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Charity Registration Number: 1159222

The Talking Taboos Foundation
(a Charitable Incorporated Organisation)

Annual Report and Unaudited Financial Statements
For the Period Ended 31 December 2025

Talking Taboos.

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The Talking Taboos Foundation

Reference and Administration Information

Trustees	Louise Margaret Grace McLaren Shivani Gangrade Katie Louise Mallion Hannah Marcus
Registered Charity Number	1159222
Registered Company Number	08821654
Registered Office	Unit 5, Callow pk Callow Hill Brinkworth SN15 5FD
Independent Examiners	Purple Lime Accountancy Limited Unit 5, Callow pk Callow Hill Brinkworth SN15 5FD
Bankers	The Royal Bank of Scotland 36 St Andrew Square Edinburgh EH2 2YB

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The Talking Taboos Foundation

Trustees' Annual Report for the Period Ended 31 December 2025

Aims and Objectives

The Talking Taboos Foundation is a Charitable Incorporated Organisation registered in the United Kingdom with the Charity Commission (no. 1159222).

The charity's objects are:

1) The advancement of physical and mental health and the advancement of education into physical and mental health and healthcare for the public benefit, by such exclusively charitable means as the Trustees shall in their discretion determine charitable, and in particular (but without limitation) by the promotion of educational programmes and dialogue and (save for purposes incidental and ancillary to those objects), no other purposes.

Review of Activities and Achievements

This year the charity's activities included two key areas: research and public events.

- The charity ran three public events this year exploring three Taboos from our 2024 Today's Taboos Research. These were: Surviving Child Sexual Abuse at Studio Voltaire Clapham; Shamed SEND Parenting online on Zoom; and Silent Suicidal Thoughts at Phoenix Garden, Covent Garden. Our panels brought together a range of charities, community champions and experts by experience working to bust these taboos. We also created a resource for our fourth taboo - Body Bias - that was launched in the lead up to the festive season where body taboos and shame are heightened.
- The charity's annual Today's Taboos bespoke and pioneering research combined a mix of methods, including media analysis, expert input and public opinion polling, to identify two timely taboos. We then worked with partner charities and experts by experience to further unearth the nature of these taboos. The two taboos identified will be the focus of the charity's 2026 activities and communications.

Public Benefit

The Trustees have complied with section 17(5) of the 2011 Charities Act, having due regard for the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives.

Structure, Governance And Management

Talking Taboos is limited by guarantee and its governing document is its Articles of Association dated 19 February 2017.

The charitable company is a Registered Charity, number 1159222. The charitable company is incorporated in England and Wales No. 08821654 and has its registered offices at Callow Pk, Callow Hill, Brinkworth, SN15 5FD.The members of the trustee board hold no shares in the charitable company, but each member is a guarantor to an amount not exceeding £1, in the event of the winding up of the charitable company.

Trustees are appointed based on expertise and experience in one or more of the following areas: taboo topics, research, design or communications, fundraising and partnerships, community outreach, financial and business administration, as well as lived experience of taboo topics.

Under the Articles of Association, decisions on appointments must be made by the board.

New trustees are provided with the Charity Commission Welcome Pack, the Articles of Association, the charity's Trustee Handbook, and access to archived documents showing the history of the charity and significant projects and evaluation data. They also complete a Declaration of Interests Form and a Statement of Expertise.

Trustees are actively encouraged to attend board meetings to ensure that they are always up to date with the latest activities of the charitable company.

The charity is run by the board of trustees supported by a voluntary executive.

Designers, photographers/videographers, researchers and events and communications specialists are engaged on a freelance basis for specific projects and events. During the year under review the charity engaged a graphic design subcontractor to support the board of trustees to develop the Charity's report design and a videographer to record and edit our two events.

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The charitable company is the sole shareholder of the company Common Collective Limited, incorporated in England and Wales No. 11005094.

Financial Review
The charity is in a sustainable financial position. Unrestricted reserves increased in the year from £64,486 to £66,778. Our largest expenditure was again on staff salaries this year as well as funds spent on research and events.

Our financial position was particularly strengthened by our trading subsidiary's strong performance and we received a donation of profits from Common Collective totalling £42,821.

The board will continue to focus on the charity's trading arm, funding and partnership strategy to boost the charity's income further.

Common Collective Limited was profitable in the year ended 31 December and continues to be profitable in the current financial year. It is continuing to focus on strengthening and growing its partnerships. The charity therefore expects to receive another donation into core funds in the next financial year, ensuring our financial stability and allowing the charity to sustain its reach in the coming financial year.

Reserves Policy
The trustees have adopted a policy of maintaining sufficient cash reserves to cover ongoing overheads for the foreseeable future. The charity will only commit to expenditure it can cover with current reserves held, and that the charity will hold 3 months' salaries and overheads in cash as a minimum.

The trustees have prepared a budget and have concluded that the charity continues to be a going concern for the foreseeable future. On that basis they have continued to adopt the going concern basis when preparing the financial statements.

