Charity number: 1168089

HOPE2SLEEP

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

HOPE2SLEEP

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2025

Trustees	C A Murphy, Treasurer T P Brown, Vice Chair S Backway, Chair K Danville
Charity registered number	1168089
Principal office	85 Ings Road Hull East Yorkshire HU8 0SD
Chief executive officer	K Hope
Accountants	Streets LLP Chartered Accountants Halifax House 30 George Street Hull HU1 3AJ

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees present their annual report together with the financial statements of the Hope2Sleep for the year from 1 January 2025 to 31 December 2025.

Objectives and activities

a. Policies and objectives

The advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea and UARS (Upper Airway Resistance Syndrome) and all forms of Sleep Disordered Breathing, by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

The trustees are aware of the Charity Commission guidance on public benefit and are confident that all activities meet this guidance.

c. Activities undertaken to achieve objectives

- Raising awareness of Sleep Apnoea.
- Support people who suspect they could be sufferers of Sleep Apnoea, UARS and all Sleep Disordered Breathing, including parents/carers.
- Support diagnosed sufferers of Sleep Apnoea and all forms of Sleep Disordered Breathing.
- Supply of sleep comfort products and equipment for CPAP and non-invasive ventilator users via our online and high street shops, and at support and awareness events throughout the UK.
- Providing help and tips to encourage people using all forms of CPAP and non-invasive ventilators, to ensure they remain compliant, resulting in a better quality of life and improved health.
- Working with sleep clinics and manufacturers to help them understand the issues many sufferers go through, so that they can better support their patients.
- Keep up to date with, and partake in, new research and keep patients and clinicians updated of study and research results – plus pass on other related sleep news.
- Assist in helping to make positive changes in the diagnosis and treatment for the benefit of both suspected and diagnosed sufferers, and in this respect we were stakeholders in the most recent updated NICE Guidelines published in 2021.
- Run a diagnostic home sleep study testing service.
- Partners on the UK Power Networks Partnership Vulnerability Forum on behalf of patients needing electricity to power their CPAP, ventilators and oxygen.
- Provide a battery rental service to enable patients to take holidays, travel safely on long-haul flights and enjoy leisure time, despite needing power to run their CPAP and non-invasive ventilators.
- Provide a CPAP Rental Care Package to help diagnosed patients access treatment due to NHS long waiting lists.
- Provide free mask fittings on our bed at our charity premises and private appointments for anyone needing face-to-face help and support.

Achievements and performance

a. Main achievements of the Charity

Patient Education for Alternative Treatments for Obstructive Sleep Apnoea (OSA)
The gold standard treatment for OSA is still CPAP therapy as it will treat all causes and severities of the condition. However, there are some patients who struggle with CPAP, despite receiving lots of support, and some who are genuinely unable to use it for various reasons. As a charity who works hard to support and encourage patients to comply with their treatment, we provide information about new treatments available which often the patients (and sometimes even sleep clinics) are unaware of. In this respect, we held two webinars this year for both the Inspire and Genio Hypoglossal Nerve Stimulation (HNS) Implants that are now available through the NHS to suitable patients meeting the eligibility criteria. Both webinars were attended by the respective companies who gave presentations, and Professor Vik Veer kindly gave a presentation on both webinars as he performs the surgeries. Helpful Q&A sessions were held on both webinars, empowering the patients with knowledge.

NHS Clinic Waiting Lists
Unfortunately there are still long sleep clinic waiting lists in many areas, although improvements at some, for both diagnosis and treatment and we cannot see a quick fix for this, given the NHS is struggling in many areas of healthcare. Consequently, anxiety, distress and discomfort with patients waiting is still of concern and we continue to be exceptionally busy in supporting patients during this time. Anxiety is particularly high for those diagnosed by a clinic and then informed there is a long wait to be issued with CPAP.

Substantial Growth of our CPAP Rental Care Package
Due to the above mentioned problems, our CPAP Rental Care Package service is in huge demand and we continue to work hard to manage this service which, whilst not being of good financial benefit to the charity, is a service patients are so grateful for and we've had praise from sleep clinics too in us helping their patients until they've been able to care for them into their own sleep clinic. We also remotely monitor the CPAP therapy, and this is offered as a free charitable service to patients who also purchase CPAP machines from us. This is extremely time-consuming and we ensure we adhere to the Association for Respiratory Technology & Physiology (ARTP) 'Standards of Care for Sleep Apnoea Treatment' as we too believe it is extremely important to ensure any CPAP machine supplied by the charity is monitored for efficacy due to the fact that untreated or badly treated OSA is a medical risk. Therefore until patients are under the care of a sleep clinic we take on this responsibility.

