

REGISTERED COMPANY NUMBER: 05551121 (England and Wales)
REGISTERED CHARITY NUMBER: 1113403

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
ANXIETY UK

Shenward (Leeds) Limited
Josephs Well, Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

ANXIETY UK

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FOR THE YEAR ENDED 31 DECEMBER 2024**

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ANXIETY UK

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of 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

Objectives and aims

The charity's (Objects) are specifically restricted to the following: (1) to promote the relief and rehabilitation of persons affected by anxiety disorders and related conditions (including the individuals themselves, their friends, their relatives and the general population) and to ensure and promote the wider health and wellbeing of mankind; (2) to advance the education of the general public so as to enable them to better understand anxiety disorders and related conditions for the better good of mankind.

The objectives are achieved by providing a range of services including:

1. National telephone helpline and text support services (until May 2024)
2. 'TAUK' to us' 1:1 peer support and advice telephone consultation service (from May 2024 onwards)
3. 24/7 self-care Infoline offering access to relaxation and self-care strategies and information (from May 2024 onwards)
4. Website (including 'Choice and Medication' pages providing information on psychiatric medication for anxiety and other mental health conditions) and a new 'herbal and alternative medication' webpage resource. Also includes Anxiety UK members' area containing a range of self-help and information resources on anxiety.
5. Chatbot anxiety information sign-posting service - 'Ask Anxia®' and TherapGuide® - a digital tool to assist individuals with choosing a therapy modality .
6. Anxia® app providing access to self-care tools and information resources for anxiety.
7. Podcast series (And Breathe...) and webinars.
8. Blogs on various aspects of anxiety.
9. Information services including information booklets and factsheets (e.g.) 'Understanding Anxiety', 'Caregivers Guide to Anxiety', 'nutrition and anxiety' etc.
10. Production of Anxiety UK's quarterly magazine: Anxious Times, and Keeping Connected, quarterly Friends of Anxiety UK, ezine.
11. Volunteering and engagement opportunities for those affected by anxiety, stress and anxiety-based depression including a national participation group.
12. Social media support and awareness activities via the charity's Instagram, Facebook, X, You Tube and LinkedIn accounts.
13. Access to a range of talking therapies through the Anxiety UK Approved Therapist scheme where Cognitive Behavioural Therapy (CBT), counselling, Compassion Focused Therapy (CFT), Eye Movement Desensitisation and Reprocessing (EMDR) and clinical hypnotherapy are available.
14. Therapist-led, anxiety management courses based on the principles of CBT, CFT and Acceptance and Commitment Therapy (ACT) and Art for Anxiety Relief (AfAR) courses with a wide range of genres available.
15. 'Helping your Child', parent-delivered, guided CBT service.
16. Training, webinar, consultancy, and awareness activities including campaigning on issues of relevance to Anxiety UK beneficiaries.
17. Access to discounted and free to access products including apps, devices, and products, e.g. Listening Book subscriptions and Mood Cards.
18. Delivery of assessment, helpline, training, information, and therapy services for beneficiaries of partner agencies.
19. Supporting and collaborating with external researchers undertaking anxiety research, in addition to conducting primary research and evaluation activities on aspects of anxiety disorders. Administering and managing Anxiety UK's 'Katharine & Harold Fisher Anxiety Research scheme'.
20. Leading the informal Global Alliance of Anxiety not-for-profit organisations.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

ACHIEVEMENT AND PERFORMANCE

In 2024, the charity encountered a challenging economic landscape characterised by widespread reductions in revenue streams. These declines were largely attributed to external factors and broader economic pressures impacting the public, resulting in stretched personal and organizational finances. At the same time, the charity experienced rising costs for essential and new services (particularly in the IT and cyber domains), required for its safe and smooth running.

In response to these dual pressures, a thorough review of all internal and external services was conducted, alongside implementing other additional initiatives focused on identifying and securing cost-saving measures and efficiency improvements. These efforts resulted in achieving meaningful cost reductions and savings, as well as progressing further automation and streamlining activities, all of which have bolstered the charity's ability to navigate current challenges and positively addressing the organisation's long-term sustainability.

