Charity registration number: 1160500

40TUDE CURING COLON CANCER

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

40TUDE CURING COLON CANCER

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40TUDE CURING COLON CANCER

TRUSTEES' REPORT

The trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 December 2025.

1. REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name 40tude Curing Colon Cancer

Charity Registration number 1160500

Charity correspondent Mr Gordon Moore,

21 Navigation Business Village

Navigation Way, Ashton on Ribble
Preston,

PR2 2YP

Registered Office As above

Website www.40tude.org.uk

2. THE TRUSTEES

The trustees who served the charity during the period were as follows:

Mr Gordon Moore (Chairman)

Mr Stephen Morrison

Mr Jonathan Aucamp

Mrs Louise Murray (resigned June 2025)

Mrs Claire Godwin
Mr Mark Lee-Amies (from March 2025)

Secretary Mr G Moore

Key management personnel Ms K Sanday

Bankers Lloyds Bank,

33, 33A King's Rd

London

SW3 4LX

Solicitors Kirkland & Ellis (International) LLP,

30 St. Mary Axe,

London,

EC3A 8AF

3. OBJECTIVES AND ACTIVITIES

The objectives of the 40tude Curing Colon Cancer are:

- To promote and protect the physical and mental health of sufferers of colon cancer and gastrointestinal disease and their families through the provision of financial assistance, research funding, specialised equipment, support, education and practical advice; and
- To advance the education of the general public in all areas relating to bowel cancer and gastrointestinal disease.

4. STRUCTURE, GOVERNANCE & MANAGEMENT

40tude Curing Colon Cancer is a Charitable Incorporated Organisation governed in line with its Constitution dated May 2014.

Trustee recruitment and appointment

The charity trustees are as follows, and are appointed for the following terms:

Mr Gordon Moore indefinitely;

Mr Jonathan Aucamp for a further three years;

Mrs Louise Murray for a further one year;

Mr Stephen Morrison for a further two years; and

Mrs Claire Godwin for a further two years.

Mr Mark Lee-Amies for three years (from March 2025)

Mr Jonathan Aucamp was reappointed for a further three-year term following the conclusion of his second term as trustee in 2025.

During the year Louise Murray stepped down following the conclusion of her second term as a trustee, and Mark Lee-Amies was appointed as a new trustee.

Every new trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

Grant and donation making policy

The trustees have a policy for apportioning funding on the following basis:

Identify an organisation within the United Kingdom of Great Britain & Northern Ireland that we consider to be effective and leading edge within the treatment of colon cancer and gastrointestinal disease.

Within that organisation to identify the specialist programmes that we think most worthy of our funding given our objectives.

Interview and engage with the programme leaders to agree how our grant will be applied to create maximum impact on eradication of colon cancer.

Select one or more programmes that the charity funds.

In addition, the trustees consider how best to use charitable funds to promote the raising of awareness of bowel cancer and methods of its detection. They deploy funds as they deem appropriate in this regard.

Risk reviews

The trustees confirm that a Risk Management system is in place and that regular risk evaluation takes place so that necessary steps can be taken to mitigate those risks.

5. PUBLIC BENEFIT STATEMENT

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning future activities. The charitable objectives are also set out in order to provide a clear and demonstrable public benefit.

6. ACHIEVEMENTS AND PERFORMANCE

2025 was another successful year for 40tude, in terms of the funds raised as well as the encouraging progress made by the research programmes that it supports.

40tude's flagship event this year was the 40tude Namibia Adventure Challenge. In September 2025 our team of 15 trekked 100 kilometres through the Namib, the oldest desert in the world. In what has been described as "the most inhospitable environment on this planet," they battled windy and changeable desert and coastal conditions in this part of the greater Skeleton Coast.

Through their efforts the team raised £50,000 which was directed to be deployed in free testing kits, particularly targeted at people aged below 50, in honour of Tom Smith, the charity's former ambassador who sadly died from colon cancer at the age of just 50.

In response to the significant increase in the rates of colon cancer diagnosis in younger people, 40tude has taken the initiative to develop an innovative campaign to raise greater awareness of this disease and to encourage more people to get tested, as colon cancer can be treated very effectively if it is detected at an early stage.

40tude's 'Half:Time Test Campaign' encourages people between the age of 45-49 (the 'half time' of life), to take a qFIT (quantitative faecal immunochemical test): a high-sensitivity, easy to take at home, test for colon cancer.

