continue to struggle to generate increased funds during the current economic climate, with expenditure also increasing due to inflation and the cost of living.

The board activity over the year has been positive, especially from a governance perspective, by meeting regularly, holding themselves accountable to the constitution and strategy plan, as well as reviewing the finances to ensure legal compliance. This approach has left the charity in a strong position at the end of the year.

The board have also made sure that our support groups have continued to meet regularly in-person during 2024, also having the option of attending one of the 13 online events throughout the year, co-hosted by Jackie Farrell and Duncan Crossland. The online events have been a huge success having an overall turnout of 425 people for the year. The success of these events is evidently down to the time and commitment put in by both Jackie and Duncan.

Three major events were organised by, or in collaboration with, the NTF during this year. These were the NTF Annual Conference in April, the 'Back the 1 in 6' awareness campaign during the summer and exhibiting at the Royal College of General Practitioners Conference 2024 in October. Further details about these events can be found below.

- **NTF Annual Conference, Sheffield, 20th April 2024**

The NTF Annual Conference in Sheffield was a success, bringing together people from all areas of the neurological tremor community and commemorating the NTF's 30-year anniversary.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Rob Mallard, known as Daniel Osborne from the soap opera Coronation Street and NTF Patron for Young People, shared his personal journey with Essential Tremor during a thought-provoking Q&A session.

The overall day included a number of discussions as well as insightful talks on the advancements in cutting edge laser procedures for tremors, in particular offering a debate on the advantages and limitations of alternative surgical approaches.

- **Back the 1 in 6'**

The campaign raised awareness that one in six people in the UK live with one or more neurological conditions, including neurological tremors. However, there simply aren't enough workforce or services to provide the support they need. The campaign asked our supporters to encourage their MP to #BackThe1in6 and become a #NeuroChampion in Parliament by highlighting that neurological conditions are the leading cause of disability worldwide and affect, on average, 17,000 people in each UK Parliamentary constituency.

- **Exhibit at the Royal College of General Practitioners Conference 2024**

In October 2024, the National Tremor Foundation (NTF) attended the Royal College of General Practitioners (RCGP) Conference. At this prestigious event the NTF provided attendees with an opportunity to learn more about the charity and neurological tremors including Essential Tremor, a little known but common disorder which affects approximately 1 million people in the UK alone.

The Board of Trustees met in April at the Annual Conference and in October and December during 2024, these meetings supported the general business, and the Trustees began a review of its management arrangements and policies. In-person safeguarding training was also provided for Trustees during the morning of the Annual Conference in April.

The board was saddened by the news that Geoff Salmon had decided to retire after over two decades of dedicated service as Fundraising Manager. Geoff's tireless efforts have played a crucial role in raising awareness and funds to support those living with neurological tremors, and his departure marks the end of an era for the organisation.

Phoebe Dann left the NTF after nine months as the freelance administrator. The board was extremely grateful for all her efforts, especially with the organisation of the Annual Conference in Sheffield.

In September, the NTF advertised for the new position of General Manager, to support the board members and Jasbir Singh was appointed to start in October 2024. The board also recognised fundraising as a key area of development for the charity, especially with Geoff Salmon's departure, and engaged with a fundraising consultancy to assist with training and fundraising expertise.

The continuity and stability with Duncan Crossland, Digital Marketing Advisor, and Jackie Farrell, Support Group Co-ordinator is especially important during this period of change. They are dedicated and committed individuals that have ensued the success of the NTF over many years.

A programme of meetings was arranged for the latter quarter of 2024 to review the charity's strategic plan for the next three years, especially with the number of changes that have taken place within the NTF and to factor the difficult economic climate currently within the charity sector.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Communication and Digital Report

Digital performance and analysis

The NTF's website remains the charity's main channel for communicating with the public. In 2024, it attracted **96,478 users** from around the world, helping to raise awareness and provide vital information about tremor.

The website offers a wide range of resources, including information on diagnosis, clinical characteristics, research topics, and support for carers, as well as details of support group events and the latest news.

