

Charity number: 1094788

Pregnancy Sickness Support
Trustees' annual report and financial statements
For the year ended 31st December 2024

Compass Accountants
Venture House
The Tanneries
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PREGNANCY SICKNESS SUPPORT

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PREGNANCY SICKNESS SUPPORT

Legal and administrative information

Charity number	1094788
Principal address	Arena Business Centre 25 Barnes Wallis Road Fareham Hampshire PO15 5TT
Trustees	Dr R Gadsby Dr M O'Hara Dr C Dean Dr S Zafar - Chairperson C J Pratt K Kamal Dr E Decamp R Collinge
Accountants	Compass Accountants Limited Venture House The Tanneries East Street Titchfield Hampshire PO14 4AR
Independent examiner	Kerry Lawrance FCA
Bankers	Lloyds Bank PLC 25 Gresham Street London EC2V 7HN CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ

PREGNANCY SICKNESS SUPPORT

Chairperson's statement for the year ended 31st December 2024

As Chairperson and Trustee of the charity Pregnancy Sickness Support (PSS), I put forward the Chairperson's Report for the year ending 2024. Following the challenges of 2023, the year 2024 was able to flourish its mission with renewed momentum, delivering support for sufferers of Hyperemesis Gravidarum (HG) and leading the way in advocacy, service development, new projects, positivity and growth.

The relocation of PSS headquarters proved to be a success with a new structure. The CEO is supported by a Trustee board of eight and seven PSS employees. PSS has provided a work-life-balance ethos to the work culture providing employees with options to full-time, part time, flexible, remote and hybrid working to keep a healthy workforce. PSS has appointed Community and Engagement Manager, Volunteer Manager, Helpline and Support Manager, Operations Manager, Head of Counselling, Helpline Operator, and Support and Fundraising Coordinator. This year PSS devised the use of consultant services for the booked and limited mental health counselling.

Early 2024 saw HG officially recognised within the Parliament's Women's Health Strategy 2024, a landmark step forward for national awareness and policy inclusion. This was followed by PSS hosting a high-profile reception in Parliament, bringing together MPs, the Secretary of State for Health and Social Care, and presented the Hidden Mothers Project where Jess & Elsie's family helped voice the importance of making HG a priority in women's health agenda. In April 2024, PSS launched the first Annual Care and Treatment Survey, gathering responses from over 1,500 women, providing critical insights to shape future service delivery. PSS championed community feedback in preparation for the COVID-19 Inquiry, where PSS held consultative status and introduced a new podcast for healthcare professionals and stakeholders: 'PSS in Conversation With' healthcare professionals to drive engagement. Summer 2024 saw the first in-person Volunteer Conference since the pandemic. In October 2024, at the International Conference on HG, in Los Angeles, USA, the new PSS Mental Health Documentary was presented to amplify the mental health challenges of those affected by HG.

In service delivery and support, our vital helpline supported 810 new service users in Q1 and 643 in Q4, with over 68% reporting symptom improvement. Peer Support facilitated 94 matches in Q1, 99 during mid-year, and 56 in Q4, alongside over 270 volunteer awards presented throughout the year in recognition of exceptional service. PSS delivered 298 counselling sessions across the year to address the impact of HG on sufferers' mental health, with an expanded team of seven counsellors addressing increased demand. There were over 90 new volunteers trained with launch of digital software called Rosterfy, a platform for volunteer engagement. In the most amazing feedback received, 81% said PSS support helped improve their symptoms, 74% reported it influenced their decision to continue their pregnancy, 86% gave the service a 10-star rating, and our Peer Support was rated 4.9 out of 5. This significant feedback has been achieved through the efforts of the PSS team and PSS volunteers, who took 1636 contacts via WhatsApp and provided 23,000 WhatsApp communications; 522 contacts via Helpline and 260 hours spent on the phone; followed by 100s of contacts via email and the PSS website.