To accelerate this initiative, the trustees engaged the professional services of a strategic design consultant to help create the campaign concept and supporting marketing materials, as well as those of a project manager responsible for the delivery of the programme. 40tude chose to partner with Selph Ltd - a well-regarded provider of at-home health tests - to supply the tests, and provided funding for up to 1,500 qFIT tests enable the model to be trialled at an optimal time during Bowel Cancer Awareness Month.

In April 2025 our Half:Time Test Campaign was launched with the support of two of our corporate partners, Brompton Bicycle and Wype. Following the success of the pilot phase, throughout 2025 40tude continued to roll out the programme with an increasing number of corporate organisations who are now offering their employees between the age of 45-49, who are not yet eligible for the UK's National Bowel Cancer Screening Programme, the opportunity to take a qFIT test for colon cancer.

Another innovative collaboration begun in 2025 was with Psycle London. Psycle kindly agreed to support the training of all those who enter to run a marathon distance to raise awareness and funds for 40tude, by providing complimentary access to its motivational training classes for up to three months ahead of the respective event date.

Personal running challenges continued to prove popular again this year: in April Lucy Morrison successfully completed the second of the two marathons she set herself the challenge of running within six months and raised over £4,500 as a result of her efforts. On the same day Phoebe Aucamp also ran the London Marathon in the name of 40tude, while Oliver Boardman completed the Manchester Marathon for 40tude.

Other personal running challenges which helped to raise awareness as well as funds for 40tude included the Bath Half, which was run by former 40tude paddleboarder Mary Hughan, and the Kirkbymoorside 10K which Paula Howell entered in memory of her father-in-law Merv, who died from colon cancer earlier in the year. In the Autumn Tatum Moore raised over £5,500 by completing her first marathon in San Sebastián, and Oliver Lee-Amies ran the Amsterdam Marathon; both chose to honour a grandparent sadly lost as a result of cancer.

The trustees are grateful to the many others who took on personal challenges or other initiatives in support of 40tude, including:

Andrew Peterson, who completed the Silk Road Mountain Race in July, cycling unsupported some 1,920km (with 30,100m of ascent) through the mountains of Kyrgyzstan in just 13 days. As a result of his latest extreme challenge Andy raised £55,000 for 40tude.

Grace Chatten, Chief People Officer of Brompton Bicycle, who set herself the challenge of cycling from Coast to Coast on her folding Brompton Bike, having not ridden a bike for many years after losing her hearing. With the support of her colleagues at Brompton, Grace re-gained her confidence to successfully cycle 330 kilometres from Lancashire to Yorkshire over a weekend, raising crucial awareness of colon cancer in addition to funds for 40tude.

Stuart Thom, whose latest challenge involved his team of fellow rugby players and friends completing ‘The Royal Dash’, cycling 141 miles in just 13 hours. Combined with the proceeds of a golf day hosted by the Royal Belfast Golf Club a total of £35,000 was raised which was distributed equally to 40tude, the Motor Neurone Disease Association (MNDA) and the My Name’5 Doddie Foundation. To round off the year the intrepid Stuart stepped into the ring for a White Collar boxing event in Belfast to raise further awareness and funds to cure both MND and colon cancer.

Oliver Lee-Amies and his colleagues from IAG Loyalty, who dedicated their charity days to 40tude and completed a 16 kilometre walk through London.

And demonstrating that you are never too young to support 40tude, 11-year-old Maddie Moore raised over £200 by holding a craft sale in Barnes, London, where 40tude began almost 15 years ago!

As a result of these varied challenges, and the kind donations received from many supporters, the charity generated total income through fundraising of £290,425 in 2025.

In addition, 40tude was generously supported with donations from a number of companies and foundations, including the 8C Capital Trust and CGE Partners.

During 2025, 40tude was pleased to continue to support multiple research programmes focused on improving the early diagnosis of colon cancer.

The projects we select to fund in partnership with the St. Mark's Hospital Foundation involve collaborations with many other esteemed individuals and organisations, including the Institute of Cancer Research; the Royal Marsden Hospital; Imperial College London, and St. Bartholemew's Hospital.

These include:

ICAN Study: a study to improve the early diagnosis of colon cancer in IBD patients.

Early in 2025 the significance of the ICAN Study attracted national media attention, following publication of an article by the research team in the highly-regarded GUT journal.

Professor Ailsa Hart, Consultant Gastroenterologist and world-renowned Director of Inflammatory Bowel Disease Research at St. Mark's Hospital, is collaborating with Professor Trevor Graham from the Institute of Cancer Research to develop new ways to accurately determine bowel cancer risk for patients with inflammatory bowel disease (IBD). The St. Mark's element of this study is being funded by 40tude.

The team has been researching the genetic DNA patterns of individual patients. Their research findings have shown more than 90% accuracy in predicting bowel cancer risk in the next five years using this genomic test in a high-risk group of people with IBD.