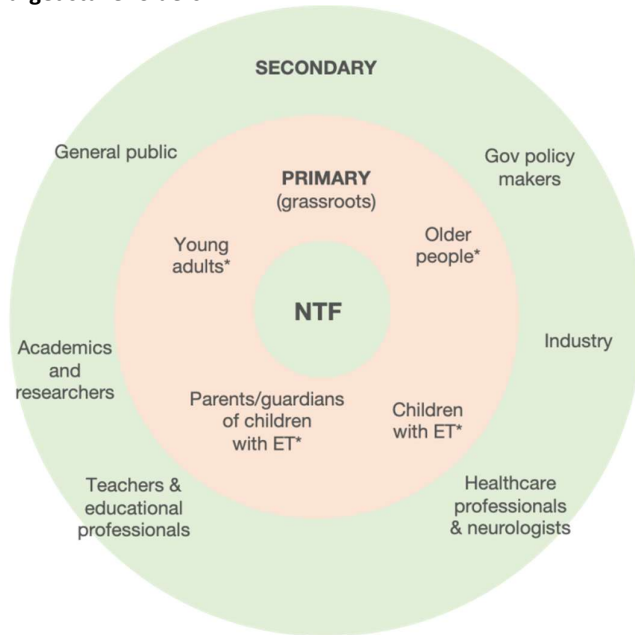
Note: In 2023, Google Analytics 4 was introduced, changing the metrics used to measure website traffic.

The following SWOT analysis identifies the charity's main strengths and weaknesses, as well as opportunities for development and areas of potential risk.

<p>Strengths (internal)</p> <ol style="list-style-type: none"> 1. Improved online donations process 2. Improved signing up for events and support events 3. Strong digital support network of potential volunteers 4. Surveys are helping us make better informed decisions. 5. Only charity representing ET which is driving traffic to the website. 	<p>Opportunities (external)</p> <ol style="list-style-type: none"> 1. Demand for people to get involved in the NTF as volunteers. 2. Text message (SMS) marketing. 3. Need for more newsletters. 4. More non-clinical research on website. 5. More device research on website. 6. Opportunities for clinical trials on website. 7. Men with ET campaign. 8. More personal stories and coping tips.
<p>Weaknesses (internal)</p> <ol style="list-style-type: none"> 1. Still operating reactively not proactively due to limited capacity. 2. Audience data is limited and need to understand our audiences to conduct marketing more effectively. 3. Need additional support for Support Groups 4. Lack of awareness in schools and health care settings 5. Need to develop audience loyalty and advocacy. 6. Need for formal representation in Scotland. 7. Data needs segmenting. 8. Need for expert panel to deliver content. 9. Need for brand guidelines. 10. Need for brand guidelines for support groups. 11. Need to focus on push marketing i.e. paid advertising 12. Need more video content. 	<p>Threats (external)</p> <ol style="list-style-type: none"> 1. Economic issues affecting online donations 2. Growth in dependence on charities for digital support due to NHS being overburdened 3. Increase in competition for digital engagement from other charities. 4. Increasing demand for a Scottish representation. 5. Demand for representation for ET only.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Target stakeholders



*We also need to take into consideration the families of people with tremor.

Website audiences

- The majority of our audience has essential tremor.
- They are most likely to be female.
- Aged over 25 but marginally more likely to be aged 45-54.
- A significant number live in London.
- They prefer to access the website via mobile phone.
- Online behaviour: interested in food, entertainment and celebrities.

Paid advertising

In 2024, a total of 8,885 users were acquired through paid advertising campaigns. These were delivered across both social media platforms and Google Ads via the Google Ad Grants programme. Paid activity played an important role in increasing awareness of essential tremor, driving traffic to key pages, and encouraging donations and event participation.

Social media

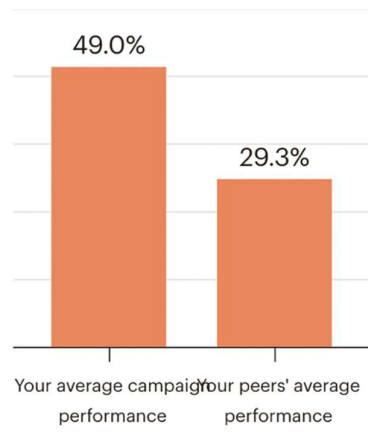
The NTF's social media presence continued to grow throughout 2024. Our established Facebook channel remains the most popular platform for engaging with the community, sharing updates, and promoting events. Meanwhile, Twitter (X) has seen increased interaction and follower growth, helping to reach new audiences and encourage wider conversation around essential tremor. The charity's consistent online presence has helped strengthen its visibility and connection with both supporters and professionals.

