

FIBROMYALGIA ACTION UK

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01 December 2023

End date: 30 November 2024

FIBROMYALGIA ACTION UK
Contents Page
For the year ended 30 November 2024

Company information	3
Directors' report	4
Accountants' report	6
Income statement	7
Statement of financial position	8
Notes to the financial statements	10
Detailed Income Statement	14

FIBROMYALGIA ACTION UK
Company Information
For the year ended 30 November 2024

Directors	Janet Horton Des Quinn Helen Margaret Watts Tracy Wheeler
Registered Number	SC492045
Registered Office	12 Seedhill Road 3006 Mile End Mill Paisley PA1 1JS
Accountants	Josh Botham Tax & Accounting Services Ltd Archer House Britland Estate Northbourne Road Eastbourne BN22 8PW

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2024

Director's report and financial statements

The directors present his/her/their annual report and the financial statements for the year ended 30 November 2024.

Principal activities

Principal activity of the company during the financial year was of Fibromyalgia awareness.

Directors

The directors who served the company throughout the year were as follows:

Janet Horton

Des Quinn

Helen Margaret Watts

Tracy Wheeler

Statement of directors' responsibilities

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period.

In preparing these financial statements, the directors are required to :

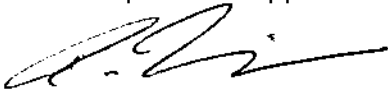
- select suitable accounting policies and then apply them consistently
- make judgements and accounting estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom, governing the preparation and dissemination of financial statements, may differ from legislation in other jurisdictions

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2024

This report was approved by the board and signed on its behalf by:



Des Quinn
Director

Date approved: 17 June 2025

FIBROMYALGIA ACTION UK
Accountants' Report
For the year ended 30 November 2024

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 November 2024 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Josh Botham Tax & Accounting Services Ltd
30 November 2024

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Josh Botham Tax & Accounting Services Ltd
Archer House Britland Estate
Northbourne Road
Eastbourne
BN22 8PW
17 June 2025

FIBROMYALGIA ACTION UK
Income Statement
For the year ended 30 November 2024

	Notes	2024 £	2023 £
Turnover		204,749	491,497
Cost of sales		(1,325)	(3,374)
Gross profit		203,424	488,123
Selling and distribution costs		(329)	(702)
Administrative expenses		(114,831)	(103,073)
Operating profit	2	88,264	384,348
Profit/(Loss) on ordinary activities before taxation		88,264	384,348
Tax on profit on ordinary activities	4	(579)	0
Profit/(Loss) for the financial year		87,685	384,348

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible fixed assets	5	589	589
		<u>589</u>	<u>589</u>
Current assets			
Stocks	6	2,420	2,420
Debtors: amounts falling due within one year	7	4,055	1,248
Cash at bank and in hand		793,156	707,447
		<u>799,631</u>	<u>711,115</u>
Creditors: amount falling due within one year	8	(3,156)	(2,325)
Net current assets		<u>796,475</u>	<u>708,790</u>
Total assets less current liabilities		<u>797,064</u>	<u>709,379</u>
Net assets		<u><u>797,064</u></u>	<u><u>709,379</u></u>
Capital and reserves			
Profit and loss account	9	797,064	709,379
Shareholders' funds		<u>797,064</u>	<u>709,379</u>

For the year ended 30 November 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

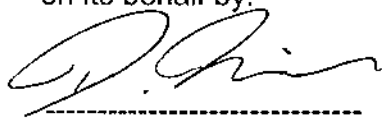
Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2024

The financial statements were approved by the board of directors on 17 June 2025 and were signed on its behalf by:



Des Quinn
Director

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

General Information

Fibromyalgia Action UK is a private company, limited by shares, registered in Scotland, registration number SC492045, registration address 12 Seedhill Road, 3006 Mile End Mill, Paisley, PA1 1JS.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Group accounts

The company is a parent company subject to the small companies regime. The company and its subsidiary comprise a small group. The company has, therefore, taken advantage of the option provided by section 398 of the Companies Act 2006 not to prepare group accounts.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Government grants

Government grants received are credited to deferred income. Grants towards capital expenditure are released to the income statement over the expected useful life of the assets. Grants received towards revenue expenditure are released to the income statement as the related expenditure is incurred.