The next step could be developing a less invasive test, such as a blood test, which will inform doctors which IBD patients are most at risk of cancer and enable them to provide more personalised care, appropriate for their level of risk.

LynC: three interconnected studies to develop a new approach to detecting and preventing colon cancer for those with Lynch Syndrome.

This programme is continuing to make great strides in the identification and testing of those carrying the Lynch Syndrome gene, who have a higher risk of developing colon cancer.

40tude's funding has enabled the creation of a National Lynch Syndrome Registry, designed to provide an efficient, coordinated system of identifying people with this syndrome and ensuring that they are invited for regular, personalised check ups at the right intervals. It is a vital tool in preventing cancer before it develops. As a result of this transformative project, new diagnoses of Lynch Syndrome in England have increased by 255% in just four years.

At the same time the study team is evaluating the use of non-invasive testing methods alongside the existing use of colonoscopies, with the aim of providing more personalised screening of those with Lynch Syndrome.

In addition, the team are investigating how our immune system interacts with mutated cancers and why some people with Lynch Syndrome develop cancer and some don't. This exploration of how immunity could predict cancer risk, or even prevent cancer, is anticipated to support outcomes for people at risk of developing colon cancer.

The Tom Smith Research Fellowship: a role dedicated to researching the genetics of hereditary colon cancer.

The 40tude research fellow, Penelope Edwards, continues to play an integral part of the team working on the LynC project advancing our knowledge of how immunity is linked to cancer risk.

She has been examining immune cells called T-cells, which help the body fight cancer. The study has found that people with Lynch Syndrome have larger groups of T-cells which respond to cancer cells. This suggests that the immune system may detect changes in the bowel before cancer forms. It is possible that T-cell patterns in blood could be used as a biomarker which opens the possibility or new blood-based approaches for cancer detection and prevention.

40tude funded Penelope's attendance at the International Society for Gastrointestinal Hereditary Tumours conference in Singapore to present this research. This was extremely valuable for the dissemination of the team's work and for developing new collaborations. Feedback and discussion highlighted potential clinical applications of immune-based biomarkers in Lynch Syndrome and ultimately the development of new approaches for identifying individuals as risk.

Penelope Edwards is also a key contributor to the rapidly evolving work on Early Onset Colorectal Cancer in collaboration with Professor Graham of the Institute of Cancer Research. The research seeks to understand why bowel cancer diagnoses are on the rise in people under 50. There is growing evidence suggesting early exposures, including changes in the gut microbiome and other environmental factors, may increase the risk of developing bowl cancer many years later.

She initiated a consortium of experts from different disciplines, throughout the UK, to discuss important issues such as research priorities, work streams and data sharing. This project is now known as COLOREACH-UK.

Project DRIVEN: a research programme looking at personalised surgical and medical treatment for individuals diagnosed with colon cancer, with particular reference to right-sided cancer.

The 40tude-funded research fellow, Nicola Hodges, has been working towards establishing a method for tailoring the treatment of patients newly diagnosed with colon cancer, in particular for those with right-sided cancer for which surgery can be more extensive. The research compares the biopsies of patients, the surgery performed and the role of CT scanning in grading cancer. The findings are set to create a new frame of reference for the treatment of new patients with right-sided colon cancer, before they undergo surgery.

PERFECTS II and the National CT Colonography ("CTC") Academy: programmes that have devised and delivered high-quality training for the interpretation of CTC scans.

The wide variation in skills and outcomes in interpreting CTC scans had been a significant barrier to successful early identification of colon cancer. 40tude's long term support has now resulted in the creation of the National CTC Training Academy. This makes 'gold standard' training accessible across the UK, with twelve Centres of Excellence in England. The first Scottish Centre of Excellence has now opened in Dundee and representatives from Northern Ireland now participate.

Further funding from 40tude, plus the support of the British Society of Gastrointestinal and Abdominal Radiology, have extended this high-quality training and accreditation to radiographers in addition to radiologists. PERFECTS I & II have enabled even greater use of CTC, reducing waiting lists, achieving higher accuracy and accelerating diagnostic result times.

This initiative, originally funded by 40tude, has now received ETAP approval and NHS recognition and funding 210 trainees every year. This form of screening is being used increasingly in the National Bowel Cancer Screening Programme.

40tude provided £170,000 in funding to support these research projects in the year.

At the end of the period the charity had cash available of £459,228 for future charitable funding and the administration of the charity.

