LSN
THE LYMPHOEDEMA SUPPORT NETWORK
because lymphoedema matters

ANNUAL REPORT

2025 – 2026

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The Lymphoedema Support Network represents, supports and empowers people affected by lymphoedema, promotes awareness of the condition and campaigns for appropriate, equitable treatment for all.

From our Chair

This financial year has seen several changes for the LSN. Our interim co-chairs, Kate Wallis and Maxine Skepple stood down in September 2025. Maxine continues to be a Trustee. They did a wonderful bridging job. A big thank you to them for all their hard work.
Two of our long-standing Trustees also retired this year, Denise Hardy and Ruth Yeeles and we are hugely grateful to them for their 25 years each as Trustees. Our Hon.Treasurer Jenny Willis also stood down and we send our thanks to her.
We elected 4 new Trustees this year: David Farbey, Federico Iaschi, Louis Prades and Jack O'Neill. We also elected a new member of our nurse advisor team Alana Phizacklea.

Our special projects this financial year included launching the LSN WebApp, taking over facilitation of the WhatsApp group for parents and carers of children with lymphoedema, updating our BMJL modules and the first ever lymphoedema hackathon at University College London.

Like for many people, it has been a challenging year financially for the LSN, and we are grateful to all our members and supporters who have contributed in any way and, and particularly those who've taken on extreme challenges to fundraise for us or left us generous legacies.

January saw the appointment of our first official ambassador, Rachael Boggiano. We aim to recruit further ambassadors throughout 2026.

We have a new three-year year strategic plan for 2026-29 which has been approved by the Trustees. This plan covers key actions and KPIs around financial stability, awareness and advocacy, visibility and engagement, leadership and organisational development, empowerment and support, governance and compliance.

At our Trustee Strategy awayday this year, we also set up several working groups around Fundraising strategy, social media and communications, profile raising, Black, Asian and harder to reach communities and staff capacity, in order to ensure we can increase the advice and support we can offer.

We are also increasing our children's work, including involvement with Lymphaletics and taking over the administration of the WhatsApp group for parents of children with lymphoedema, as well as plans for information packs, videos and posters for clinics and schools.
None of this work would be possible without your support - thank you.

Helen Westropp , Chair 

147

children given free access to our help and support

We represented LSN patients at

9

conferences and events

2,270

medical professionals from around the world completed our BMJL training modules including

703 UK doctors

2,744

pages in our WebApp viewed since its launch in January

4000

calls for help answered

41,015

views on our YouTube channel

*based on extrapolated Q4 data

Providing expert advice and support to lymphoedema patients

For many people, the LSN is their first port of call when they've been diagnosed with lymphoedema or when they're facing difficult and confusing times. Our helpline is open Monday to Friday every week and this year, once again we answered around 4000* calls and responded to just over 1500* emails and social media messages asking for help. People reach out to us for help with all kinds of issues including:

- recognising, diagnosing and managing celluitis;
- understanding a new diagnosis;
- finding a local clinic or MLD therapist;
- help with their compression garments including where to access it and how to get them on;
- diet advice;
- exercise and movement advice.

For Lymphoedema Awareness Week 2026, we ran our "Lymphoedema Looks Like This" campaign. Twelve individuals sent in real pictures of themselves with comments about how they manage their condition which were published on our social media. We also ran a LinkedIn information campaign about Lymphoedema to try and raise general awareness of the condition.

This year we once again maintained our PIF TICK mark which assures anyone who accesses our information that they will receive trusted advice. We have also been updating and re-verifying our information database of lymphoedema clinics and support groups.

We collaborated with Rosetta Life, an arts charity that work in collaboration with other charities to encourage using movement to aid physical and mental health and explore the power of movement to express and experience emotions, in an online movement session. A small group of people living with lymphoedema signed in to the session. Expertly guided, the session allowed complete freedom in how they interacted and allowed for all levels of mobility and different personalities.

Being available on the end of the phone, email or via direct messaging is one of the LSN's core activities. We are here to help anyone living with or affected by lymphoedema and this will continue to be a central focus for the next financial year. In 2026 we will be running a series of four LSN Roadshows around the country bringing together leading experts, people living with lymphoedema and manufacturers.