Operating lease rentals

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

Research and development expenditure

Research and development expenditure is charged to the income statement in the period in which it is incurred.

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rate of exchange ruling at the statement of financial position date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All foreign exchange differences are included to the income statement.

Preference dividends

Where preference shares are classed as liabilities rather than equity any preference dividends paid are included in interest payable and similar charges within the income statement.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and Fittings	4 Straight Line
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Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. Operating profit/(loss)

	2024	2023
	£	£
The operating profit is stated after charging:		
Operating leases	329	702

3. Average number of employees

Average number of employees during the year was 4 (2023 : 4).

4. Tax on profit on ordinary activities

	2024	2023
	£	£
UK Corporation Tax	579	0
	579	0

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

5. Tangible fixed assets

Cost or valuation	Fixtures and Fittings	Total
	£	£
At 01 December 2023	5,215	5,215
Additions	-	-
Disposals	-	-
At 30 November 2024	<u>5,215</u>	<u>5,215</u>
Depreciation		
At 01 December 2023	4,626	4,626
Charge for year	-	-
On disposals	-	-
At 30 November 2024	<u>4,626</u>	<u>4,626</u>
Net book values		
Closing balance as at 30 November 2024	<u>589</u>	<u>589</u>
Opening balance as at 01 December 2023	<u>589</u>	<u>589</u>

6. Stocks

	2024	2023
	£	£
Stocks	2,420	2,420
	<u>2,420</u>	<u>2,420</u>

7. Debtors: amounts falling due within one year

	2024	2023
	£	£
Trade Debtors	(2)	0
Prepayments & Accrued Income	1,248	1,248
PAYE & Social Security	2,809	0
	<u>4,055</u>	<u>1,248</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2024

8. Creditors: amount falling due within one year

	2024	2023
	£	£
Trade Creditors	2,654	0
PAYE & Social Security	0	1,572
Accrued Expenses	350	350
Other Creditors	403	403
Wages & Salaries Control Account	(251)	0
	3,156	2,325

9. Profit and loss account

	2024
	£
Balance at 01 December 2023	709,379
Profit for the year	87,685
Balance at 30 November 2024	797,064

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2024

	2024	2023
	£	£
Turnover		
Bank Interest	127	3,140
Donations Recieved	138,863	80,002
Payroll Income	377	553
Charities Aid Foundation	1,728	512
Legacies	62,884	393,000
Other Income	770	14,290
	<u>204,749</u>	<u>491,497</u>
Cost of sales		
Purchases	0	473
Other Direct Costs	1,325	2,901
	<u>(1,325)</u>	<u>(3,374)</u>
Gross profit	203,424	488,123
Selling and distribution costs		
Operating Lease Charges - Plant & Equipment	329	702
	<u>(329)</u>	<u>(702)</u>
Administrative expenses		
Wages & Salaries	53,090	44,633
Employer's PAYE & NI Contributions	0	2,709
Pension Contributions	628	3,005
Accountancy Fees	650	398
Legal and Professional Fees (Allowable)	1,559	1,417
Rates & Water	799	0
Rent	30,914	30,664
Light, Heat & Power	3,433	3,432
Cleaning of Premises	140	0
General Travel Expenses	691	849
Bank Charges	110	247
Advertising	552	1,250
General Insurance	4,346	0
Computer Expenses	2,695	5,108
Stationery & Postage	9,061	4,931
Telephone, Fax & Internet	1,883	2,923

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2024

Sundry Expenses	597	(1)
Trustees Expenses	0	814
Donations (Disallowable)	807	0
Entertainment (Disallowable)	0	35
Subscriptions	2,876	659
	<u>(114,831)</u>	<u>(103,073)</u>
Operating profit	<u>88,264</u>	<u>384,348</u>
Profit/(Loss) on ordinary activities before taxation	88,264	384,348
Tax on profit on ordinary activities		
UK Corporation Tax	579	0
	<u>(579)</u>	<u>0</u>
Profit/(Loss) for the financial year	<u>87,685</u>	<u>384,348</u>