Going concern
The Trustees have given due consideration to the charity's ability to meet its obligations for the foreseeable future. Given the robust reserves policy in place and the Trustee consider it is appropriate to adopt the going concern principle in preparing these financial statements.

Remuneration of Key Management
Key Management Personnel consists of the charity Trustees, none of whom are remunerated for their services and the Charity's Director and Associate Director who are paid for their role. Transactions with Trustees during the period are disclosed at Note 5 to the financial statements.

Plans for Future Periods
The charity will continue to focus its efforts on annual research and awareness raising and educational activities around taboo topics. This centres on Today's Taboos that focuses on unearthing taboo subjects that require urgent public attention. The topical roundup will again be built from groundbreaking and robust research, funded by the charity, that identifies timely taboo topics and is followed by convening conversations around the topics and wider communications around the taboos to help people affected by taboos and those supporting them to feel accepted, more comfortable and access the support they need. The charity next year will move focus away from running in person events towards creating online content to enable us to increase our reach, build content for a library of taboos and therefore increase our impact.

The charity will continue to work in partnership with people fighting to dismantle the stigma around taboos and collaborate with other charities that focus on specific taboos while Talking Taboos continues its taboo-wide focus.

Principal Risks and Uncertainties
The board of trustees has examined the major strategic, business and operational risks which the charitable company faces, namely economic uncertainty and the retention of key personnel and confirms that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

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Responsibilities of the Trustees

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).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the 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 and the Charities (Accounts and Reports) Regulations 2008. 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.

Statement of Disclosure to Independent Examiners

So far as the Board of Trustees are aware:

- There is no relevant information of which the charity's independent examiners are unaware; and
- They have taken all steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the Charity's independent examiners are aware of that information.

Purple Lime Accountancy Limited will be proposed for reappointment as Independent Examiners.

Signed by order of the Board of Trustees

Louise McLaren

Louise McLaren
Chair of Trustees

Date: 9/28/2026

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CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/directors/ members of	Charity Name The Talking Taboos Foundation
On accounts for the year ended	31 December 2025

Charity no.:	1159222	Company no.:	08821654

Set out on pages	1-15

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/12/2025

Responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company 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 for this year 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

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Signed:	Sam Thomas	**Date:**	9/29/2026
Name:	Sam Thomas		

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Relevant professional qualification(s) or body (if any):	ICAEW
Address:	Unit 5 Callow Park, Callow Hill
	Brinkworth, Wiltshire
	SN15 5FD

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.	

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The Talking Taboos Foundation
Company No. 08821654
Directors' Report For The Year Ended 31 December 2025

The directors present their report and the financial statements for the year ended 31 December 2025.

Directors

The directors who held office during the year were as follows:

Katherine Jennings

Shivani Gangrade

Katie Mallion

Hannah Marcus

Louise McLaren

Giles Gibbons Resigned 01/03/2025

Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

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

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

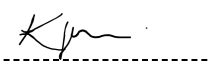
The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies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

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

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

On behalf of the board



Katherine Jennings

Date 9/29/2026

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The Talking Taboos Foundation
Accountants' Report
For The Year Ended 31 December 2025

In accordance with our engagement letter and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 31 December 2025 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

Sam Thomas

Purple Lime Accountancy Ltd

Date 9/29/2026

Purple Lime Accountancy
Unit 5 Callow Park
Callow Hill
Brinkworth
SN15 5FD

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The Talking Taboos Foundation

Statement of Financial Activities (incorporating an income and expenditure account)
For the period ended 31 December 2025

	Notes	Unrestricted funds £	Restricted funds £	**Total funds 2025 £**	Total funds 2024 £
Income from:					
Donations	2	44,145	-	**44,145**	56,111
Total		44,145	-	**44,145**	56,111
Expenditure on:					
Charitable activities	3	41,853	-	**41,853**	29,493
Total		41,853	-	**41,853**	29,493
Net income and movement		2,292	-	**2,292**	26,618
Transfers between funds	11	-	-	**-**	-
Net movement in funds		2,292	-	**2,292**	26,618
Total funds brought forward		64,486	-	**64,486**	37,868
Total funds carried forward	11	66,778	-	**66,778**	64,486

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The Talking Taboos Foundation

Balance sheet as at 31 December 2025
Charity number 1159222

	Notes	2025 £	2024 £
Current assets			
Debtors	8	**43,131**	50,092
Cash at bank and in hand		**26,892**	17,399
		70,023	67,491
Current liabilities	9	**(3,245)**	(3,005)
Net assets		**66,778**	64,486
Funds			
Restricted funds	12	**-**	-
Unrestricted funds	12	**66,778**	64,486
Total funds		**66,778**	64,486

For the year ended 31 December 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

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

The financial statements were approved by the Board on 9/28/2026 and were signed on its behalf by:

Louise McLaren

Louise McLaren
Trustee

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1 Accounting policies

1.1 Legal status of the charity

The Talking Taboos Foundation was incorporated in the United Kingdom as a charitable company limited by guarantee (company number 08821654) on 19 Decembr 2013. Its registered address is Unit 5 Callow Park, Callow Hill, Brinkworth, SN15 5FD. The number of members as at 31 December 2025 was 4 (2024: 5), as disclosed in the Trustees' Annual Report.