PSS has been instrumental in delivering education and training to healthcare professionals by training student midwives at four universities. PSS presented at key national events including the Black Maternal Health Conference and the Primary Care Show. PSS strengthened partnerships with organisations such as East Kent Hospital, The Pelvic Partnership (podcast recording and HG sufferer signposting for pelvic girdle pain) and Surrogacy UK to embed HG pathways and provide holistic care. We fostered new partnerships: in area of Dental Health by producing a Dental Health and HG information PDF; with Teenage Helpline to support girls under the age of 18 who are pregnant and suffering from HG; The Pregnancy Nutritionist for tips on nutrition; The Breastfeeding Network for breastfeeding and HG factsheet.

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Chairperson's statement for the year ended 31st December 2024

2024 was a year of progress, partnership, and exceptional results from our service users which will only drive our purpose and goals. With a strong foundation laid in digital transformation, service excellence, and advocacy, PSS is poised to build on this success in 2025. Priorities include expanding accessibility, particularly for non-English speakers (we engaged with three new community groups: the Black & Mixed Heritage Community, Neurodivergent Community and the Women's Defence Health Network), further advancing our research and policy agenda, and enhancing the reach and resilience of our support networks.

In 2024 our unrestricted income was £85,196 and end of December 2024 a healthy balance remained at £196,417. We maintained a healthy flow of fundraising and are grateful to the Lottery Fund that has helped us achieve our goals.

In 2025, our goals will include campaigning for Xonvea to be included on all formularies across the UK; to create a patient toolkit accessible via PSS website that will include vital information such as UK map of services, pathways and HG friendly practitioners; redesigning support area of website to create a more succinct and inclusive journey for those seeking help, in particular to appeal to diverse, minority and global majority groups known to suffer more severely from HG.

I am extremely excited and proud of the immense and vital work achieved over 2024 and am confident 2025 will be even better.



.....
Dr S Zafar
Chair of Trustees

Date: 05/06/2025

PREGNANCY SICKNESS SUPPORT

Report of the trustees for the year ended 31st December 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024.

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, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are:

1. for the advancement of education with regards to sickness in pregnancy, and
2. to relieve sickness by giving advisory or other services to those who need support due to sickness in pregnancy.

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

Achievements and performance

Explanation of the achievements and performance of the charity in the year is detailed in the Chairperson's report.

Financial review

Income for the period amounted to £220,126 (2023: £654,098), of which £134,930 (2023: £355,532) was restricted income received in relation to National Lottery, Office manager fund and three Big Give campaigns. Charitable expenditure amounted to £323,920 (2023: £354,448), of which £168,914 (2023: £236,112) was restricted expenditure. The majority of the charity's expenditure continued to be staffing costs, which were £220,471 (2023: £250,370).

The net movement in funds for the period amounted to a deficit of (£103,794) (2023: surplus of £299,650).

The charity's balance sheet as detailed on page 9 shows a satisfactory position with funds amounting to £281,853 (2023: £385,647).

Reserves policy

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

At 31 December 2024, the level of free reserves was £194,198 (2023: £262,922), equivalent to 6 months (2023: 9 months) of recurring expenditure.

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

Plans for the future

Pregnancy Sickness Support (PSS) has outlined several strategic plans to advance its mission of supporting individuals affected by pregnancy sickness and hyperemesis gravidarum (HG). The charity aims to enhance its services by expanding its volunteer network to enable us to offer a diverse background of volunteers for our service users.

PREGNANCY SICKNESS SUPPORT

Report of the trustees for the year ended 31st December 2024

Additionally, PSS is focused on increasing its research efforts to better understand HG and its impact, partnering with stakeholders outside of the third sector to enable us to better recognise trends, rank treatment and care services in the UK and pre-empt future issues that may arise which will have an impact on our service users.

PSS will continue to push for standardised care guidelines across all hospital trusts. We are improving the accessibility of our HG Education Program and continuing to do live sessions with top consultants in the field ensuring that individuals with HG receive consistent and high-quality care.

The charity is also set to enhance its digital presence and community engagement through advanced marketing strategies, increasing awareness and education about HG through different mediums.

Expanding our mental health support services, to offer a diverse network of counsellors, is another key focus, recognising the significant psychological impact of the condition.