January saw the launch of our WebApp. This gives members access to all our information at any time via their laptop, desktop or phone. Of course, printed versions are still available too and in 2026 we will be rolling out a version for Health Care Practitioners.

We continued to support children and young adults with lymphoedema and are now supporting 147 families.

As outlined in our Chair's letter we have exciting plans for 2026/7 including four roadshows, extending our WebApp for use by Health Care Professionals, publishing our service directory online, increasing our support to families affected by lymphoedema and working to reach those in harder to reach communities.

We will report back on progress in all these areas next year.

*based on extrapolated Q4 data

Representing lymphoedema patients to medical practitioners and the public

We know that one of the most important things to our members, and everyone living with lymphoedema, is having a health care team that understands their condition and can provide them with the support that they need to live their best lives with lymphoedema.

This year we have again focused on providing training to GPs, nurses, podiatrists and other Health Care Professionals to ensure they are aware of lymphoedema and know how to support their patients. The LSN's BMJL training modules were updated this year and over 2270 people completed one or both of the courses, including 703 UK GPs. The team have also delivered in-person training to post graduate nurses, radiographers, podiatrists and medical students.

We have been supporting PhD student Mike Mills, as he continues his research into new processes of diagnosing and treating lymphoedema through MRI scanning, Professor Dominic Furniss at Oxford Lymphoedema Practice who is involved in a new piece of research looking at the diagnostic accuracy of using ICG to screen for lymphoedema after treatment of the axilla for breast cancer and Joanna O'Brien, a nurse researcher at St Christopher's Hospice looking into people with leg swelling who have advanced illness and more than one long-term health condition. We are confident we will continue to support new research next year.

We were delighted to be asked to help UCL, through Dr Katherine Wang, with the first ever lymphoedema Hackathon. During reading week, students were invited to learn about lymphoedema by talking both to people affected by it and to experts in the field, and then to work in teams to design solutions - physical, digital or social - to improve the everyday wellbeing of people with the condition. The LSN provided individuals for the living library section and our Chief Executive, Karen Friett, formed part of the judging panel. The winning team planned an app to help with the challenges around clothing, footwear and fashion. As well as a cash prize, they won the opportunity to explore the potential of their idea with the UCL Institute of Healthcare Engineering. (Much more detail can be found in the Winter 2025 Edition of Lymphline). The success of the event has led to plans for its repeat in 2026 and the LSN will again be involved.

The experience and expertise within the LSN mean that we are able to educate and raise awareness of the condition widely. We continue to be invited to speak at a number of conferences and deliver information sessions which this year have included sessions to radiology students specialising in radiotherapy application and treatment at Liverpool University, the University of London post graduate practice nurse course, one of the national Podiatry conferences and several older age living facilities.

We also had information stands at the dermatology conference in Glasgow, BLS conference, National Lymphoedema Conference and The Foot & Ankle Show in Liverpool, thereby increasing our spending on attending events to ensure we are raising awareness of lymphoedema amongst new audiences as well as helping upskill existing ones.

Managing our finances

Our formal financial review can be viewed as part of our audited accounts and the statement of Trustees' Reponsibilities in this matter can be seen at the end of this section of our annual report. It has continued to be a difficult operating environment for small charities across the UK. We have managed to maintain tight cost controls and keep within our annual budgeted spend approved by Trustees. This has included planned project spending in several areas including the development of our WebApp and the maintenance and updating of our BMJL education modules.

We had a planned deficit this year of approximately £60,000 and our accounts show a deficit of just under £59,000. We continue to work within our reserves policy and remain in a strong financial position thanks to the generosity of our supporters, fundraisers, donors and legacy donors.

The trustees have identified a need to increase year on year income so we are less reliant on legacy income, and this will be a priority over the next three years.

Many people do not realise that the LSN only has 3 members of staff, who do the lion's share of all the work of the LSN, including manning the information and support line. For the rest we rely on a much-valued small group of volunteers and the Trustees. This means we can put as much of the monies we raise as possible into activities, information and services to help those living with or affected by lymphoedema.

This financial year we took part in the Christmas Big Give, and have also received valuable donations from members, the Barber Surgeons Livery Company, The Goldcrest Charitable Trust, as well as legacy donations from the estates of Pamela Rose, Doreen Walters and Claire Lingard.