Collaboration with Other Charities
We were pleased to help the ELF (European Lung Foundation) with a very large European survey for the 'IMPORTANCE' Clinical Research Collaboration which gathered feedback from individuals using home breathing support devices, such as CPAP and NIV (non-invasive ventilators) to help shape clinical care guidelines and prioritise what matters most to patients. The survey reached around 12k patients and we worked hard getting UK members to complete this, resulting in the UK being in the top 5 of the most surveys completed.

We had a unique opportunity in joining in an online webinar with Project Sleep who are a USA non-profit organisation, where we joined Emma Cooksey from Project Sleep to discuss CPAP comfort in our efforts to help both UK and USA patients, and we also had other patients worldwide join us.

Work continued to help 'SATA (Sleep Apnoea Trust) promote their campaign for inviting patients to volunteer in their local sleep clinics, and especially in light of the struggles the over-worked clinics are experiencing.
Awareness, Support Events & Conferences:

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Guy's and St Thomas' NHS Foundation Trust '8th Clinical Update Conference' in London where we shared a stand with Zeus who are preparing for their ZeusOSA NHS Clinical trial. It was an excellent event with interesting seminars where we learnt a lot we were able to share with patients. This was a very busy period as straight after this conference we then headed straight to:-

The Sleep Charity's 'Well Being' Show in Doncaster with the primary aim and great achievement in raising awareness of sleep apnoea. Kath Hope, our Founder & CEO, gave a talk and we had lots of people come to our stand suspecting they had sleep apnoea, where we were able to signpost them to starting on their journey of diagnosis. There were also several patients who had previously been diagnosed but not compliant with their CPAP therapy, and after Kath's talk decided to try again, and we assured them of our support and commitment in helping them gain good safe sleep on treatment.

Leicester Sleep Apnoea Patients Association (LSAPA) was another successful event for patients in the Leicester area. It was lovely to see and meet Dr Andrew Hall, the consultant of the Leicester Sleep Clinic who is so passionate in helping his patients, and we were pleased to offer our support too at the event.

'ARTP' 2025 (Association for Respiratory Technology & Physiology) Conference was held in Glasgow this year and as well as it being an excellent event to hear what's new in the world of sleep apnoea at both the exhibition hall and seminars, it was lovely to be thanked by so many staff from various sleep clinics for the work we do in supporting their patients.

Swindon's Sleep Clinic Patient Support Day which is the clinic run by our chairman, Samantha Backway, and her amazing team at the Great Western Hospital. The patients under the care of this clinic are very well supported with a weekly 'drop-in' for any questions they have or help needed with their CPAP therapy, yet still the annual support day is always well attended, which gives further evidence how much patients appreciate these clinic-led patient events which we're always happy to support.

All Wales Respiratory & Physiology Conference is always a delight to attend and especially with the warm greeting we always receive, and this year we were amazed to be awarded with the 'Best Exhibition Stand.'



British Sleep Society Conference in Brighton which is a biennial conference and very important for us to attend. It provides an opportunity to meet and speak with different NHS sleep clinic medical staff to listen to their concerns and achievements, but also allows us to present the work our charity do for their patients. Time spent with the manufacturers and other organisations is also beneficial so that we can keep track of new developments to enhance the treatment of sleep apnoea, and attending the seminars is of equal importance to learn from the qualified sleep professionals. All relevant new information and insights learnt are also shared with the patients we support at a later date.

(The aforesaid are just some of the in-person events we travelled to and we continued to hold and join other educational and awareness events, and always participate in awareness of other linked conditions, such as mental health for which many people still do not understand can be exacerbated and even caused by untreated sleep apnoea).

APPG (All Party Parliamentary Group) for Obstructive Sleep Apnoea – House of Lords
Kath Hope attended several APPG meetings during the year at the House of Lords raising awareness of Obstructive Sleep Apnoea (OSA) where we specifically spoke about different subjects with links to sleep apnoea. There was lots of interest by the MP's and all attendees – many who hadn't realised just how many people are actually living with the debilitating symptoms of OSA and how common it is with many other medical conditions. The image below is from the APPG where Kath spoke of just how many OSA patients were tested for and even misdiagnosed with early onset Dementia.