Furthermore, PSS is committed to strengthening its fundraising efforts to ensure long-term sustainability and the ability to support more individuals. By advocating for policy changes, fostering research collaborations, and bolstering community support, PSS aims to significantly improve the lives of those affected by pregnancy sickness and hyperemesis gravidarum.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust registered 27 November 2002, and constitutes an unincorporated charity.

The trustees who served during the year and up to the date of signature of the financial statements are shown on page 1.

There shall be at least three trustees. Future trustees shall be appointed by resolution of the trustees passed at a special meeting.

In selecting persons to be appointed as trustees, the trustees shall take into account the benefits of appointing a person who is able by virtue of their personal or professional qualifications to make a contribution to the pursuits of the objects or management of the charity.

The trustees delegate the day-to-day management of the charity to Charlotte Howden, CEO.

The charity adopts The Governance Code and utilises the Code to ensure that it stays up to date with compliance, legal framework and relevant legislation.

PREGNANCY SICKNESS SUPPORT

Statement of trustees' responsibilities for the year ended 31st December 2024

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP FRS 102 (2019);
- make judgements and 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



.....
Dr S Zafar
Chair of Trustees

Date: 05/06/2025

PREGNANCY SICKNESS SUPPORT

Independent Examiner’s Report to the Trustees of Pregnancy Sickness Support

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st December 2024 which are set out on pages 8 to 18.

Responsibilities and basis of report

As the charity’s trustees 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 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:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not 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.

.....
Kerry Lawrance FCA

Date:

Compass Accountants Limited
Venture House, The Tanneries
East Street, Titchfield, Hants.
PO14 4AR

PREGNANCY SICKNESS SUPPORT

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31st December 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total £	Unrestricted funds £	Restricted funds £	2023 Total £
Income from:							
Donations and Legacies	3	80,864	134,930	215,794	297,268	355,532	652,800
Investment income	4	4,332	-	4,332	1,298	-	1,298
Total income		<u>85,196</u>	<u>134,930</u>	<u>220,126</u>	<u>298,566</u>	<u>355,532</u>	<u>654,098</u>
Expenditure on:							
Raising funds	5	21,768	-	21,768	24,796	-	24,796
Charitable activities	6	133,238	168,914	302,152	93,540	236,112	329,652
Total expenditure		<u>155,006</u>	<u>168,914</u>	<u>323,920</u>	<u>118,336</u>	<u>236,112</u>	<u>354,448</u>
Net income/(expenditure)		<u>(69,810)</u>	<u>(33,984)</u>	<u>(103,794)</u>	<u>180,230</u>	<u>119,420</u>	<u>299,650</u>
Transfer between funds		-	-	-	-	-	-
Net movement in funds		<u><u>(69,810)</u></u>	<u><u>(33,984)</u></u>	<u><u>(103,794)</u></u>	<u><u>180,230</u></u>	<u><u>119,420</u></u>	<u><u>299,650</u></u>
Reconciliation of funds:							
Total funds brought forward		<u>266,227</u>	<u>119,420</u>	<u>385,647</u>	<u>85,997</u>	<u>-</u>	<u>85,997</u>
Total funds carried forward		<u><u>196,417</u></u>	<u><u>85,436</u></u>	<u><u>281,853</u></u>	<u><u>266,227</u></u>	<u><u>119,420</u></u>	<u><u>385,647</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The notes on pages 8 to 18 form an integral part of these financial statements

PREGNANCY SICKNESS SUPPORT

Balance Sheet

As at 31st December 2024

	Notes	£	2024 £	£	2023 £
Fixed assets					
Tangible assets	11		<u>2,219</u>		<u>3,305</u>
			2,219		3,305
Current assets					
Debtors	12	1,316		965	
Cash at bank and in hand		<u>284,614</u>		<u>390,252</u>	
		285,930		391,217	
Creditors: amounts falling due within one year					
	13	<u>(6,296)</u>		<u>(8,875)</u>	
Net current assets			<u>279,634</u>		<u>382,342</u>
Total assets less current liabilities			<u>281,853</u>		<u>385,647</u>
Funds					
Restricted funds	16		85,436		119,420
Unrestricted funds			<u>196,417</u>		<u>266,227</u>
Total funds			<u>281,853</u>		<u>385,647</u>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by