Despite the above challenges, throughout the year, the charity, with a contracted staff team, continued to deliver all key services including its extensive psychological therapy service that provides support to many hundreds of individuals every year, courses and training, whilst also extensively overhauling all service areas. New services were also created: in particular, the 24/7, self-care infoline, launched in May which provides access to relaxation and self-care techniques, and the 'TAUK to us' service, a 1:1 peer-led, telephone consultation service offering a friendly ear for those affected by anxiety. Furthermore, comprehensive marketing and sponsorship plans were constructed along with a positioning paper to clearly define Anxiety UK's place and intention in the anxiety disorders information and management space.

The charity's website: www.anxietyuk.org.uk, which continues to receive a high number of visitors each month, was substantially developed throughout the year to include a new section on 'anxiety and herbal/alternative medication', compiled in conjunction with a psychiatric pharmacist. Furthermore, new information resources focusing on anxiety and comorbidity, were commissioned with user-friendly guides produced by a public health professional on topics such as: 'hair loss and anxiety', 'menopause and anxiety', 'neurodivergence and anxiety', 'anxiety and skin conditions' - all of which are available to download from the website. Two essential digital information resources; one for GPs and the other for patients, on medical gaslighting and diagnostic overshadowing, were also completed. Therapguide® continued to be a popular website tool, helping people to choose the psychological therapy modality type that they may be best suited to, as well as our in-house produced, infinity breathing animation.

Seven episodes of our popular podcast series, And Breathe...Welcome to Calm Club were produced with a range of external speakers on topics spanning from 'pregnancy and anxiety' through to 'the fear of losing control' and downloaded by over 900 individuals. Throughout the year, the charity also contributed to an extensive range of externally produced articles and broadcasts on topics related to anxiety and anxiety disorders, as well as disseminating information via its social media channels.

Anxiety UK's involvement in research continued to be strong this year, with notable successes being the publication of three academic papers focused on the charity's 'medical gaslighting and diagnostic overshadowing in those with anxiety' campaign, the 'Ask Anxia®' information chatbot service, and an evaluation of the charity's psychological therapy services before and during the COVID-19 pandemic.

All key training courses developed by the charity received external CPD certification, and courses and workshops continued to be delivered to a wide range of organisations on topics such as 'stress and anxiety awareness' and 'managing anxiety in the workplace'.

Globally, Anxiety UK sustained its key co-ordination and leadership role in the maintenance and expansion of the 'Informal Global Anxiety Alliance' of not-for-profit organisations, whilst too supporting a group of MBA students to conduct a project looking at key international organisations providing support for those with anxiety, with the aim of growing the former. Over the course of the year, the Alliance bolstered its membership with representatives from South Africa, The Maldives and Uganda.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2024

Finally the board and staff team collaborated on the development of a new business plan for the charity for the period: 2025-2020, thus setting the organisation's intentions, scope and direction of travel for this timeframe for the provision of support and information for individuals affected by anxiety disorders.

FINANCIAL REVIEW

As detailed above, economic hardship persisted in 2024, it had a profound impact on both individuals and organisations, leading to a decrease in disposable income and a subsequent reduction in charitable donations and fundraising efforts. Consequently, the charity faced significant financial challenges, experiencing declines across various revenue streams. This included a decrease in membership, direct donations, partnership activities, training, and sales of resources such as books and self-help materials. Simultaneously, the organisation encountered increased overhead costs due to higher service prices, a common challenge faced by many entities. Ultimately, these factors contributed to a financial loss of £113,501 for the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Anxiety UK is a company limited by guarantee and is governed by its Articles of Association dated 1st September 2005. It is registered as a charity with the Charity Commission with effect from 23rd March 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05551121 (England and Wales)

Registered Charity number

1113403

Registered office

Nunes House 447 Chester Road
Old Trafford
Manchester
M16 9HA

Trustees

R M Kadama
Mrs K Baker
Ms A Nalla

Company Secretary

Ms N M Lidbetter

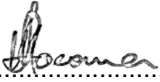
Independent Examiner

Shenward (Leeds) Limited
Josephs Well, Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

Approved by order of the board of trustees on07/04/2025..... and signed on its behalf by:

ANXIETY UK

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024



.....
R M Kadama - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ANXIETY UK**

Independent examiner's report to the trustees of Anxiety UK ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants of Scotland, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Sherad Dewedi

Shenward (Leeds) Limited
Josephs Well, Suite 2C
Hanover Walk
Leeds
West Yorkshire
LS3 1AB

Date:

