CHARITY COMMISSION FOR ENGLAND AND WALES

Trustees' annual report (including Directors' report) for the period

From: **Period start date 01/01/2025** **To: Period end date 31/12/2025**

Charity name: Hypermobility Syndromes Association (working name: HMSA)

Charity registration number: 1186735

Company number: n/a

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document		We support all hypermobile people and the professionals who work with them. The object of the Hypermobility Syndromes Association, as set out in our governing document, is to preserve and protect good health, and support the needs of people affected by Hypermobility Syndromes, by: • Providing validation, education, rehabilitation and positive self-management advice for people with hypermobility related disorders and their entire support network, including their families, teachers, friends and colleagues. Encouraging a culture of support while raising awareness, knowledge and self-determination. • Improving the quality of life, and enabling effective self-management for affected individuals through a variety of resources, including (but not limited to): self-management programs, support groups, social media, publications, helpline and support from our expert patient volunteers. • Working with and educating the relevant medical, social and health professionals in developing awareness and understanding of the biopsychosocial impact of hypermobility related disorders for individuals and their entire support network. • Supporting and encouraging individuals in their pursuit of diagnosis and treatment, via

		signposting to appropriate services where necessary. • Providing an environment which enables people affected by a hypermobility syndrome to volunteer, furthering the charity's aims whilst developing their own workplace skills and confidence. • Working with other organisations to undertake and promote research into hypermobility related disorders, the useful results of which will be published for the public benefit. To seek to be the patient partner and to disseminate research, surveys and investigations whilst maintaining our high standard of information. • Collaborating with other organisations on policies, strategies and projects, which are synergistic with the CIO's own strategy and values.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The HMSA's main activities include: • **Provision of evidence-based resources, information and support** to anyone affected by hypermobility and the professionals and that support them to promote self-management, informed care, and improved quality of life. • **Free support given via helpline, email and social media** offering signposting, validation, and guidance to individuals seeking diagnosis, treatment, or day-to-day management strategies. • **Running our membership scheme** to provide extra, tailored support for the hypermobile community promoting self-management, peer connection, and access to exclusive educational resources. • **Regional groups providing additional peer to peer support** for members fostering community, shared experience, and practical advice for living with hypermobility-related disorders. • **Bi-annual production of journal** for members featuring expert articles, lived experience stories, and research updates to educate, empower, and inform the hypermobile community. • **Organising and leading regular events** for both professionals and those affected by hypermobility to share knowledge and promote best practices in care and self-management.

		• **Running thriving social media feeds** to raise awareness of hypermobility and the HMSA and to provide timely, accessible information and support. • **Working closely with our group of Clinical Advisors** to ensure our resources and guidance reflect current best practice and support both individuals and professionals. • **Delivering the HMSA Professional Educational Model and wider professional education**, including tools like the HMSA Clinicians Guide Quick Reference Poster, to improve recognition, diagnosis, and management of hypermobility-related disorders and support individuals in accessing appropriate care • **Contributing to and keeping abreast of the latest research,** supporting multiple research projects, assisting researchers in finding participants and disseminating results to benefit the wider community. • **Liaising with, working in partnership or alongside other relevant partners** such as ARMA, Mast Cell Action, EDS Support UK or PoTS UK, to strengthen advocacy, research and service development aligned with our values. • **Enabling volunteers to contribute their own skills and lived experience** in support of the charity's aims, while also offering opportunities to learn from peers and develop new capabilities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Hypermobility Syndromes Association's board takes seriously the Charity Commission's guidance on public benefit. All our activities are relevant to improving health outcomes, wellbeing, and support for people with hypermobility in line with our charitable purposes stated above.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Our team of around 40 volunteers make a vital contribution to the work of the Hypermobility Syndromes Association (HMSA). Almost all our volunteers live with hypermobility, and we see it as

		essential that the charity is truly led by people from within our community of need. Our volunteers genuinely understand hypermobility syndromes and have daily lived experience and are empowered to shape the support, advice and solutions we provide. Their lived experience and insight, combined with an ethos of practical self-management, enables the HMSA to provide validation, support, and practical advice that cannot come from theoretical understanding alone. The composition of our trustee board, staff and wider volunteer team all demonstrate the value we place on being led by lived experience. We do a huge amount with very limited resources thanks to our amazing volunteers who cover a wide range of roles from social media, to fundraising, to running local groups providing peer-led support, to editing our journal, to supporting and leading our work with professionals. Through these roles, many volunteers gain valuable experience, build confidence, and develop transferable skills. "Not only do I feel I can give something back as the HMSA - as supported me for so many years, it also brings me a sense of community, working alongside people who really 'get it.'" "I rang the HMSA helpline many years ago at the start of my journey. By offering support to others, I have also gained an additional support system for myself." We are also extremely lucky to have a voluntary group of Clinical Advisors, led by Dr Philip Bull, who bring expertise, skills and knowledge across a range of specialist fields relevant to hypermobility ensuring that the information we provide is up to date, rigorously checked and comprehensive.
Other		The HMSA is run by 2 paid, part-time staff whose total hours do not equate to 1 full-time role. Both paid members of staff also live with hypermobility. All other work is carried out by volunteers.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the	Para 1.20	The HMSA is here to support *everyone* with symptomatic hypermobility, whatever the cause, and however mildly or severely they may be affected. As research shows it can take between 10-20 years to be formally diagnosed, we also support people who are yet

charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.		to receive a diagnosis. This means that everyone affected can start to introduce self-management techniques to significantly improve their symptoms and the quality of their everyday life in the meantime. We promote a holistic, solution-focussed approach to living well, providing self-management tools and support including: • Patient Support Groups • Education Programmes • Information and Advice for hypermobile people • Evidence-based information and advice for healthcare professionals <u>Our mission:</u> Improving the quality of life for everyone affected by symptomatic hypermobility by: • accelerating access to timely and accurate diagnosis; • promoting awareness and understanding amongst professionals to support better care and also among the wider hypermobile community; • providing validation, support and practical self-management tools from a community who truly understands <u>Our vision:</u> everyone affected by symptomatic hypermobility can access the care, support and advice they need – from both peers and professionals. <u>Our Values:</u> Empowering, inclusive, collaborative, community-led, trustworthy. "I LOVE that people get this level of support, especially because it's hard to get it elsewhere." (post session feedback) With the NHS remaining under extreme pressure, and with waiting lists still growing, we help to reduce the burden on statutory services by delivering support when it was not available elsewhere. This is especially important as typically it takes many years for hypermobility syndromes to be diagnosed. As a small charity led by people with lived experience, we are able to be very agile and quickly pivot our services to provide the expert, specialist services our members, the professionals who support them and the wider hypermobile community need. **Reaching more people affected:**

		We have continued to build on the patient events we offer on a wide range of topics including nutrition; exercise; pain management and hand therapy to help people with hypermobility self-manage their condition better, so they are able to live well. Session content was shaped by feedback from members and volunteers. This series of events has been extremely well attended with many more watching them on playback. Event registrations exceeded 2700 (a c.30% increase on 2024) and blog posts views have exceeded 22,000; a 40% rise on 2024. We held an incredibly successful awareness weekend funded by an Awards for All grant in June 2025. This resulted in over 316,000 Facebook views and 19,000 Facebook engagements. A 1-week awareness campaign February also had Facebook 157,459 views, 3121 interactions. For a charity staffed mainly by volunteers, many with their own health needs, this level of service provision when services are so stretched is vital and is a major achievement. **Reaching more clinicians:** We also ran an awareness campaign for clinicians via NHS hospitals intranets. This resulted in us reaching a phenomenal 114,558 clinicians across a wide range of relevant specialities. This is in addition to the 2000 clinicians we connected with at conferences such as the British Society of Rheumatology conference in April. In 2025 our new 1-page guide for GPs and clinicians with an overview of the key signs and symptoms and interrelated conditions and signposting to more detailed information had 986 downloads with 4142 views of our 'clinicians guide' page on our website. The 'Living Well with Hypermobility' 5-week course for members at the start of the year was also a great success again and was extremely well attended with excellent feedback. The sessions included: Anxiety and mental health; Pain management; Sleep management; Weight management and an open Q&A session. Feedback given from participants post sessions told us: • *A lot of very useful and easy to understand information. Sparking ideas, rather than information overload.* • *Both Jo and Kim are so understanding and supportive and a wealth of so much information. I really appreciate their knowledge and the sessions, thank you.*

		• …gives me a sense of belonging and being 'normal'. Jo and Kim bring a wealth of professional and personal knowledge each, but combined it is unreal! Because of lived experience Their suggestions are so much more realistic and practical than if someone's theoretical concept. We also run a helpline and deliver online support, offering validation, signposting and practical advice. • "Thank you. I didn't know where to turn, who to talk to or what to do. So amazing just to talk to someone who understood and had genuinely useful tips and advice." (Helpline feedback) • "Thank you so much. No one else understood has taken so much time just to listen to how I am feeling." (Helpline feedback) As well as offering support via a wide range of sessions and events including weekly online relaxation classes to support wellbeing, we also run monthly online 'ask the Occupational Therapist' sessions which are free and open to all. Feedback after 'Ask the OT' session: "Having the blend of explaining why things happen and what to do about it. It's a brilliant approach and I always learn something new." All brilliant and hugely informative. I feel totally validated. Additionally, our local regional groups successfully continued their transition to hybrid delivery providing much needed support, connection and information for our members with regional groups regularly running. In response to feedback, we have also started to offer national online support groups that focus on specific issues. Feedback stresses the importance of sharing and support within a community of peers that understand. Feedback when asked what participants valued the most: "…Community - a group of people who understand and not being preached too by a healthcare professional who doesn't get it" "Resources that were offered and also how friendly the meeting was."