Dr S Zafar
Chair of Trustees

Date: 05/06/2025

PREGNANCY SICKNESS SUPPORT

Cash flow statement

for the year ended 31 December 2024

	2024	2023
Cash flows from operating activities:		
Net cash provided by/(used in) operating activities	(109,370)	299,104
Cash flows from investing activities:		
Income from investments	4,332	1,298
Purchase of tangible fixed assets	(600)	(580)
Proceeds from disposal of tangible fixed assets	-	420
Net cash used in investing activities	<u>3,732</u>	<u>1,138</u>
Financing Activities:		
Repayment of bank loans	-	(4,246)
Net cash used in financing activities	<u>-</u>	<u>(4,246)</u>
Change in cash and cash equivalents in the reporting period	(105,638)	295,996
Cash and cash equivalents at 1 January 2024	<u>390,252</u>	<u>94,256</u>
Cash and cash equivalents at 31 December 2024	<u><u>284,614</u></u>	<u><u>390,252</u></u>
Net income/(expenditure) for the reporting period	(103,794)	299,650
Depreciation	1,686	1,522
Loss on disposal of assets	-	230
Income from investments	(4,332)	(1,298)
Movement in working capital		
Decrease/(increase) in debtors	(351)	(267)
(Decrease)/increase in creditors	(2,579)	(733)
Net cash provided by/(used in) operating activities	<u><u>(109,370)</u></u>	<u><u>299,104</u></u>

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

1 Accounting policies

1.1. Charity information

Pregnancy Sickness Support is an unincorporated charity, governed by trust deed dated 27 November 2002. The principle office address is 25 Barnes Wallis Road, Fareham, Hampshire, PO15 5TT.

The principal objectives of the charity are detailed in the Trustees report.

1.2. Basis of accounting

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005, The Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") 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)" (effective 1 January 2009). The charity is a Public Benefit Entity as defined in FRS 102.

The financial statements are presented in sterling which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

Financial statements have been prepared under the historical cost convention. The principle 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.

1.5. Incoming resources

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 on covenant is recognised at the time of donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is unknown, the legacy is treated as a contingent asset.

Investment income is recognised once received.

1.6. Resources expended

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 benefit will be required in settlement, and the amount of the obligation can be measured reliably.

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

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 are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the assets use.

1.7. Tangible fixed assets and depreciation

Tangible fixed assets with a cost or value greater than £100 and a useful life exceeding one year are stated at cost less accumulated depreciation. Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures and fittings	-	25% straight line
Computer equipment	-	25% straight line

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 of 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 and 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 FRS102 to all of its financial instruments.

Financial instruments are recognised in the charities 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.

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 out at amortised cost using effective interest method unless the arrangement constitutes a financial transaction, where the transaction is measured at the present value of the future receipts discounted at the market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Borrowings consist wholly of public benefit concessionary loan. Public benefit concessionary loans are loans received between a public benefit entity and another party at below the prevailing market rate of interest and that rate not repayable on demand are for the purposes of furthering the objectives of the public benefit entity. The accounting treatment of concessionary loans is to initially measure these arrangements at the amount received or paid and recognise them in the statement of financial position. Subsequent years, the carrying amount of concessionary loans in the financial statements shall be adjusted to reflect any accrued interest payable or receivable.

Derecognition of financial liabilities

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

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

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.

Key sources of estimation uncertainty

The estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities are as follows:

Estimated useful lives of tangible fixed assets

In determining the estimated useful life the charity considers the expected physical wear and tear of the asset that could lead to obsolescence of the asset. Each year the charity reviews the above to establish if there is any change in the expected useful life of tangible assets.

3. Donations

	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
Donations and Gifts	52,387	-	52,387	399,944
Grants from other charities	28,477	134,930	163,407	252,856
	<u>80,864</u>	<u>134,930</u>	<u>215,794</u>	<u>652,800</u>

For the year ended 31st December 2023 the Charity received restricted donations of £355,532 and unrestricted donations of £297,268.