ANXIETY UK

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	33,973	23,553	57,526	48,934
Charitable activities					
Charitable	3	262,987	-	262,987	422,201
Other income		29,871	-	29,871	31,758
Total		<u>326,831</u>	<u>23,553</u>	<u>350,384</u>	<u>502,893</u>
EXPENDITURE ON					
Raising funds	4	3,793	-	3,793	3,044
Charitable activities					
Charitable	5	3,030	-	3,030	-
Therapy & workshops		47,260	-	47,260	85,623
Employment costs		222,385	-	222,385	240,251
Conferences, training & events		5,668	-	5,668	28,125
Design & print of newsletter & information		7,492	-	7,492	9,078
Telephone & text services		2,971	-	2,971	1,130
Website development & hosting		23,363	23,553	46,916	11,461
Staff expenses		159	-	159	567
Support costs		4,021	-	4,021	5,575
Other		110,190	10,000	120,190	274,381
Total		<u>430,332</u>	<u>33,553</u>	<u>463,885</u>	<u>659,235</u>
NET INCOME/(EXPENDITURE)		(103,501)	(10,000)	(113,501)	(156,342)
RECONCILIATION OF FUNDS					
Total funds brought forward		1,473,079	106,517	1,579,596	1,735,938
TOTAL FUNDS CARRIED FORWARD		<u>1,369,578</u>	<u>96,517</u>	<u>1,466,095</u>	<u>1,579,596</u>

The notes form part of these financial statements

ANXIETY UK

**STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	12	394,509	-	394,509	418,302
Investments	13	12,837	-	12,837	12,146
		407,346	-	407,346	430,448
CURRENT ASSETS					
Stocks	14	1,850	-	1,850	3,067
Debtors	15	25,196	-	25,196	77,392
Cash at bank		981,687	96,517	1,078,204	1,157,612
		1,008,733	96,517	1,105,250	1,238,071
CREDITORS					
Amounts falling due within one year	16	(13,154)	-	(13,154)	(25,013)
		995,579	96,517	1,092,096	1,213,058
NET CURRENT ASSETS					
		1,402,925	96,517	1,499,442	1,643,506
TOTAL ASSETS LESS CURRENT LIABILITIES					
		1,402,925	96,517	1,499,442	1,643,506
ACCRUALS AND DEFERRED INCOME					
	17	(33,347)	-	(33,347)	(63,910)
		1,369,578	96,517	1,466,095	1,579,596
NET ASSETS					
		1,369,578	96,517	1,466,095	1,579,596
FUNDS					
	18			1,369,578	1,473,079
Unrestricted funds				96,517	106,517
Restricted funds				1,466,095	1,579,596
TOTAL FUNDS					
				1,466,095	1,579,596

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

ANXIETY UK

STATEMENT OF FINANCIAL POSITION - continued
31 DECEMBER 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:



.....
R M Kadama - Trustee

ANXIETY UK

**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	(78,717)	(150,703)
Net cash used in operating activities		<u>(78,717)</u>	<u>(150,703)</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(70,039)
Purchase of fixed asset investments		(691)	(1,413)
Net cash used in investing activities		<u>(691)</u>	<u>(71,452)</u>
Change in cash and cash equivalents in the reporting period			
		(79,408)	(222,155)
Cash and cash equivalents at the beginning of the reporting period		<u>1,157,612</u>	<u>1,379,767</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,078,204</u></u>	<u><u>1,157,612</u></u>

The notes form part of these financial statements

ANXIETY UK

**NOTES TO THE STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2024**

1.	RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES	2024	2023
		£	£
	Net expenditure for the reporting period (as per the Statement of Financial Activities)	(113,501)	(156,342)
	Adjustments for:		
	Depreciation charges	23,794	44,723
	Decrease/(increase) in stocks	1,217	(454)
	Decrease/(increase) in debtors	52,195	(46,225)
	(Decrease)/increase in creditors	(42,422)	7,595
	Net cash used in operations	<u>(78,717)</u>	<u>(150,703)</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.24	Cash flow	At 31.12.24
	£	£	£
Net cash			
Cash at bank	1,157,612	(79,408)	1,078,204
	<u>1,157,612</u>	<u>(79,408)</u>	<u>1,078,204</u>
Total	<u>1,157,612</u>	<u>(79,408)</u>	<u>1,078,204</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. Details of these judgements can be found in the accounting policies.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% on cost
Improvements to property	- 10% on cost
Fixtures and fittings	- 25% on cost
Computer equipment	- 20% on 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 credited or charged to the income statement.