Research, Studies and Trials
This continued to be an important part of our work this year and we will be publishing results next year when some of these come to an end after lots of hard work by the researchers and willingness too of patients who are always keen to participate.

Charity Premises

We continue to pay the mortgage to Key Fund each month after securing the purchase of the building at an excellent price which we previously rented. We pay for maintenance, repairs and running costs, and we hope to secure unding in the future to re-surface the front forecourt of the property where patients park when visiting us for products, support and mask fittings. The charity premises are essential, as apart from us needing storage for the products and a place to despatch them from, almost every day we have patients travelling to us – most often from other areas throughout the UK, for all the free face-to-face support we give as well as mask fittings.



Patient Support

Patient support will always remain one of our top priorities ,as for the majority of patients, sleep apnoea is a long-term condition requiring lifetime support. Our current records show we are currently supporting around 27,000 patients which includes patients on non-invasive ventilation for other sleep disordered breathing conditions. Not everyone needs constant support and in our Private Support Group which now has 13,650 members, it's especially encouraging to observe many patients we originally helped get good compliance with their CPAP and NIV's always eager to support newer members. There really is power in patients helping patients! However, we do also spend a lot of time ensuring only good safe advice is given. Our support group is very well respected and lots of clinics refer patients to our group, knowing our advice is always backed by current research and is always ethical and helpful, whilst at the same time we are careful not to give medical advice, and patients agree to abide by our group rules.

The amount of patients travelling to the charity from all areas of the UK continues to be a popular service and this increased by 20% this year which is due to the importance and often desperation of finding the 'right' mask in order to be compliant with CPAP and NIV therapy. Sometimes all that was needed was time spent showing how to correctly fit their existing mask, sometimes it was just the correct size cushion they needed, and often it was a new mask that was needed which suited the patient's facial profile. So far every single patient has commented how glad they were that they travelled to us, and it's not unique that some patients have fallen asleep during a mask fitting due to the fact it was the mask that was the missing link to good sleep, and several have said it was the first time they'd experienced comfortable sleep in a mask laid on our bed with the 'right' mask finally being found.

Donations

We continue to be amazed and grateful for voluntary donations that come in without us even regularly appealing, and many patients even when purchasing their much-needed comfort products to enable them to use their CPAP and NIV machines, often give us an extra donation on top of their order.

This is our 9th year of being a registered charity, although our work began back as far as 2009 before being officially registered. We are very proud of our work and next year hope to hold a large patient support day in celebration of our 10th anniversary.

Despite being incredibly busy and working to maximum capacity, this is rewarding work and especially when we hear of the immense positive difference that us being part of a patient's journey to diagnosis and treatment has made. Calls to our charity line and emails for support are constant and the majority of this work is carried out by our Hull staff. However, we could not continue to give such a good service without our whole team of volunteers and trustees – many of who work very hard behind the scenes as every single one of us has the same passion in helping improve lives, health and well-being.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

In accordance with the guidelines issued by the Charity Commission, the Trustees have adopted a policy to ensure the Charity is able to meet all current and expected liabilities. The Trustees review the reserves annually and consider whether the current level held by the charity is sufficient for its continued operation. The Trustees' intention is for the funds of the charity to be used on aiding sufferers of Sleep Apnoea and any other sleep disordered breathing.

The Charity Trustees consider the minimum operating level of free reserves to be £30,000, based on an estimate of redundancy costs and unavoidable short term fixed costs. Free reserves are considered to be the charity unrestricted reserves (but not including the charity's tangible assets). At 31 December 2025 the free reserves of the charity slightly exceeded the minimum operating level of reserves. The trustees remain committed to maintaining the reserves above the minimum desired level for the maximisation of public benefit and continuing operation of the charity

Income and expenditure have both risen at a commensurate rate in recent years due to the growth of the charity. However, the charity continues to see a positive net movement in funds each year and holds enough reserves in liquid form to be able to pay off any and all short term debts, whilst also continuing to provide aid to those with sleep disordered breathing problems, therefore showing no liquidity issues.

c. Principal risks and uncertainties

The CIO is mindful of risks regarding the health of the people they support and do not attempt to give medical advice, and always signpost patients to receive the professional help they require. However, the advice and support they give for the comfort issues with patients on CPAP and non-invasive ventilation does help patients comply with their therapy which has a positive effect on their overall health.

