Budget 2026		Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec	
Inbound Marketing	hubspot	0	0	0	0	0	0	0	0	0	0	0	0	
Blogging + content	Benner Marketing	0	0	0	0	0	0	0	0	0	0	0	0	
social media	Ann Boone	0	0	0	0	0	0	0	0	0	0	0	0	
rent	in private home	0	0	0	0	0	0	0	0	0	0	0	0	
operational costs	donated by trustees	0	0	0	0	0	0	0	0	0	0	8000	0	
administrative help	volunteer	0	0	0	0	0	0	0	0	0	0	0	0	
travel cost	donated by Trustees	0	0	0	0	0	0	0	0	0	0	0	0	
hospital project	corporate donations	0	0	0	0	0	0	0	0	0	0	0	10,000	
		0	0	0	0	0	0	0	0	0	0	8000	10000	**18000**

Income 2025		Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec	
donations	corporate	41	43	41	41	41	42	42	43	41	43	40	41	
donations	general	11	0	5	9	0	0	23	0	17	47	35	71	
healing clinic		50	50	50	50	50	50	50	50	50	50	50	50	
on-line donations		0	0	0	0	0	0	0	0	0	0	0	0	
other		0	0	0	0	0	0	0	0	0	0	0	0	
		102	93	96	100	91	92	115	93	108	140	125	273.2	**1428.2**

Expenses 2025		Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec	
Website renewal		0	0	0	0	0	27.5	0	0	0	0	0	0	
sales tool		0	0	0	0	0	0	0	0	0	0	0	0	
admin and blogs		0	0	0	0	0	0	0	0	0	0	0	0	
consultancy		0	0	0	0	0	0	0	0	0	0	0	0	
telephone		9	9	9	9	9	9	9	9	9	9	9	9	
rent		0	0	0	0	0	0	0	0	0	0	0	0	
other expenses	debt	0	0	0	0	0	0	0	0	0	0	0	8795	
		9	9	9	9	9	36.5	9	9	9	9	9	8804	**8930.5**

what does the charity do, particularly potential funders and beneficiaries.	Relief from Pain Charity is dedicated to providing energy healing and reiki to those in pain, physical and emotional. Our healing clinics are for those with chronic illness and chronic pain. Energy healing and reiki are part of an effective pain management strategy. The charity's main aim in the next 5 years is to implement energy healing and reiki programmes in medical settigns and then research on the effectiveness by analysing medical and clinical data.
about your charity's work	Due to the covid pandemic, any non-critical research programmes were put on hold. As the receipt of corporate funding was delayed as well, we will start the projects in 2022 The research work and programmes will be rolled out once sufficient funding is in place. There are several corporat and other charities that are happy to co-operate. The charity anticipates that 200,000 pounds is require to prepare and conduct research and rollout 3 CAM projects in a medical setting. The last 5 years the charity focused on networking and our money is mainly from friends and family and benefactors that are in the personal network of the Trustee's. Thecharity runs a monthly healing clinic on the premises. There is a volunteer-based distant healing circle on Monday and a monthly clinic at the Positivity Centre. connecting with a number of experts, providing information to the public via blogs and social media as well as giving people the opportunity to experience the benefits of healing and reiki.
where the money comes from	Most funds come from the Trustee's personal and business income, friends and family are donating and receiving healing. The charity receives a small amount of on-line donations. The charity is looking to do more networking to connect with larger corporate sponsors in the future.
how the money was spent in the past year	All funds raised were used for inbound marketing, website and related services to maintain and further an