Impairment of fixed assets

At each reporting end date, the company reviews the carrying amounts of its tangible and intangible 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).

Recoverable amount is the higher of fair value less costs to sell and value in use. If the recoverable amount of an asset is estimated to be less than its carrying amount, the carrying amount of the asset is reduced to its recoverable amount.

Recognised impairment losses are reversed if, and only if, the reasons for the impairment loss have ceased to apply.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

1. **ACCOUNTING POLICIES - continued**

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

At each reporting end date, an assessment is made for impairment. Any excess of the carrying amount of stocks over its cost and net realisable value is recognised as an impairment loss in the income statement. Reversals of impairment losses are also recognised in the income statement.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

After reviewing the charity's forecasts and projections, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing its financial statements.

Investments

Investments are measured at fair value through profit or loss. They are initially valued at cost and subsequently valued at each reporting date by reference to quoted prices readily available from the investment fund.

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	<u>57,526</u>	<u>48,934</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Partnerships	Charitable	137,974	248,495
Sale of self help products	Charitable	8,765	10,174
Therapies	Charitable	42,134	47,230
Membership subscriptions	Charitable	74,114	116,302
		<u>262,987</u>	<u>422,201</u>

4. RAISING FUNDS

Other trading activities

	2024	2023
	£	£
Opening stock	3,067	2,613
Purchases	2,576	3,498
Closing stock	<u>(1,850)</u>	<u>(3,067)</u>
	<u>3,793</u>	<u>3,044</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 6)	Totals
	£	£	£
Charitable	-	3,030	3,030
Therapy & workshops	47,260	-	47,260
Employment costs	222,385	-	222,385
Conferences, training & events	5,668	-	5,668
Design & print of newsletter & information	7,492	-	7,492
Telephone & text services	912	2,059	2,971
Website development & hosting	45,222	1,694	46,916
Staff expenses	159	-	159
Support costs	4,021	-	4,021
	<u>333,119</u>	<u>6,783</u>	<u>339,902</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

6. SUPPORT COSTS

	Management £	Finance £	Information technology £	
Other resources expended	19,344	23,944	26,428	
Charitable	-	-	420	
Telephone & text services	2,059	-	-	
Website development & hosting	-	-	1,694	
	<u>21,403</u>	<u>23,944</u>	<u>28,542</u>	
	Human resources £	Other £	Governance costs £	Totals £
Other resources expended	11,292	22,586	7,440	111,034
Charitable	-	2,610	-	3,030
Telephone & text services	-	-	-	2,059
Website development & hosting	-	-	-	1,694
	<u>11,292</u>	<u>25,196</u>	<u>7,440</u>	<u>117,817</u>

Support costs, included in the above, are as follows:

	Other resources expended £	Charitable £	Telephone & text services £
Other operating leases	162	-	-
Rates and water	2,899	-	-
Insurance	10,126	-	-
Light and heat	1,864	-	-
Telephone	2,367	-	2,059
Postage and stationery	1,720	-	-
Sundries	206	-	-
Bank charges	150	-	-
Depreciation of tangible fixed assets	23,794	-	-
Computer costs	14,228	-	-
Website migration	-	-	-
Website Accessibility Scheme	2,200	420	-
Research Cardiff Uni	10,000	-	-
Staff welfare and support	5,170	-	-
DPO Services	4,440	-	-
Recruitment	50	-	-
Temp/Agency Staff	-	-	-
HR Support	1,632	-	-
Security & CCTV	398	-	-
Professional fees	5,274	-	-
Accountancy and legal fees	16,914	-	-
Medical Gaslighting Diagnosis	-	2,610	-
Calm Club Facilitation	-	-	-
Carried forward	<u>103,594</u>	<u>3,030</u>	<u>2,059</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