Due to the rapid rate at which the CIO continues to grow, the Trustees are very mindful that the staff and volunteers also need to grow in proportion, as the current staff are often stretched to capacity. We hope to address this in 2026.

The majority of our funding comes from product sales, and in this respect we are aware we also need to acquire more external funding/grants, despite the fact that we are so grateful at the amount of donations that continue to be given to us from those we support – even during this cost of living crisis we are all in.

d. Principal funding

Income received by the charity is from 3 main income streams, being product sales, donations and grants.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2025

Structure, governance and management

a. Constitution

The principal object of the charity is to provide advancement of health by raising awareness of symptoms and the treatments available for those suffering from Sleep Apnoea, and by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

Hope2Sleep is a registered charity, number 1168089, governed by a CIO Foundation dated 01 March 2016.

b. Methods of appointment or election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the CIO - Foundation dated 01 March 2016.

c. Organisational structure and decision-making policies

The charity is governed by the Trustees, who determine strategic direction and policy. The Board meets every 1-2 months. The day to day running of the charity is carried out by the Trustees and CEO and decision making is agreed at the regular Trustee Meetings.

d. Related party relationships

The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind. Trustee expenses are refunded for travel, accommodation and out-of-pocket expenses when carrying out charity work, in accordance with Charity Commission’s guidelines.

e. Financial risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

f. Principal activities

- Raise awareness of Sleep Apnoea and support suspected people through to diagnosis and treatment.
- Support patients, parents and carers for all forms of Sleep Disordered Breathing
- Source, test, manufacture and supply comfort products to enable patients to sleep comfortably in a CPAP or non-invasive ventilator mask.
- Participate in research/studies and testing of new therapies and/or therapy accessories.

Plans for future periods

The charity intends to continue meeting charity objectives into the future by continuing this year's activities as described in the trustees report above.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2025

Statement of Trustees' responsibilities

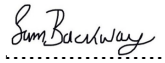
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- 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 adequate accounting records that are sufficient to show and explain the Charity's transactions and 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 . 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.

Approved by order of the members of the board of Trustees and signed on their behalf by:



S Backway

Date: 24 September 2026

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2025

Independent Examiner's Report to the Trustees of hope2sleep ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 December 2025.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable 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 the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable 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.

Signed: Andrew Manderfield Dated: 29 September 2026

Andrew Manderfield FCA

Streets LLP, Halifax House, 30 George Street, Hull, HU1 3AJ

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	*Total funds 2024 £*
Income from:					
Donations and legacies	3	**37,174**	**-**	**37,174**	*15,395*
Charitable activities	4	**714,211**	**-**	**714,211**	*668,460*
Total income		**751,385**	**-**	**751,385**	*683,855*
Expenditure on:					
Charitable activities		**705,909**	**133**	**706,042**	*696,668*
Total expenditure		**705,909**	**133**	**706,042**	*696,668*
Net movement in funds		**45,476**	**(133)**	**45,343**	*(12,813)*
Reconciliation of funds:					
Total funds brought forward		**179,033**	**1,333**	**180,366**	*193,179*
Net movement in funds		**45,476**	**(133)**	**45,343**	*(12,813)*
Total funds carried forward		**224,509**	**1,200**	**225,709**	*180,366*

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 13 to 26 form part of these financial statements.

BALANCE SHEET
AS AT 31 DECEMBER 2025

	Note		2025 £		*2024* *£*
Fixed assets					
Tangible assets	8		**190,067**		*178,801*
			190,067		*178,801*
Current assets					
Stocks	9	**122,841**		*100,761*	
Debtors	10	**27,790**		*40,357*	
Cash at bank and in hand		**43,076**		*32,133*	
		193,707		*173,251*	
Current liabilities					
Creditors: amounts falling due within one year	11	**(90,615)**		*(95,645)*	
Net current assets			**103,092**		*77,606*
Total assets less current liabilities			**293,159**		*256,407*
Creditors: amounts falling due after more than one year	12		**(67,450)**		*(76,041)*
Net assets			**225,709**		*180,366*
Total net assets			**225,709**		*180,366*
Charity funds					
Restricted funds	13		**1,200**		*1,333*
Unrestricted funds	13		**224,509**		*179,033*
Total funds			**225,709**		*180,366*

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

Sam Backway

.....