7. BRIEF STATEMENT OF THE CHARITY'S POLICY ON RESERVES

We held cash in bank of £459,228 at the end of the period of which £339,050 was held on deposit with the balance held in unrestricted funds. These funds are held in order to cover working capital and short-term expenses to operate the charity and also to cover current and future commitments to fund research projects and to advance further the objectives of the charity.

8. FINANCIAL REVIEW

As described above, the majority of income is applied to projects at St. Mark's Hospital Foundation, costs relating to the fundraising events and to staff costs. We keep staff costs low by employing a single manager of the charity and then buying specialist services from outside providers where required.

The trustees control the charity funds. The attached financial statements show the current state of finances, which the trustees consider to be sound.

The financial statements comply with 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 Standard applicable to the UK and Republic of Ireland published on 16 July 2014, the charity's governing document and have been prepared in accordance with the accounting policies set out in the notes to the financial statements.

9. TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The trustees 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 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:

a) select suitable accounting policies and apply them consistently;

b) observe the methods and principles in the Charities SORP;

c) make judgements and accounting estimates that are reasonable and prudent;

d) state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;

e) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping sufficient 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.

10. INDEPENDENT EXAMINER

A resolution to re-appoint Rotherham Taylor Limited as independent examiner for ensuing year will be proposed at the annual general meeting.

11. DECLARATION

The trustees declare that they have approved the trustees' report above.

SIGNED SECURELY
12/10/2026
12/10/2026 at 5:39:27 PM UTC

The annual report was approved by the trustees of the charity on ..... and signed on its behalf by:

SIGNED SECURELY
Gordon Moore
12/10/2026 at 5:39:27 PM UTC

.....
Mr Gordon Moore
Chairman

40TUDE CURING COLON CANCER

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

The law applicable to charities 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 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;
- 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 business.

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 Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees 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.

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

SIGNED SECURELY
12/10/2026
12/10/2026 at 5:39:27 PM UTC

Approved by the trustees of the charity on ..... and signed on its behalf by:

SIGNED SECURELY
Gordon Moore
12/10/2026 at 5:39:27 PM UTC

.....
Mr Gordon Moore
Chairman

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF 40TUDE CURING COLON CANCER

I report to the charity trustees on my examination of the financial statements of the charity for the year ended 31 December 2025 which comprise the Statement of Financial Activities, the Balance Sheet and related notes which are set out on pages 12 to 21.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity's trustees of 40tude Curing Colon Cancer 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 40tude Curing Colon Cancer's accounts carried out under section 145 of the 2011 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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

Since 40tude Curing Colon Cancer'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 , which is one of the listed bodies.

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 40tude Curing Colon Cancer 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 accounting 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.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF 40TUDE CURING COLON CANCER (CONTINUED)

SIGNED SECURELY
Rotherham Taylor Limited
13/10/2026 at 8:04:59 AM UTC

.....
Rotherham Taylor Limited

21 Navigation Business VIllage
Navigation Way
Ashton-on-Ribble
Preston
PR2 2YP

SIGNED SECURELY
13/10/2026
13/10/2026 at 8:04:59 AM UTC

Date:.....

40TUDE CURING COLON CANCER

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £
Income and Endowments from:				
Donations and legacies	2	290,425	30,000	320,425
Charitable activities	3	5,000	-	5,000
Investment income	4	11,687	-	11,687
Total income		307,112	30,000	337,112
Expenditure on:				
Raising funds	5	(34,360)	-	(34,360)
Charitable activities	6	(189,493)	(30,000)	(219,493)
Support costs	7	(47,021)	-	(47,021)
Total expenditure		(270,874)	(30,000)	(300,874)
Net income		36,238	-	36,238
Net movement in funds		36,238	-	36,238
Reconciliation of funds				
Total funds brought forward		461,953	-	461,953
Total funds carried forward	16	498,191	-	498,191

	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:			
Donations and legacies	241,014	30,000	271,014
Charitable activities	7,500	-	7,500
Investment income	13,977	-	13,977
Total income	262,491	30,000	292,491
Expenditure on:			
Raising funds	(60,097)	-	(60,097)
Charitable activities	(165,000)	(30,000)	(195,000)
Support costs	(46,080)	-	(46,080)
Total expenditure	(271,177)	(30,000)	(301,177)
Net expenditure	(8,686)	-	(8,686)
Net movement in funds	(8,686)	-	(8,686)
Reconciliation of funds			
Total funds brought forward	470,639	-	470,639
Total funds carried forward	461,953	-	461,953

The funds breakdown for 2024 is shown in note 16.