Newsletter

The NTF's monthly e-newsletter continues to be a valuable communication tool. Distributed to over 4,500 subscribers each month, it provides updates on research, events, fundraising activities, and support opportunities. With an average open rate of 49%, the newsletter performs well above the sector average, reflecting strong engagement and interest among readers.

Below is a bar chart showing newsletter performance.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024



Marketing campaigns and fundraising highlights

In 2024, we ran a number of successful marketing campaigns to raise awareness and encourage donations.

March marked National Essential Tremor Awareness Month, during which we invited members of the public to display posters in community spaces such as GP surgeries. A total of 30 people took part, helping to make it one of our most successful awareness efforts to date.

Our 30 Days of June Challenge was another highlight. Twenty-eight dedicated participants took part in a range of exciting activities, from walking and cycling to an adventurous fossil hunt, helping to raise both awareness and funds in support of our cause.

Finally, our Christmas campaign brought the year to a strong close. We launched a festive activity calendar designed to keep people active over the holiday season, along with a series of seasonal e-cards that were warmly received by supporters.

Online donations

In 2024 online donations saw a slight dip in the light of economic uncertainty.

2024	£3153
2023	£3491
2022	£2740
2021	£5073

Research

The NTF is aware of research activities taking place and helps to promote and engage with request for involvement when required

Imperial College NHS Trust in London and the Walton Centre in Liverpool continue to treat patients with MRgFUS, although the number of treatments they are able to deliver is limited and they are currently the only NHS funded centres in England. That inevitably means that waiting lists will grow. However, it is important that Imperial College continue to treat those patients with severe or problematic Essential Tremor.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Essential Tremor in Children and Young People

The NTF continue to have a Children's Liaison Officer, the Chair of the Board of Trustees Kitty Reilly. Kitty sees her main role as a supportive one in the first instance, followed by raising awareness through our website for children with ET as well as relevant social media campaigns.

Coronation Street actor Rob Mallard, our Patron for Young People, was diagnosed with Essential Tremor in his teenage years and is a great advocate for the NTF in raising awareness of the condition.

Annual Meeting

The annual meeting was a great success as part of the Annual Conference in Sheffield.

Fundraising Review

The Foundation continued to receive support from many Charitable Trusts throughout the year. Postal applications and personal visits enabled funding to be obtained at low costs. Applications were generally for basic core costs.

The continuing low investment interest rates obtained by trust funds has again reduced the amount of money for distribution to beneficiaries and The Foundation greatly appreciates the support from all Charitable Trusts. During a difficult period, the Foundation did manage to raise £49.2k.

The appointment of the Fundraising Consultancy will help the NTF to develop a fundraising strategy as well as focusing our limited resources on areas which will generate the most funds.

Plans for 2025

1. To review the NTF 3-year strategy and ensure the focus is on our activity around raising awareness, fundraising and increasing our volunteer capacity.
2. To increase the number of support groups enabling more people with neurological tremor to have access to one.
3. Register the charity with the Office of the Scottish Charity Regulator and have a presence in Scotland.
4. To continue to expand and update the website to allow greater accessibility and quality of content.
5. Continuously strengthen the governance of the NTF and continue the review of policies

Public Benefit Statement

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. As stated elsewhere in this report, the Trust's charitable activity work is clear evidence of both the identifiable benefit provided and the relation of this benefit to the charity's aims. Continuing website feedback shows that the Trust is regularly reaching people affected by tremors - both in UK and overseas, with a continued large increase in visitors to the website in recent years.

Financial Review

Our income received for 2024 reached £49.2k, most charities have been struggling to raise funds due to the post covid and general economic situation. There was a total of £88.9k in the bank at year end, which still gives us a real basis to look to future developments. The NTF is not a membership organisation, so we encourage our supporters to voluntarily donate.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Reserves Policy

The Trustees would ideally like to establish a level of reserves that would meet 12 months of basic operational costs should there be a gap in funding. At the year end the bank balance would keep NTF operational for over 12 months, assuming there were no further donations, and the Trustees have recognised the need for a substantial increase in income in order to create a 12 month reserve and to cover all ongoing operational and research costs.