6. SUPPORT COSTS - continued

	Other resources expended £	Charitable £	Telephone & text services £
Brought forward	103,594	3,030	2,059
Auditors' remuneration	1,440	-	-
Auditors' remuneration for non audit work	6,000	-	-
	<u>111,034</u>	<u>3,030</u>	<u>2,059</u>
		2024	2023
	Website development & hosting £	Total activities £	Total activities £
Other operating leases	-	162	300
Rates and water	-	2,899	3,939
Insurance	-	10,126	16,126
Light and heat	-	1,864	3,591
Telephone	-	4,426	13,817
Postage and stationery	-	1,720	2,999
Sundries	-	206	74
Bank charges	-	150	270
Depreciation of tangible fixed assets	-	23,794	44,723
Computer costs	1,694	15,922	23,596
Website migration	-	-	5,460
Website Accessibility Scheme	-	2,620	217
Research Cardiff Uni	-	10,000	10,000
Staff welfare and support	-	5,170	5,274
DPO Services	-	4,440	5,138
Recruitment	-	50	495
Temp/Agency Staff	-	-	12,607
HR Support	-	1,632	3,427
Security & CCTV	-	398	-
Professional fees	-	5,274	13,397
Accountancy and legal fees	-	16,914	13,133
Medical Gaslighting Diagnosis	-	2,610	71,222
Calm Club Facilitation	-	-	100
Auditors' remuneration	-	1,440	1,860
Auditors' remuneration for non audit work	-	6,000	7,416
	<u>1,694</u>	<u>117,817</u>	<u>259,181</u>

ANXIETY UK

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	23,793	44,723
Other operating leases	162	300
	23,955	45,023

8. AUDITORS' REMUNERATION

	2024	2023
	£	£
Fees payable to the charity's auditors for the audit of the charity's financial statements	1,440	1,860
Auditors' remuneration for non audit work	6,000	7,416
	7,440	9,276

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	194,527	201,398
Social security costs	13,227	17,797
Other pension costs	14,631	21,056
	222,385	240,251

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

	2024	2023
Management and administration	6	7
	6	7

No employees received emoluments in excess of £60,000.

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	48,934	-	48,934
Charitable activities			
Charitable	422,201	-	422,201
Other income	31,758	-	31,758
Total	502,893	-	502,893
EXPENDITURE ON			
Raising funds	3,044	-	3,044
Charitable activities			
Therapy & workshops	85,623	-	85,623
Employment costs	240,251	-	240,251
Conferences, training & events	28,125	-	28,125
Design & print of newsletter & information	9,078	-	9,078
Telephone & text services	1,130	-	1,130
Website development & hosting	11,461	-	11,461
Staff expenses	567	-	567
Support costs	5,575	-	5,575
Other	264,381	10,000	274,381
Total	649,235	10,000	659,235
NET INCOME/(EXPENDITURE)	(146,342)	(10,000)	(156,342)
RECONCILIATION OF FUNDS			
Total funds brought forward	1,619,421	116,517	1,735,938
TOTAL FUNDS CARRIED FORWARD	1,473,079	106,517	1,579,596

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

12. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
COST					
At 1 January 2024 and 31 December 2024	297,681	32,912	22,820	232,263	585,676
DEPRECIATION					
At 1 January 2024	33,722	19,147	22,544	91,961	167,374
Charge for year	5,953	3,291	276	14,273	23,793
At 31 December 2024	39,675	22,438	22,820	106,234	191,167
NET BOOK VALUE					
At 31 December 2024	258,006	10,474	-	126,029	394,509
At 31 December 2023	263,959	13,765	276	140,302	418,302

13. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 January 2024	12,146
Additions	691
At 31 December 2024	12,837
NET BOOK VALUE	
At 31 December 2024	12,837
At 31 December 2023	12,146

There were no investment assets outside the UK.

14. STOCKS

	2024 £	2023 £
Stocks	1,850	3,067

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2024	2023
		£	£
Trade debtors		13,199	51,092
Other debtors		447	447
Accrued income		625	-
Prepayments		10,925	25,853
		<u>25,196</u>	<u>77,392</u>
16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2024	2023
		£	£
Trade creditors		12,311	20,520
Social security and other taxes		1,681	3,756
Other creditors		(369)	737
Credit card		(469)	-
		<u>13,154</u>	<u>25,013</u>
17. ACCRUALS AND DEFERRED INCOME		2024	2023
		£	£
Accruals and deferred income		33,347	63,910
		<u>33,347</u>	<u>63,910</u>
18. MOVEMENT IN FUNDS			
		Net	At
	At 1.1.24	movement	31.12.24
	£	in funds	£
		£	
Unrestricted funds			
General fund	1,473,079	(103,501)	1,369,578
Restricted funds			
Restricted funds	106,517	(10,000)	96,517
TOTAL FUNDS	<u>1,579,596</u>	<u>(113,501)</u>	<u>1,466,095</u>