We also saw fundraising support via Just Giving from:

- Lisa who raised £840 running the Barry Island 10k
- Emma and Izzy who raised £500 walking 100 miles in June
- Sarah who raised £531 by holding a coffee morning
- Kay who raised £1, 500 by making upcycled tote bags
- Adam who raised £2,000 by taking on the Sandringham Ultra Marathon
- Susan who raised £2,916 supporting her mum shaving her head pre chemotherapy
- Chevron Phoenix who raised £1,172 at their staff tennis party

Over the last year we have become even more expert users of our new systems to maximise cost savings and deliver more for our members. We have also begun work on updating our reserves policy.

We are grateful for every individual, company and organisation who has supported our work during this period.

Our brand

As part of our strategic review of the LSN this year, the Trustees agreed that it would help to raise awareness if we had a communication name and logo that was something more than just initials.

Our tag line has been “Because lymphoedema matters” for many years. For this reason and because of the deeper meaning of the word “matters”, we have selected the name “Lymph Matters”.
As mentioned, the name has a double meaning since “matters” can signify that what we do matters to those we support but it also represents that we are all things lymph. It therefore speaks to our role in both support and information provision; it is short, memorable and purposeful. It also uses the word Lymph rather than Lymphoedema as we often promote lymphatic health and on a more practical note, people often have trouble with spelling the word.

Our refreshed brand will be rolled out over the coming year, and our quarterly magazine will change its name to Lymph Matters.



Governance

Purpose and constitution
The Lymphoedema Support Network represents, supports and empowers people affected by lymphoedema, promotes awareness of the condition and campaigns for appropriate, equitable treatment for all.
The LSN is a Charitable Incorporated Organisation registered with the Charity Commission of England and Wales. It is governed by a constitution, and the strategy, work, finance and management of the Charity are overseen by the Board of Trustees.

Board
A minimum of 6 and a maximum of 14 Trustees must be in office at any one time, with at least two living with lymphoedema. Trustees serve for a term of three years, at which point they are eligible for re-election. There is no restriction on the tenure of a Trustee. Trustees do not receive remuneration for their duties.

A skills audit of the current Board of Trustees was completed again this year. Following a review of the current knowledge, experience and skills of the Trustee board alongside the identified risks and potential Trustee departures, organisational needs are identified. Vacancies are advertised nationally, across the Lymphoedema Support Network and via relevant professional and organisational networks. Applicants are shortlisted for interview and assessed against the person specification. Shortlisted applicants are offered a 3-month probation before being co-opted onto the board for full election at the following AGM.

We have 2 board members who have been in post for over 9 years; however, given the recent changes in chair and turnover of other Trustees, this is deemed appropriate to ensure institutional memory is maintained on the board. They are both looking to stand down at the AGM in September 2026.

The Board meets on a monthly or bi-monthly basis. In 2025/26 the Board also held two in person away days. The Board of Trustees at the end March 2026 is:

Helen Westropp Chair
Linda Patel Hon. Sec
Georgina Bradley Co-opted
Liz Cooley
David Farbey
Sue Fitzsimons
Jack O'Neill Co-opted
Federico Iaschi
Louis Prades
Maxine Skepple Co-opted
Brenda Thomas Co-opted

Karen Friett remains in post as our Chief Executive and attends board meetings but has no voting rights.

Public Benefit
The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Risks
The board of trustees is responsible for setting and monitoring risk appetite. Each of our identified risks is 'owned' by a trustee and is reviewed on an annual basis.