Reference and Administration details

Trustees at date of report's approval 31st October 2024;

Chair of Board of Trustees

Kitty Reilly MSc, BSc

Trustees

Professor Leslie J Findley TD, M D, FRCP

Kevin Harfoot

Keith Flaxman FCCA, CPFA (Treasurer)

Dr Peter Bain MBBS MA MD FRCP (Consultant Neurologist)

Registered Office:

Harold Wood Polyclinic
Copse Avenue
Romford
RM3 0FE
Bankers

National Westminster Bank

Independent Examiner
Adrian Nunn FCCA

Charity Registration Details

Name: National Tremor Foundation Charitable Trust

No: 1042013

Structure, Governance & Management

Governing Document

The Trust is governed by a Declaration of Trust dated 19 October 1994 and was registered as a charity on 9 November 1994.

Recruitment and Appointment of Trustees

New trustees are recruited for the special contribution they can make to the Trust and are appointed by resolution of the Trustees.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2024

Statement of Trustees Responsibilities

Charity law requires the Trustees to prepare a trustees' annual report and financial statements for each financial year which show a true and fair view of the state of affairs of the Trust and its financial activities for that period. In preparing those financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the applicable Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Trust will continue in operational existence.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports)

Regulations and the provisions of the constitution. They are also responsible for the maintenance and integrity of the Trust, safeguarding the assets of the Trust and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, 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) published on 16 July 2014.

Statement as to disclosure to the independent examiner

In so far as the Trustees are aware at the time of approving the trustees' annual report:

There is no relevant information needed by the independent examiner in connection with preparing his report, of which the independent examiner is unaware.

The Trustees, having made enquiries of fellow trustees and the independent examiner that they ought to have individually taken, have each taken all steps that they are obliged to take as a trustee in order to make themselves aware of any relevant information for the independent examination and to establish that the independent examiner is aware of that information.

Approved by the Trustees on 31st Oct 2024 and signed on their behalf by:

A handwritten signature in black ink on a light grey rectangular background. The signature consists of a stylized 'K' followed by the name 'Reilly' in a cursive script.

Chair

Kitty Reilly (MSc, BSc)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE NATIONAL TREMOR FOUNDATION CHARITABLE TRUST

I report on the accounts of the National Tremor Foundation Charitable Trust for the year ended 31 December 2024, which are set out on pages 10-14

Responsibilities and basis of report

As the trustee of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

Accounting records were kept in respect of the Trust as required by Section 130 of the Act.

The accounts accord with those records.

The accounts comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.



Adrian Nunn
FCCA
Flat 9 Millenium Court
4, College Road
Liverpool
L23 0YE

National Tremor Foundation Charitable Trust
Statement of Financial Activities for the Year Ended 31st December 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total for Year	
				2024 £	2023 £
Income	1				
Donations		49,246	0	49,246	49,174
Grants				0	0
		<u>49,246</u>	<u>0</u>	<u>49,246</u>	<u>49,174</u>
Expenditure	2				
Fund Raising		16,926		16,926	15,826
Reversal of Provision not required Charitable Activities Information	3	-6,861		-6,861	
Research		43,596	0	43,596	48,445
Beneficiary Support	4	21,484	1,669	23,153	14,946
		<u>75,145</u>	<u>1,669</u>	<u>76,814</u>	<u>79,217</u>
Net Movement in Funds		<u>-25,899</u>	<u>-1,669</u>	<u>-27,567</u>	<u>-30,043</u>
Reconciliation of Funds		<u>90,133</u>	<u>-1,669</u>	<u>88,464</u>	<u>116,031</u>

Balance Sheet as at 31st December 2024

		31st December 2023		31st December 2024	
		£	£	£	£
Current Assets					
Debtors	5	0		0	
Cash at Bank		123,192		88,964	
Creditors:Falling due within one year	6	<u>-7,161</u>		<u>-500</u>	
Net Current Assets			116,031		88,464
Net Assets			<u>116,031</u>		<u>88,464</u>
Funds					
Unrestricted Funds	7		100,550		74,652
Restricted Funds	8		15,481		13,812
			<u>116,031</u>		<u>88,464</u>

National Tremor Foundation Charitable Trust
Notes to the Financial Statements for the Year ended 31 December 2024

1. ACCOUNTING POLICIES

Basis of preparation. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have also been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 (and as updated by Update Bulletin 1 issued on 2 Feb 16) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015.