		Our social media team continued to be very active in raising awareness and providing information not only about hypermobility but also a wide range of related conditions. For a small charity, our reach on social media which continues to grow (c.51k on Facebook, c. 12k on X and 4.9k on Instagram) continues to be impressive. Additional help was provided by our trained helpline team led by volunteers supporting over 800 more people via email, online and phone. During 2025, we continued to work closely in partnership with relevant charities in the field. Together we worked hard behind the scenes to ensure that key hypermobility services remain open and that more healthcare professionals are better informed about hypermobility. This important work is necessary so that patients can access earlier diagnosis as well as better support in their local area in the future. "All brilliant informative responses and super helpful for patients and those suffering from multiple conditions like MCS, PoTS, and EDS." (Post session feedback after partnership event) Many of the key achievements in 2025 were ensuring that the HMSA was continuing to build the foundations for future growth and development. Significant progress was made in reviewing and stabilising the financial position, helping to sustain and develop the charity's work. The board and CEO reviewed the charity's strategy and future plans. The key priority for the short-term remains on raising vital funds so that the charity can extend and further develop its work. We were pleased to receive an Awards for All grant from The National Lottery Community Fund (please also see the earlier section in the report). This helped us to run an awareness event in June 2025 offering advice, support and resources for our community. – reaching 1258 people via sessions and 19,000 more via social media and resources. Of the feedback given, 90% rated sessions as 5/5. Sessions were led by both clinical experts and those with lived experience on how to manage symptoms and were a fantastic opportunity for the whole community to come together to learn and share. We would like to thank The National Lottery Community Fund for making this possible. An example of the very positive feedback we received after the awareness day sessions: • "Learnt a lot, understood better how to access care via NHS (which has been a nightmare)"

		• "hands-on suggestions I can implement, knowing what to ask health pros is so helpful" • "Very informative for those new to exercise especially the emphasis on feeling safe and creating a safe environment for trust to be built between the person suggesting the exercise and the hypermobile patient receiving the exercise" • "Covered a lot of highly relevant topics that will help me in my quest to understand my condition better and what I can do to reduce symptoms" Key changes in 2025: We were very pleased to welcome Lucy Bourne to the board in 2025. As a practising physiotherapist she brings very valuable insights to our board and strategic planning. We are lucky to have a strong trustee board and the varied skills and very extensive experience that they jointly bring means that the charity is fully able to meet any challenges ahead while continuing to shape and develop the HMSA's future strategy. At the end of the year, it was agreed that Tia Cheang would become Chair, taking over the from Mark Austin, who will remain a trustee. We are indebted to Mark for his very calm, insightful stewardship of the charity while he was Chair. His support, expertise and insight has enabled the charity to reach a period of far greater stability where we can now plan for an exciting future. We are deeply grateful to the entire board for their continued commitment, expertise, strategic input and leadership.

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	See financial information attached. TO BE COMPLETED Income for period: £32,788. Expenditure for period: £36,548. Total funds at year end: £17,719.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to keep around 3 months in reserves up to a maximum of 6 months. This allows us to manage smoothly any month-on-month income/expenditure and cash flow variations as these can have a greater impact on a small charity. In determining appropriate reserves levels, our reserves policy takes into account the size of the charity and its sources of funding and also follows the Charity Commission Guidance that recommends we consider the following when determining reserves levels: • "plans for the maintenance of essential services for beneficiaries" • "the risks of unplanned closure associated with the charity's business model, spending commitments, potential liabilities and financial forecasts" • "addresses the risks of unplanned closure on their beneficiaries (in particular, vulnerable beneficiaries), staff and volunteers" Reserves are actively considered as part of our financial planning and cash flow monitoring, ensuring we maintain a sustainable and responsive approach to managing our resources. In this way, trustees can ensure that we prevent the build-up of excess reserves or of reserves being unexpectedly or rapidly depleted.
Amount of reserves held	Para 1.22	£17,332 was held in unrestricted, free reserves at the year end. With the projected budget for 2026, this is in line with our reserves policy of holding 3-6 months in reserves.
Reasons for holding zero reserves	Para 1.22	**n/a**
Details of fund materially in deficit	Para 1.24	**n/a**
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	**n/a**

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The HMSA's principal sources of income are fundraising, membership, and grant income. We would like to thank everyone who supported the HMSA in 2025.

