EMDR Association

A Charity and a Company Limited by Guarantee

Trustees' Report and Financial Statements

For the year ended

30th November 2025

EMDR Association

Year Ended 30th November 2025

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EMDR Association

Trustees Report for the year ended 30th November 2025

The Trustees present their annual report and financial statements for the year ended 30th November 2025.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the SORP 2019 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Section 1	**Legal and Administrative Information**
Charity name	EMDR Association
Charity Commission registered number	1140865
Companies House registered number	07428145
For the financial year ending on	30th November 2025
Charity's principal address	Third Floor Horton House, Exchange Flags, Liverpool, Merseyside, L2 3YL
Description of the charity's trusts:	
Governing document	EMDR Association is a company limited by guarantee and a registered charity governed by its Memorandum and Articles of Association. Members of the charitable company guarantee to contribute an amount not exceeding £10 to the assets of the company in the event of the company being wound up while they are members, or within one year thereafter.
Objects of the charity	The relief of sickness without prejudice to the generality of the foregoing to Advance the theory and practice of Eye Movement Desensitisation and Reprocessing (EMDR) and the relief of poverty and distress wherever it may arise by the provision of humanitarian aid.
Specific investment powers	None
Professional advisers:	
Accountants	Bradshaws Limited, Charter Court, 2 Well House Barns, Bretton, Chester CH4 0DH
Bankers	The Co-operative Bank, PO Box 250, Skelmersdale, England WN8 6WT CAF Bank 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ The Charity Bank Ltd, Fosse House, 182 High Street, Tonbridge, TN9 1BF
Solicitors	Brabner's, Horton House, Exchange Flags, Liverpool, L2 3YL
Company Secretary	Graeme Hughes, Charity Solicitor Brabner's

Section 3	Activities and Achievements
	To date our membership has reached 6,895 and still growing. Business support, with a dedicated workforce, has made it possible to vastly increase member benefits and enabled us to progress our charitable aims and objectives much more efficiently. This year the Association as consolidated some of the work undertaken in the previous two years. Our website with a member profile management system that will allow members to record their CPD, activity towards accreditation, payment history and other important documents in a personalised, password protected folder, has been made easier to use for members and money has been allocated to increase the Association's cyber security with the roll-out of Two-factor authentication to protect our members. With continued rising prices and inflation, the Association's commitment to supporting members to access appropriate good quality CPD has been developed further, it was decided to maintain the price all association CPD online webinars to no more than £10 per hour of CPD or less. We now provide financial administrative duties for all the RG and SIG that hold bank accounts., and we are pleased to be supporting the amazing work they do with the Association's banking provision devoted to RG and SIGs.

Trustees Report for the year ended 30th November 2025 (continued)

Section 4	Financial Review

Incoming resources

Income from subscriptions has increased by 26.7%. Membership numbers have increased substantially and in November 2025 we had 1403 Practitioners, 457 Consultants, 86 Child and Adolescent practitioners and 48 child and adolescent consultants.

Our income from charitable activity has increased however, overall costs have decreased primarily owning to a substantial reduction in Website costs.

The AGM and Conference in March was very successful; indeed, it was a sell-out. Many members are keen to meet and learn in person again but for those who are unable to do this – the event was Hybrid which of course incurs high overheads.

Outgoing resources

This year, expenditure is down by 2.5% to £675,562.

Engaging more staff has decreased the overall expenditure and we are no longer outsourcing our administrative tasks to another company.

Trustees Report for the year ended 30th November 2025 (continued)

Section 5	Policies
Reserves policy	The Trustees previously established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets, which are the free reserves of the charity, should be approximately 50% of general (unrestricted) operating costs. This is due to the high rise in the cost of new activities and developments. The trustees are agreed that it would be prudent to set aside sufficient funds to cover management, support and administration costs to allow the charity to continue its activities in the event of a significant drop in funding or business interruption. The free reserves at the 30th November 2025 are above this policy, however the charity is in the process of investing funds to support the financial security of the Charity alongside the development of and engagement with a research strategy beneficial to the charitable aims.
Grant-making policy	The Trustees make grants to support research projects involving EMDR or related topics. They also make grants in support of Trauma relief and related Humanitarian projects or charities. The grants are discussed and voted on by the Trustees prior to any grant being made.
Investments Selection policy	Having considered several options available, the trustees have decided to look at investing funds not required short term in an investment portfolio with Greenbank which has a reputation for ethical and climate change aware investment. This will also address the security issues of having large sums in a small number of banking institutions. Trustees will of course continue to review the charity's investment policy on an ongoing basis.
Review of major risks	The Trustees have completed their review of the major risks to the charity and have annual renewal procedures in place to manage these risks. They have appointed a Charity Solicitor as Company Secretary and continue working with their Charity Legal Team to fine tune policies and develop clearer processes.