4. Investment income

	Unrestricted funds £	2024 Total £	Unrestricted funds £	2023 Total £
Interest receivable	4,332	4,332	1,298	1,298

5. Raising funds

	Unrestricted funds £	2024 Total £	Unrestricted funds £	2023 Total £
<i>Fundraising and publicity</i>				
Other fundraising costs	3,028	3,028	3,389	3,389
Support costs	18,740	18,740	21,407	21,407
	<u>21,768</u>	<u>21,768</u>	<u>24,796</u>	<u>24,796</u>

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

6. Charitable activities

	Unrestricted funds £	Restricted funds £	2024 Total £	Unrestricted funds £	Restricted funds £	2023 Total £
Share of support costs	44,541	157,190	201,731	10,706	218,257	228,963
Share of governance costs	88,697	11,724	100,421	82,834	17,855	100,689
	<u>133,238</u>	<u>168,914</u>	<u>302,152</u>	<u>93,540</u>	<u>236,112</u>	<u>329,652</u>

7. Governance and support costs

	Fundraising £	Charitable activities £	2024 Total £	Fundraising £	Charitable activities £	2023 Total £
Support costs						
Staff costs	18,740	201,731	220,471	21,407	228,963	250,370
Governance costs						
Depreciation	-	1,686	1,686	-	1,752	1,752
Independent examiners fee	-	1,200	1,200	-	1,498	1,498
Accountancy	-	2,254	2,254	-	1,800	1,800
Legal and professional	-	12,198	12,198	-	12,531	12,531
Marketing and publicity	-	10,088	10,088	-	6,078	6,078
Other governance costs	-	72,995	72,995	-	77,030	77,030
	<u>18,740</u>	<u>302,152</u>	<u>320,892</u>	<u>21,407</u>	<u>329,652</u>	<u>351,059</u>

8. Net incoming resources for the year

	2024 £	2023 £
Net incoming resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	1,686	1,752
Auditors' remuneration	1,200	1,498
Auditors' remuneration from non-audit work	2,254	1,800
	<u>5,140</u>	<u>5,050</u>

9. Employees

	2024 £	2023 £
Employment costs		
Wages and salaries	204,350	229,118
Social security costs	12,393	17,752
Other Pension costs	3,728	3,500
	<u>220,471</u>	<u>250,370</u>

One employee received emoluments in the band of £60,000 - £70,000 (2023: None). Included in wages and salaries are termination benefits totaling £Nil (2023: £2,500). Consisting of £Nil statutory redundancy payments (2023: £Nil) and PILON £Nil (2023: £2,500),

Key management personnel remuneration was as follows:
Aggregate compensation in the year was £68,346 (2023: £37,506)

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

Number of employees

The average monthly numbers of employees during the year was as follows:

2024 Number	2023 Number
9	13

No trustees (or any person connected with them) received remuneration or benefits during the year or were reimbursed for any expenditure.

10. Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11. Tangible fixed assets

	Fixtures and fittings £	Computer Equipment £	Total £
Cost			
At 1 st January 2024	1,436	5,769	7,205
Additions	-	600	600
Disposals	-	-	-
At 31 st December 2024	1,436	6,369	7,805
Depreciation			
At 1 st January 2024	1,152	2,748	3,900
Charge for the year	217	1,469	1,686
Eliminated in respect of disposals	-	-	-
At 31 st December 2024	1,369	4,217	5,586
Net book values			
At 31 st December 2024	67	2,152	2,219
At 31 st December 2023	284	3,021	3,305

All tangible fixed assets are held and used for direct charitable purposes.

12. Debtors

	2024 £	2023 £
Trade Debtors	430	92
Prepayments and accrued income	886	873
	1,316	965

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

13. Creditors: amounts falling due within one year

	2024	2023
	£	£
Bank Loans	-	-
Other taxes and social security	3,956	5,050
Trade creditors	-	533
Accruals and deferred income	2,340	3,292
	<u>6,296</u>	<u>8,875</u>

14. Retirement benefit schemes

Defined contribution schemes

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

The charge to the profit or loss in respect of defined contribution schemes was £3,728 (2023: £3,500).

15. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Fund balances at 31 December 2024 as represented by:			
Tangible fixed assets	2,219	-	2,219
Current assets/(liabilities)	194,198	85,436	279,634
	<u>196,417</u>	<u>85,436</u>	<u>281,853</u>
	Unrestricted Funds	Restricted funds	Total funds
	£	£	£
Fund balances at 31 December 2023 as represented by:			
Tangible fixed assets	3,305	-	3,305
Current assets/(liabilities)	262,922	119,420	382,342
	<u>266,227</u>	<u>119,420</u>	<u>385,647</u>

PREGANCY SICKNESS SUPPORT

Notes to the financial statements for the year ended 31st December 2024

16. Restricted funds

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

	At 1 January 2024	Incoming resources	Outgoing resources	At 31 December 2024
	£	£	£	£
The National Lottery Community Fund – RC England Wide	-	134,930	(119,295)	15,635
Office manager fund	77,275	-	(26,545)	50,730
Upgrading the PSS Peer Support Network	9,201	-	(1,050)	8,151
Improving the mental health of HG Sufferers	15,400	-	(12,166)	3,234
Improving treatment pathways for women with HG	17,544	-	(9,858)	7,686
	<u>119,420</u>	<u>134,930</u>	<u>(168,914)</u>	<u>85,436</u>

	At 1 January 2023	Incoming resources	Outgoing resources	At 31 December 2023
	£	£	£	£
The National Lottery Community Fund – RC England Wide	-	195,532	(195,532)	-
Office manager fund	-	100,000	(22,725)	77,275
Upgrading the PSS Peer Support Network	-	20,000	(10,799)	9,201
Improving the mental health of HG Sufferers	-	20,000	(4,600)	15,400
Improving treatment pathways for women with HG	-	20,000	(2,456)	17,544
	<u>-</u>	<u>355,532</u>	<u>(236,112)</u>	<u>119,420</u>

Purposes of restricted funds

The National Lottery Community Fund – The project aims to improve mental health and physical wellbeing of those whose pregnancies are complicated by severe pregnancy sickness and HG. Increasing capacity for information and support provision will directly benefit 10,500 individuals across England enabling them to come to terms with their own experience of the condition and rebuild their self-confidence thereby reducing their social isolation. Volunteers will benefit through a sense of belonging to the HG community, validation of their personal journey with HG, and further opportunities to increase skill sets which may help career development.

Office manager fund – Donation to recruit an office/operations manager and pay for one year's salary.

Upgrading the PSS Peer Support Network – Pregnancy sickness support are aiming to raise funds to expand and enrich our peer support network, enabling us to provide much needed support to more women and people affected by Nausea and Vomiting in pregnancy (NVP) and the severe form of the condition, Hyperemesis Gravidarium (HG).

Improving the mental health of HG sufferers – Hyperemesis Gravidarum (HG) is a debilitating and isolating condition which has a detrimental impact on the sufferer's mental health. Pregnancy Sickness Support are raising vital funds to be able to provide accessible services to improve the sufferers mental health (MH) during pregnancy and beyond.

Improving treatment pathways for women with HG – 1-3% of all pregnancies are Hyperemesis Gravidarum (HG) pregnancies. So why are seriously ill women still being told by medical professionals to try eating ginger rather than providing safe and effective treatment options? We are raising fund to improve knowledge of healthcare professionals.

PREGANCY SICKNESS SUPPORT

**Notes to the financial statements
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17. Analysis of changes in net funds

The carrying amounts of the charity's financial instruments are as follows:

	At January 2024	Cash Flows	At December 2024
	£		£
Cash at bank and in hand	<u>390,252</u>	<u>(105,638)</u>	<u>284,614</u>

18. Related Party Transactions

During the year the charity received no donations from any Trustees (2023: £100,000 from one trustee).