S Backway

Date: 24 September 2026

The notes on pages 13 to 26 form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

1. General information

As set out in the Trustees' report, Hope2Sleep CIO is a registered charity in England & Wales. The principal office of the charity is 85 Ings Road, Hull, East Yorkshire, HU8 0SD.

The principal objective of the charity is the advancement of health by raising awareness of symptoms and the treatments available for those suffering from sleep apnoea, and by providing support and advice for sufferers and carers during the process of diagnosis and treatment.

The financial statements are prepared in sterling, which is the functional currency of the entity.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Hope2Sleep 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.

2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2. Accounting policies (continued)

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Tangible fixed assets and depreciation

Tangible fixed assets costing £75 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following bases:

Freehold property	- Straight-line over 50 years
Fixtures and fittings	- Straight-line over 5 years
Office equipment	- Straight-line over 5 years

2.5 Stocks

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

2.6 Debtors

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

2.7 Cash at bank and in hand

Cash at bank and 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.

2. Accounting policies (continued)

2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.9 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.10 Fund accounting

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 funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

3. Income from donations and legacies

	Unrestricted funds 2025 £	Total funds 2025 £	*Total funds 2024 £*
Donations	37,174	**37,174**	*10,795*
Grants	-	**-**	*4,600*
	37,174	**37,174**	*15,395*

4. Income from charitable activities

	Unrestricted funds 2025 £	Total funds 2025 £	*Total funds 2024 £*
Product sales	714,211	**714,211**	*668,460*

5. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £	*Total funds 2024 £*
Support for sufferers of Sleep Apnoea and related disorders	425,389	280,653	**706,042**	*696,668*
Total 2024	*408,102*	*288,566*	*696,668*	

Analysis of direct costs

	Total funds 2025 £	*Total funds 2024 £*
Product purchases	**335,849**	*334,917*
Postage & packaging	**73,920**	*61,756*
Sewing services	**1,764**	*2,469*
Diagnostic Sleep Study	**13,856**	*8,960*
	425,389	*408,102*

5. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2025 £	*Total funds 2024 £*
Staff costs	**182,325**	*184,648*
Depreciation	**21,528**	*17,072*
Advertising	**1,158**	*2,361*
Stationery & printing	**2,812**	*1,094*
Website	**4,439**	*2,517*
Telephone & computer costs	**12,167**	*10,722*
Bank charges	**21,714**	*20,431*
Sundry	**4,625**	*3,542*
Travel	**7,426**	*5,841*
Insurance	**2,725**	*2,553*
Accountancy	**2,850**	*2,250*
Repairs	**3,795**	*23,571*
Utilities	**4,349**	*5,258*
Subsistence	**1,427**	*1,362*
Promotional events	**5,961**	*5,420*
Rent & rates	**643**	*(427)*
Health & safety	**709**	*351*
	280,653	*288,566*

6. Staff costs

	2025 £	*2024* *£*
Wages and salaries	**167,686**	*167,635*
Social security costs	**10,648**	*13,113*
Contribution to defined contribution pension schemes	**3,991**	*3,900*
	182,325	*184,648*

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	*2024* *No.*
	4	*4*

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	*2024* *No.*
In the band £60,001 - £70,000	**1**	*1*

The key management personnel of the charity comprise the Trustees and the Chief Executive Officer. Wages and salaries paid to key management personnel (including employers pension contributions but excluding employer's national insurance contribution) totalled £61,281 (2024: £63,712).

7. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits *(2024 - £NIL)*.

During the year ended 31 December 2025, travel expenses totalling £1,772 were reimbursed or paid directly to 2 Trustees *(2024 - £*1,127 *to 2 Trustees)*.

8. Tangible fixed assets

	Freehold property £	Fixtures and fittings £	Office equipment £	Total £
Cost or valuation				
At 1 January 2025	**138,000**	**11,726**	**95,995**	**245,721**
Additions	**-**	**855**	**31,939**	**32,794**
At 31 December 2025	**138,000**	**12,581**	**127,934**	**278,515**

8. Tangible fixed assets (continued)

	Freehold property £	Fixtures and fittings £	Office equipment £	Total £
Depreciation				
At 1 January 2025	**5,520**	**9,256**	**52,144**	**66,920**
Charge for the year	**2,760**	**976**	**17,792**	**21,528**
At 31 December 2025	**8,280**	**10,232**	**69,936**	**88,448**
Net book value				
At 31 December 2025	**129,720**	**2,349**	**57,998**	**190,067**
At 31 December 2024	*132,480*	*2,470*	*43,851*	*178,801*