EMDR Association

Trustees Report for the year ended 30th November 2025 (continued)

Plans for the future	The findings of the Systematic Review have been published in the British Journal of Psychology and this work has provided a valuable addition to the current body of research. The systematic review of EMDR for PTSD treatment and prevention in children and adolescents has been accepted for open-access publication in the journal Clinical Psychology & Psychotherapy Journal. Our website overhaul is ongoing - we have a new build and servers, but the content and navigation require attention. Digitisation of the membership experience is now complete and the first wave of a digitised accreditation system (practitioner accreditation) will be available by the March 2026 AGM. A new committee has been created, The Professional Registration Committee (PRC). The PRC has been working to prepare the Association for an initial eligibility review with the Professional Standards Authority which is due to begin March-April 2026. If EMDR UK meet the standards, the membership will be consulted before taking this important step. Later in the summer of 2026 we anticipate working again with Sheffield University as we commence funding a long-term research project: the project is expected to last around four years and involves EMDR versus CBT using Real-World Data. I would like to take this opportunity to thank Kent Regional Group and for their kind donation to contribute to this research.

Section 6	**Signature and Declaration**
This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.	
Declaration	**I declare, in my capacity as charity trustee, that:**
	• **the trustees have approved the report above; and**
	• **have authorised me to sign on their behalf.**
Signature	
Full Name	Kath Norgate
Position	**President**
Date	20th March 2026

EMDR Association

Independent Examiner's Report to the Trustees of EMDR Association

I report to the charity trustees on my examination of the accounts of the company for the year ended 30th November 2025 which are set out on pages 9 to 16.

Responsibilities and basis of report

As the charity 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 company'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 the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, 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 that in any material respect:

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.

A J Bradshaw FCA
Independent Examiner
Bradshaws Limited
Chartered Accountants

Charter Court
Well House Barns
Chester Road
Bretton, Chester
CH4 0DH

20th March 2026

EMDR Association

STATEM ENT OF FINANCIAL ACTIVITIES
YEAR ENDED 30th NOVEMBER 2025
(including income and expenditure account)

	Notes	Unrestricted Funds £	Total 2025 £	Unrestricted Funds £	Total 2024 £
Income:					
Incoming from charitable activities:					
Membership subscriptions		536,618	536,618	423,488	423,488
Accreditation fees		38,765	38,765	31,505	31,505
Consultants training		69,305	69,305	28,735	28,735
Other income		1,060	1,060	1,000	1,000
Regional group income	16	70,777	70,777	63,742	63,742
Investment Income		24,533	24,533	23,145	23,145
AGM and conference surplus		105,142	105,142	116,117	116,117
Total income		846,200	846,200	687,732	687,732
Expenditure:					
Expenditure on charitable activities	3	620,364	620,364	644,425	644,425
Regional group expenditure	16	55,162	55,162	57,669	57,669
Total expenditure		675,526	675,526	702,094	702,094
Net income and net movement in funds for the year		170,674	170,674	(14,362)	(14,362)
Reconciliation of funds					
Total funds brought forward		976,803	976,803	991,165	991,165
Total funds carried forward		1,147,477	1,147,477	976,803	976,803

There are no restricted funds for the current or comparative year.

The notes on pages 12 to 16 form part of these financial statements

EMDR Association

BALANCE SHEET
AS AT 30th NOVEMBER 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	8		1,208		1,742
Current assets					
Debtors	9	24,411		19,334	
Cash at bank and in hand	10	1,184,034		1,008,713	
		1,208,445		1,028,047	
Current liabilities					
Creditors amounts falling due within one year	11	(62,176)		(52,986)	
Net current assets			1,146,269		975,061
Total assets less current liabilities			1,147,477		976,803
Net assets			1,147,477		976,803
The funds of the charity:					
Unrestricted income funds	12		597,477		426,803
Designated funds	16		550,000		550,000
Total charity funds			1,147,477		976,803

The trustees' statements required by Section 475(2) and (3) are shown on the following page which forms part of this Balance Sheet

BALANCE SHEET (Continued)
FOR THE YEAR ENDED 30th NOVEMBER 2025

For the year ended 30th November 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476; and

- The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements were approved by the board on 20th March 2026 and signed on its behalf by

Kathleen Norgate
President

Colleen Swindon
Trustee / Treasurer

Company Registration Number:- 07428145

The notes on pages 12 to 16 form part of these financial statements

EMDR Association

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30th NOVEMBER 2025

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

1.1 Basis of accounting

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 Standards applicable in the UK and Republic of Ireland published on 16th July 2014.

The trust constitutes a public benefit entity as defined by FRS 102. The Trustees consider that there are no uncertainties about the Trust's ability to continue as a going concern over the next twelve months.

1.2 Fund accounting

Funds held by the Charity are:

Unrestricted general funds – General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted fund – these are funds set aside by the Trustees out of restricted general funds for specific future purposes or projects.

1.3 Incoming resources

All incoming resources are included in the SOFA when the Charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.4 Grants payable and receivable

All grants are accounted for gross when receivable. Grants payable are recognised as expenditure when the commitment is entered into.

1.5 Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

1.6 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the costs less residual value of each asset over its expected useful life as follows;-

Fixtures, fittings and expenditure - 20% straight line

1.7 Foreign currency

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the Statement of Financial Activities.