40TUDE CURING COLON CANCER

(REGISTRATION NUMBER: 1160500)
BALANCE SHEET AS AT 31 DECEMBER 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	12	-	1
Current assets			
Debtors	13	39,662	8,260
Cash at bank and in hand	14	459,228	454,082
		498,890	462,342
Creditors: Amounts falling due within one year	15	(699)	(390)
Net current assets		498,191	461,952
Net assets		498,191	461,953
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		498,191	461,953
Total funds	16	498,191	461,953

SIGNED SECURELY
12/10/2026
12/10/2026 at 5:39:27 PM UTC

The financial statements on pages 12 to 21 were approved by the trustees, and authorised for issue on ..... and signed on their behalf by:

SIGNED SECURELY
Gordon Moore
12/10/2026 at 5:39:27 PM UTC

.....
Mr Gordon Moore
Chairman

1 ACCOUNTING POLICIES

Statement of compliance
The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation
40tude Curing Colon Cancer meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Expenditure and liabilities
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Tangible fixed assets

Individual fixed assets costing £500 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

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.

2 INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations and legacies:			
Donations from companies	18,719	-	18,719
Donations from individuals	240,394	30,000	270,394
Gift aid reclaimed	31,312	-	31,312
Total for 2025	290,425	30,000	320,425
Total for 2024	241,014	30,000	271,014

3 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Sponsorship	5,000	5,000	7,500

4 INVESTMENT INCOME

	Unrestricted funds Total costs £
Interest receivable and similar income:	
Interest receivable on bank deposits	11,687
Total for 2025	11,687
Total for 2024	13,977

5 EXPENDITURE ON RAISING FUNDS

A) COSTS OF GENERATING DONATIONS AND LEGACIES

	Unrestricted funds General £	Total funds £
Event management expenses	32,758	32,758
Marketing and publicity	1,602	1,602
Total for 2025	34,360	34,360
Total for 2024	60,097	60,097

6 EXPENDITURE ON CHARITABLE ACTIVITIES

	Unrestricted funds General £	Restricted funds £	Total funds £
Donations to St Mark's Hospital Foundation	140,000	30,000	170,000
Expenditure on the qFIT initiative	49,493	-	49,493
Total for 2025	189,493	30,000	219,493
Total for 2024	165,000	30,000	195,000

7 SUPPORT COSTS

	Unrestricted funds Total costs £
Staff costs	
Wages and salaries	34,427
Pension costs	846
Independent examiner fees	
Examination of the financial statements	1,320
Administrative expenses	10,428
Total for 2025	47,021
Total for 2024	46,080

8 TRUSTEES REMUNERATION AND EXPENSES

No trustees have received any benefits from the charity during the year.

9 STAFF COSTS

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	34,427	33,862
Pension costs	846	829
	35,273	34,691

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Average number of employees	1	1

No employee received emoluments of more than £60,000 during the year.

10 INDEPENDENT EXAMINER'S REMUNERATION

	2025 £	2024 £
Examination of the financial statements	1,320	1,280

11 TAXATION

The charity is a registered charity and is therefore exempt from taxation.

12 TANGIBLE FIXED ASSETS

	Furniture and equipment £	Total £
Cost		
At 1 January 2025	649	649
At 31 December 2025	649	649
Depreciation		
At 1 January 2025	648	648
Charge for the year	1	1
At 31 December 2025	649	649
Net book value		
At 31 December 2025	-	-
At 31 December 2024	1	1

13 DEBTORS

	2025 £	2024 £
Prepayments	769	7,736
Accrued income	38,893	524
	39,662	8,260

14 CASH AND CASH EQUIVALENTS

	2025 £	2024 £
Cash at bank	459,228	454,082

15 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	297	-
Other creditors	179	161
Accruals	223	229
	699	390

16 FUNDS

	Balance at 1 January 2025 £	Incoming resources £	Resources expended £	Balance at 31 December 2025 £
Unrestricted funds				
General	461,953	288,393	(252,155)	498,191
Restricted funds	-	30,000	(30,000)	-
Total funds	461,953	318,393	(282,155)	498,191

	Balance at 1 January 2024 £	Incoming resources £	Resources expended £	Balance at 31 December 2024 £
Unrestricted funds				
General	470,639	262,491	(271,177)	461,953
Restricted funds	-	30,000	(30,000)	-
Total funds	470,639	292,491	(301,177)	461,953

17 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds General £	Total funds at 31 December 2025 £
Current assets	498,891	498,891
Current liabilities	(700)	(700)
Total net assets	498,191	498,191

	Unrestricted funds General £	Total funds at 31 December 2024 £
Tangible fixed assets	1	1
Current assets	462,342	462,342
Current liabilities	(390)	(390)
Total net assets	461,953	461,953