Investment policy and objectives including any social investment policy adopted	Para 1.46	**n/a**
A description of the principal risks facing the charity	Para 1.46	There are no immediate risks causing undue concern. However, the trustees take risk management seriously and the trustees maintain a risk register, which is reviewed periodically at trustee meetings. The risk register outlines key risks (e.g. financial, IT, operational, safeguarding) and ensures that any action needed to ameliorate risks is taken promptly and on the basis of full information. The Finance Committee regularly reviews the charity's financial position. Internal control risks are minimised by the implementation of procedures for the authorisation of all financial transactions.
Other		

Structure, governance and management

Description of charity's trusts:		**n/a**
Type of governing document: for example, trust deed, memorandum and articles of association etc	Para 1.25	Constitution
How is the charity constituted? for example limited company, unincorporated association, CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed in accordance with the charity's governing document. All trustee vacancies are advertised and. New trustees are nominated and approved by the existing board, subject to a majority vote.

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	References, and detailed checks are provided before trustees start. As a small charity, the HMSA takes a practical approach to trustee induction. New trustees are given key documents such as the governing document, recent minutes and financial information, a trustee Handbook, code of conduct and relevant

		policies to help them understand the charities work and their responsibilities. Induction is supported by existing trustees and the CEO who share knowledge and provide guidance as needed. As members of the National Council for Voluntary Organisations (NCVO), we encourage trustees to access NCVO's resources and training opportunities. Trustees are also signposted to the Charity Commission's guidance for trustees to support their understanding of governance and legal duties.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	**n/a**
Relationship with any related parties	Para 1.51	**n/a**
Other		**n/a**

Reference and administrative details

Charity name	**The Hypermobility Syndromes Association**
Other name the charity uses	**HMSA**
Registered charity number	**CIO 19863**
Charity's principal address	**49 Greek Street, London W1D 4EG**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel King	Trustee	From December 2020 - present	
2	Nichola Gardner	Trustee	From May 2021 - present	
3	Zoe Lomax	Trustee	From May 2021 - present	
4	Mark Austin	Trustee (Chair during 2025)	From December 2021 - present	
5	Tia Cheang	Trustee (Vice Chair during 2025, current Chair since 2026)	From August 2023 - present	
6	Lucy Bourne	Trustee	From November 2025-present	
9				

10				
11				
12				
13				
14				
15				
16				

Corporate trustees – names of the directors at the date the report was approved

Director name	
n/a	

Name of trustees holding title to property belonging to the charity

Trustee name	**Dates acted if not for whole year**
n/a	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	**Name**	**Address**

Name of chief executive or names of senior staff members (optional information)

Lisa Bone, CEO

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

None

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Tia Cheang	
Position (for example Secretary, Chair, etc)	Chair	
Date	13 Aug 2026	

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name Hypermobility Syndromes Association		
On accounts for the year ended	31st December 2025	**Charity no (if any)**	1186735
Set out on pages	16-17 (remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2025**.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust'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 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:		**Date:**	10 September 2026
Name:	Virginia Santer		
Relevant professional qualification(s) or body (if any):	FCCA		
Address:	Monetaire Accountants Limited, Sovereign House 22 Shelley Road, Worthing BN11 1TU		

Section B Disclosure

Only complete if the examiner needs to highlight 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.

CHARITY COMMISSION FOR ENGLAND AND WALES

Hypermobility Syndromes Association	1186735

Receipts and payments accounts

CC16a

For the period from	01-Jan-25	To	31-Dec-25

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	6,052	-	-	6,052	7,457
Charitable Activities	24,228	-	-	24,228	22,599
Trading	2,170	-	-	2,170	3,195
Grant Income	-	-	-	-	10,750
Other Income	337	-	-	337	300
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	32,787	-	-	32,787	44,301
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,787	-	-	32,787	44,301
A3 Payments					
Raising Funds	250	-	-	250	-
Charitable Activities	26,488	9,095	-	35,583	34,959
Other	715	-	-	715	984
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	27,453	9,095	-	36,548	35,943
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	27,453	9,095	-	36,548	35,943
Net of receipts/(payments)	5,334	- 9,095	-	- 3,761	8,358
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,998	9,482	-	21,480	13,122
Cash funds this year end	17,332	387	-	17,719	21,480

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Bank and cash	15,728	387	-
	Go Cardless	84	-	-
	Paypal	1,520	-	-
	Total cash funds	17,332	387	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Independent Examiners Fee	Unrestricted	720	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Tia Cheang	08/09/2026