The accounts (financial statements) have been prepared to give a 'true and fair' view and 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 Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The National Tremor Foundation (the charity) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Preparation of the accounts on a going concern basis. The trustees consider that charity can continue as a going concern for at least the next 12 months.

1 Income. Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest receivable. Interest on any funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Fund accounting. Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are donations which the donor, or charity when making an appeal, has specified are to be solely used for particular areas of the charity's work.

2 Expenditure and irrecoverable VAT. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds cover all expenditure incurred by the charity to raise funds for its charitable purposes - including the costs of all fundraising activities, events and non-charitable trading activities, plus the associated support costs.
- Expenditure on charitable activities includes the costs of information provision and beneficiary support undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

3 Provision. A provision had been made some years ago against the likelihood of the Charity having a Corporation Tax liability, this is no longer the case and therefore the provision has been removed.

4 Allocation of support costs. Support costs are those functions, such as office overheads and governance, that assist the work of the charity but are not a direct cost of reported activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 3.

Tangible fixed assets. Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over an estimated useful economic life of 4 years on a straight line basis. The charity has no such eligible assets.

Stock. Stock is included at the lower of cost or net realisable value. The charity has no material stock holdings.

Financial instruments. The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

5 Debtors Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand. Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

6 Creditors and provisions. Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2 EXPENDITURE	Direct	Contractor	Support	2024	2023
	£	£	£	£	£
Cost of Generating Funds	4,072	11,467	1,388	16,926	15,826
Charitable Activities					
Information	6,452	36,358	786	43,596	48,445
Research	0	0	0	0	0
Beneficiary Support	3,070	11,342	8,740	23,153	14,946
Total Resources Expended	<u>13,595</u>	<u>59,167</u>	<u>10,913</u>	<u>83,675</u>	<u>79,217</u>

Costs have been attributed on a basis consistent with the use of resources. Where costs cannot be allocated, they are proportioned by the estimated percentage of time spent on each activity.

3 SUPPORT COSTS	Raising Funds	Info	Research	Beneficiary Support	2024	2023
	£	£	£	£	£	£
Governance	250	282	0	438	970	987
Communications	652	303	0	8,236	9,191	914
Office	485	201	0	66	752	1,049
Total Support	<u>1,387</u>	<u>786</u>	<u>0</u>	<u>8,740</u>	<u>10,913</u>	<u>2,950</u>

4 OTHER TRANSACTION INFORMATION

The charity does not employ any staff directly but relies on two contractors for fundraising, and web site activities. A new contractor has recently been appointed to support administration

No Trustee received remuneration or other benefits in connection with Trustee duties or other services

There were no related party transactions in this reporting period that require disclosure

5 DEBTORS	2024	2023
	£	£
Prepayments	0	0
	<u>0</u>	<u>0</u>
6 CREDITORS	2024	2023
	£	£
Trade Creditors	0	6,861
Accruals	500	300
Other Creditors		
	<u>500</u>	<u>7,161</u>
7 UNRESTRICTED FUNDS	2024	2023
	£	£
General	74,652	100,800
	<u>74,652</u>	<u>100,800</u>
8 RESTRICTED FUNDS	2024	2023
	£	£
Orthostatic Tremor Group	679	2,348
Video Production	1,000	1,000
Yorkshire	533	533
Support Group/Helpline	3,060	3,060
Youngsters	1,166	1,166
Ultrasound Research	1,500	1,500
National Lottery	3,668	3,668
POT Group	500	500
Meeting Sponsorship	1,000	1,000
Leeds Group	456	456
Sutton and Worthing Shakers	250	250
	<u>13,812</u>	<u>15,481</u>

The Orthostatic Tremor funding is for the group's running costs. The video production is for a video on undergoing tremor related surgery. The Yorkshire funding is for has a geographic restriction. The support group/helpline funding is for the expansion of these services. The Youngsters funding is for educating & assisting young people with essential tremor. The ultrasound research funding is specifically related to that area of research. The Lottery funding is for UK support group development. The Leeds group fund is geographically restricted.