2. Cashflow statement

The Charity is exempt from the requirement to prepare a cashflow statement because it is a small Charity.

3 Costs of charitable activities

	Unrestricted Funds	Total 2025	Unrestricted Funds	Total 2024
	£	£	£	£
Wages	111,224	111,224	77,453	77,453
Employee Pension	2,071	2,071	911	911
Consultant training	35,231	35,231	25,412	25,412
Europe capitation and certificates	91,617	91,617	53,717	53,717
Insurance	2,433	2,433	2,195	2,195
Office costs	16,876	16,876	20,192	20,192
Newsletter	8,017	8,017	6,263	6,263
Press officer	14,309	14,309	29,079	29,079
Website costs	75,283	75,283	144,405	144,405
Software	52,750	52,750	17,341	17,341
Travel	8,669	8,669	9,938	9,938
Accommodation	16,502	16,502	10,570	10,570
Venue and catering	45,511	45,511	13,749	13,749
Legal and professional	120,169	120,169	144,071	144,071
General	9,167	9,167	(607)	(607)
Research	4,533	4,533	85,684	85,684
Accountancy	4,110	4,110	2,334	2,334
Depreciation of fixtures and equipment	534	534	799	799
Bank Charges	1,358	1,358	919	919
Total Expenditure	620,364	620,364	644,425	644,425

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30th NOVEMBER 2025 (Continued)

4 Net incoming resources for the year

	Total 2025 £	Total 2024 £
Net incoming resources is stating after charging:		
Depreciation and other amounts written off tangible fixed assets	534	799
Accountancy fees for independent examination	2,500	2,169

5 Staff numbers and costs

There are 6 permanent part-time administrators employed by the charity working a combined total of 74 hours a week. The total employee benefits of the key personnel of the Trust were £60,170 (2024: £30,920).

No employee of the Charity received emoluments of more than £60,000 (2024: none). During the year the average monthly head count was 6 employees (2024: 4). The cost to the Charity were:

	Total 2025 £	Total 2024 £
Wages & Salaries	111,224	56,661
Pension costs	2,071	911
Support costs	-	20,792
	113,295	78,364

6 Trustees' remuneration and expenses

In the annual year ending 30 November 2025. This year the Association's payment to Ecoligi for activities to offset our carbon footprint was £3,642. 8 trustees claimed £2,609 in Travel and subsistence and the cost of sending 2 trustees as Europe representatives to the Europe board and committee meetings was £1,256 including accommodation.

7 Taxation

The company was a charity during the year therefore had no taxable income and hence no corporation tax to pay.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30th NOVEMBER 2025 (Continued)

8	Tangible fixed assets	Fixtures, fittings and equipment £	Total £
	Cost		
	At 1st December 2024	3,996	3,996
	Additions	-	-
	Disposals	-	-
	At 30th November 2025	3,996	3,996
	Depreciation		
	At 1st December 2024	2,254	2,254
	Charge for the year	534	534
	Disposals	-	-
	At 30th November 2025	2,788	2,788
	Net book Values		
	At 30th November 2025	1,208	1,208
	At 30th November 2024	1,742	1,742

9	Debtors	Total 2025 £	Total 2024 £
	Trade debtors	20,704	5,332
	Prepayments	3,707	14,002
		24,411	19,334

10	Bank	Total 2025 £	Total 2024 £
	Cash at bank and in hand	1,003,437	843,525
	Regional group - cash at bank and in hand	180,597	165,188
		1,184,034	1,008,713

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30th NOVEMBER 2025 (Continued)

11 Creditors – amounts falling due within one year

	Total 2025	Total 2024
	£	£
Trade Creditors	12,018	50,483
Accruals	45,288	522
Taxation and social security	4,756	1,981
Other creditors	114	-
	62,176	52,986

12 Analysis of net assets between funds

Fund balances at 30th November 2024	Unrestricted Funds £	Designated Funds £	Total Funds £
Are represented by:			
Tangible fixed assets	1,208	-	1,208
Current assets	658,445	550,000	1,208,445
Less : Current liabilities	(62,176)	-	(62,176)
	597,477	550,000	1,147,477

13 Capital commitments

There were no capital commitments authorised or contracted for at the year-end.

14 Control

The Charity is under the control of the Trustees.

15 Company limited by guarantee

EMDR Association is a company limited by guarantee and accordingly does not have a share capital. Every member of the company undertakes to contribute such amount as may be required not exceeding £10 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

16 Charity funds

	.....General Fund.....				
	EMDR	Regional Groups	Total	Designated Fund	Total Funds
	£	£	£	£	£
At the beginning of the year	261,615	165,188	426,803	550,000	976,803
Income	775,423	70,777	846,200	-	846,200
Expenditure	(620,364)	(55,162)	(675,526)	-	(675,526)
	416,880	180,597	597,477	550,000	1,147,477

The Association is keen to promote EMDR and possibly support research projects involving EMDR. A large, gold standard research project is phenomenally expensive thus the trustees continue to set aside funds for any potential future projects in the Designated Fund.