1.2 Basis of preparation

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

1.3 Going concern

The financial statements are prepared on the going concern basis. The charity has reported strong financial performance during the reporting period.

The charity holds a strong financial position at the reporting date and the Trustees have set a robust reserves policy to ensure all foreseeable financial commitments can be met as they fall due.

1.4 Income

Donations and other income are credited to the statement of financial activities in the year to which they relate. Donations will be recognised on an accruals basis, when receipt is probable and amounts are measureable.

Income is recognised when the conditions of entitlement, probability and measurement have been met, unless it relates to a specific future period, in which case it is deferred.

1.5 Expenditure

Expenditure is accrued as soon as a liability is considered probable. Charitable activities include expenditure associated with activities performed and includes both the direct costs and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements and are included within support costs.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

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1.6 Creditors

Creditors are recognised when the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due. Concessionary loans received which are repayable on demand are measured at the amount received and no adjustment is made.

1.7 Debtors

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

1.8 Cash at bank and in hand

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

1.9 Taxation

As a charity the organisation is exempt from UK corporation tax to the extent that its income is applied to its charitable objects. No liability arose in the period.

Due to its current activities the charity is not registered for VAT and as such cannot recover any input VAT incurred.

1.10 Funds

The unrestricted income fund consists of funds to be used for the purposes of the charity's objectives at the discretion of its Trustees, and to meet overheads.

Restricted funds are subject to specific conditions by donors as to how they may be used.

1.11 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.12 Critical accounting estimates and key sources of estimation uncertainty

Preparation of the financial statements requires management to make judgements and estimates. The Trustees consider that there are no material judgements or sources of estimation in applying accounting policies.

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2 Donations

	2025	2024
	£	£
Donations	**44,145**	**56,111**
	44,145	**56,111**

Included in donations are non cash donations totaling £1,100 relating to research and provision of events.

3 Analysis of total expenditure

	Direct costs	Support costs	2025	2024
	£	£	£	£
Charitable activities				
Events & Resources	15,914	25,939	**41,853**	29,493
Total expenditure	**15,914**	**25,939**	**41,853**	29,493

4 Support costs

	2025	2024
	£	£
Wages	**18,541**	13,189
Office costs	**947**	508
Travel and subsistence	**78**	199
Room hire	**1,000**	1,758
Market research costs	**1,100**	5,000
Staff training	**860**	-
Accountancy fees	**1,973**	1,861
Independent examiner fees	**1,440**	1,980
	25,939	24,495

The Charity's independent examiner received £1,973 during the year in respect of other financial services rendered to the Charity.

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5 Staff costs and Trustee remuneration

The Charity had an average of 2 employees during the reporting period (2024: 2). No Trustee or any person connected with a Trustee has received or is due to receive any remuneration.

One Trustee claimed expenses totalling £55 during the financial period (2024: £23) for direct costs of delivering the charity's objects including travel and subsistence and reimbursements of charity expenses.

Other transactions with Trustees and related entities during the reporting period are disclosed at Note 13.

A director was paid £5,673 during the financial period. Wages are comprising of salaries of £18,350, social security of £nil and employer pension contributions of £191.

There are no employees who received employee benefits (excluding employer pension costs) of more than £60,000.

8 Debtors

	2025	2024
	£	**£**
Prepayments and accrued income	**42,821**	49,260
Other taxes	**310**	832
	43,131	50,092

9 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	**581**	-
Accruals and deferred income	**2,527**	3,005
Other creditors	**137**	-
	3,245	3,005

10 Financial commitments

At 31 December 2025 the company had no disclosable financial commitments (2024: none).

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11 Reconciliation of movement in funds

For the period ended 31 December 2025:

	As at 1 January 2025	Income	Expenditure	Transfers	At 31 December 2025
	£	£	£	£	**£**
Restricted funds					
None	-	-	-	-	**-**
Unrestricted funds					
General fund	64,486	44,145	(41,853)	-	**66,778**
TOTAL FUNDS	64,486	44,145	(41,853)	-	**66,778**

Funds were provided by specific donors to advance the charitable objectives of the charity.

For the period ended 31 December 2024:

	As at 1 January 2024	Income	Expenditure	Transfers	At 31 December 2024
		£	£	£	**£**
Restricted funds					
None	-	-	-	-	**-**
Unrestricted funds					
General fund	37,868	56,111	(29,493)	-	**64,486**
TOTAL FUNDS	37,868	56,111	(29,493)	-	**64,486**

12 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	**£**
Current assets	70,023	-	**70,023**
Current liabilities	(3,245)	-	**(3,245)**
Net assets	66,778	-	**66,778**

13 Related party transactions and relationships

During the year Talking Taboos received a donation of £42,821 (2024: £49,261) from Common Collective Limited, it's subsidiary company.