ANXIETY UK

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

18. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	326,831	(430,332)	(103,501)
Restricted funds			
Restricted funds	23,553	(33,553)	(10,000)
TOTAL FUNDS	<u>350,384</u>	<u>(463,885)</u>	<u>(113,501)</u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	1,619,421	(146,342)	1,473,079
Restricted funds			
Restricted funds	116,517	(10,000)	106,517
TOTAL FUNDS	<u>1,735,938</u>	<u>(156,342)</u>	<u>1,579,596</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	502,893	(649,235)	(146,342)
Restricted funds			
Restricted funds	-	(10,000)	(10,000)
TOTAL FUNDS	<u>502,893</u>	<u>(659,235)</u>	<u>(156,342)</u>

ANXIETY UK

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	1,619,421	(249,843)	1,369,578
Restricted funds			
Restricted funds	116,517	(20,000)	96,517
TOTAL FUNDS	1,735,938	(269,843)	1,466,095

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	829,724	(1,079,567)	(249,843)
Restricted funds			
Restricted funds	23,553	(43,553)	(20,000)
TOTAL FUNDS	853,277	(1,123,120)	(269,843)

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

ANXIETY UK

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	57,526	48,934
Charitable activities		
Partnerships	137,974	248,495
Sale of self help products	8,765	10,174
Therapies	42,134	47,230
Membership subscriptions	74,114	116,302
	262,987	422,201
Other income		
Bank interest	23,330	10,772
Training	6,137	20,330
Misc income	350	625
Travel reimbursement	54	31
	29,871	31,758
Total incoming resources	350,384	502,893
EXPENDITURE		
Other trading activities		
Opening stock	3,067	2,613
Purchases	2,576	3,498
Closing stock	(1,850)	(3,067)
	3,793	3,044
Charitable activities		
Wages	194,527	201,398
Social security	13,227	17,797
Pensions	14,631	21,056
Therapy & workshops	47,260	85,623
Conferences, training & events	5,668	28,125
Design & print of newsletter	7,492	9,078
Telephone	912	1,130
Website development & hosting	45,222	11,461
Staff expenses	159	567
Support costs	4,021	5,575
	333,119	381,810

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ANXIETY UK

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	2024 £	2023 £
Charitable activities		
Other		
Minor equipment	-	70
Repairs and maintenance	2,331	3,755
Training portal	6,825	11,375
	<u>9,156</u>	<u>15,200</u>
Support costs		
Management		
Other operating leases	162	300
Rates and water	2,899	3,939
Insurance	10,126	16,126
Light and heat	1,864	3,591
Telephone	4,426	13,817
Postage and stationery	1,720	2,999
Sundries	206	74
	<u>21,403</u>	<u>40,846</u>
Finance		
Bank charges	150	270
Freehold property	5,954	5,954
Improvements to property	3,291	3,291
Fixtures and fittings	276	277
Computer equipment	14,273	35,201
	<u>23,944</u>	<u>44,993</u>
Information technology		
Computer costs	15,922	23,596
Website migration	-	5,460
Website Accessibility Scheme	2,620	217
Research Cardiff Uni	10,000	10,000
	<u>28,542</u>	<u>39,273</u>
Human resources		
Staff welfare and support	5,170	5,274
DPO Services	4,440	5,138
Recruitment	50	495
Temp/Agency Staff	-	12,607
HR Support	1,632	3,427
	<u>11,292</u>	<u>26,941</u>
Other		
Security & CCTV	398	-
Carried forward	398	-

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ANXIETY UK

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	2024	2023
	£	£
Other		
Brought forward	398	-
Professional fees	5,274	13,397
Accountancy and legal fees	16,914	13,133
Medical Gaslighting Diagnosis	2,610	71,222
Calm Club Facilitation	-	100
	25,196	97,852
Governance costs		
Auditors' remuneration	1,440	1,860
Auditors' remuneration for non audit work	6,000	7,416
	7,440	9,276
Total resources expended	463,885	659,235
Net expenditure	(113,501)	(156,342)

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