9. Stocks

	2025 £	*2024 £*
Finished goods and goods for resale	**122,841**	*100,761*

10. Debtors

	2025 £	*2024* *£*
Due within one year		
Trade debtors	**5,359**	*6,876*
Other debtors	**8,591**	*13,749*
Prepayments	**13,840**	*19,732*
	27,790	*40,357*

11. Creditors: Amounts falling due within one year

	2025 £	*2024* *£*
Bank loans	**8,590**	*7,719*
Trade creditors	**41,588**	*40,586*
Other taxation and social security	**4,776**	*4,656*
Other creditors	**11,088**	*15,626*
Accruals & deferred income	**24,573**	*27,058*
	90,615	*95,645*

	2025 £	*2024* *£*
Deferred income at 1 January 2025	**18,099**	*7,518*
Resources deferred during the year	**-**	*10,581*
Amounts released from previous periods	**(7,188)**	*-*
	10,911	*18,099*

Deferred income carried forward relates to sleep screening and battery hire income received in advance.

12. Creditors: Amounts falling due after more than one year

	2025 £	*2024* *£*
Bank loans	**67,450**	*76,041*

The aggregate amount of liabilities payable or repayable wholly or in part more than five years after the reporting date is:

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	2025 £	*2024* *£*
Payable or repayable by instalments	**15,913**	*29,725*
	15,913	*29,725*

Debt is secured over the freehold property.

13. Statement of funds

Statement of funds - current year

	Balance at 1 January 2025 £	Income £	Expenditure £	Balance at 31 December 2025 £
Unrestricted funds				
General Funds - all funds	**179,033**	**751,385**	**(705,909)**	**224,509**
Restricted funds				
Hospital Saturday Fund	**1,333**	**-**	**(133)**	**1,200**
Total of funds	**180,366**	**751,385**	**(706,042)**	**225,709**

General funds:
The general funds held are used to finance the daily operations of the charity.

Restricted funds:

Hospital Saturday Fund
In 2022 a grant was received from Hospital Saturday Fund to be used for providing a free sleep study for potential sleep apnoea sufferers.

13. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2024 £	*Income £*	*Expenditure £*	*Balance at 31 December 2024 £*
Unrestricted funds				
General Funds	*191,579*	*683,855*	*(696,401)*	*179,033*

	Balance at 1 January 2024 £	*Income £*	*Expenditure £*	*Balance at 31 December 2024 £*
Restricted funds				
Hospital Saturday Fund	*1,600*	*-*	*(267)*	*1,333*
Total of funds	*193,179*	*683,855*	*(696,668)*	*180,366*

14. Summary of funds

Summary of funds - current year

	Balance at 1 January 2025 £	Income £	Expenditure £	Balance at 31 December 2025 £
General funds	**179,033**	**751,385**	**(705,909)**	**224,509**
Restricted funds	**1,333**	**-**	**(133)**	**1,200**
	180,366	**751,385**	**(706,042)**	**225,709**

Summary of funds - prior year

	Balance at 1 January 2024 £	*Income £*	*Expenditure £*	*Balance at 31 December 2024 £*
General funds	*191,579*	*683,855*	*(696,401)*	*179,033*
Restricted funds	*1,600*	*-*	*(267)*	*1,333*
	193,179	*683,855*	*(696,668)*	*180,366*

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	190,067	-	**190,067**
Current assets	192,507	1,200	**193,707**
Creditors due within one year	(90,615)	-	**(90,615)**
Creditors due in more than one year	(67,450)	-	**(67,450)**
Total	224,509	1,200	**225,709**

15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	Unrestricted funds 2024 £	*Restricted funds 2024 £*	*Total funds 2024 £*
Tangible fixed assets	*178,801*	*-*	*178,801*
Current assets	*171,918*	*1,333*	*173,251*
Creditors due within one year	*(95,645)*	*-*	*(95,645)*
Creditors due in more than one year	*(76,041)*	*-*	*(76,041)*
Total	*179,033*	*1,333*	*180,366*

16. Pension commitments

The charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £3,991 (2024: £3,900). Contributions totalling £nil (2024: £nil) were payable to the fund at the balance sheet date and are included in creditors.

17. Related party transactions

J Hope is the husband of the CEO and an employee of the charity. During the year the total remuneration (including employers pension contributions) paid to J Hope was £34,350 (2024: £35,373).