Summary of identified risks

Top-level risk	Measures and controls
Systems and facilities • Fire or flood in the LSN offices • Damage to / failure of key equipment • IT failure • Data protection	• Office management plan • Emergency response procedures in place • Key ICT systems backed up and cloud based • Security and authorisation procedures in place
Staffing / Personnel • Failure to recruit or retain staff or trustees • Key staff or Trustees being unable to fulfil their duties • Lack of appropriate skills or experience on the trustee board	• Key roles identified and written procedures in place • Trustee skills audit process • Completed a review of Trustee recruitment processes
Financial • Failure to meet income or expenditure goals • Insufficient reserves or long-term financial planning • Weak financial controls	• Robust reserves policy in place and monitored • Budget setting and monitoring process implemented • Effective policies and financial controls in place • Annual external audit
Information provision • Information incorrect or misleading • Verbal information given outside the scope of expertise • Maintaining up-to-date information	• Information production policies and procedures in place • PIF TICK assessment completed annually • Queries and complaints process in place • Medical advisory panel
Charitable activities and strategy • Unexpected external events impacting on activity delivery • Competition from similar organisations • Insufficient strategy • Failure to digitise services or progress objectives	• Regular assessment of performance and quality of provision • Regular stakeholder feedback sought • Annual objectives set by Trustees • Regular reviews of project plans and progress
Governance • Failure to comply with legislation or regulations • Inadequate reporting • Non-compliance with the constitution	• Trustee skills audit process in place • Board of Trustees with varied skills and experience • Adherence to Charity Commission guidance and fulfilling reporting requirements • Regular Board meetings

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Lymphoedema Support Network for the purposes of company law) 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), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the Trustees to prepare financial statements for each financial year. Under company 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 charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and 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, comprising 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 charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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.

Approved by the Trustees of the charity on 16 September 2026 and signed on its behalf by:



Helen Westropp
Chair

Reference and administration

Website
https://www.lymphoedema.org/

Social media
https://www.facebook.com/Lymphsupport/
https://x.com/lymphsupport
healthunlocked.com/lsn
https://www.youtube.com/@LYMPHOEDEMASUPPORTNETWORK

Charity Registration Number
1193800

Company Registration Number
CE025746

Registered address
St Luke's Church Crypt
Sydney Street
London
SW3 6NH

Auditor
Independent Examiner:
Just Audit & Assurance Ltd
4 South Bar Street
Banbury
Oxfordshire
OX16 9AA

LSN
THE LYMPHOEDEMA SUPPORT NETWORK
because lymphoedema matters

T: 020 7351 4480 – Information & Support
T: 020 7351 0990 – Administration
E: admin@lsn.org.uk
Registered Charity No. 1193800

Company registration number: CE025746

Charity registration number: 1193800

Lymphoedema Support Network

known as

LSN

Annual Report and Financial Statements

for the Year Ended 31 March 2026

Lymphoedema Support Network

known as LSN

Independent Examiner's Report to the trustees of Lymphoedema Support Network ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2026.

Responsibilities and basis of report

As the charity's trustees of the you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of Lymphoedema Support Network as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.



.....
Jonathan Russell F.C.A.
Just Audit & Assurance Ltd

Just Audit & Assurance Ltd

4 South Bar Street
Banbury
Oxfordshire
OX16 9AA

Date: 2 September 2026

Lymphoedema Support Network

known as LSN

Statement of Financial Activities for the Year Ended 31 March 2026 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2026 £
Income and Endowments from:			
Donations and legacies	3	128,077	128,077
Other trading activities	4	57,597	57,597
Investment income	5	9,604	9,604
Total income		195,278	195,278
Expenditure on:			
Raising funds	6	(11,240)	(11,240)
Charitable activities	7	(242,724)	(242,724)
Total expenditure		(253,964)	(253,964)
Net expenditure		(58,686)	(58,686)
Net movement in funds		(58,686)	(58,686)
Reconciliation of funds			
Total funds brought forward		321,655	321,655
Total funds carried forward	14	262,969	262,969

	Note	Unrestricted funds £	Total 2025 £
Income and Endowments from:			
Donations and legacies	3	293,593	293,593
Other trading activities	4	81,198	81,198
Investment income	5	362	362
Total income		375,153	375,153
Expenditure on:			
Raising funds	6	(19,892)	(19,892)
Charitable activities	7	(203,506)	(203,506)
Total expenditure		(223,398)	(223,398)
Net income		151,755	151,755
Net movement in funds		151,755	151,755
Reconciliation of funds			
Total funds brought forward		169,900	169,900
Total funds carried forward	14	321,655	321,655

The notes on pages 6 to 14 form an integral part of these financial statements.

Lymphoedema Support Network

known as LSN

Statement of Financial Activities for the Year Ended 31 March 2026 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2025 is shown in note 14.

Lymphoedema Support Network

known as LSN

(Registration number: CE025746)
Balance Sheet as at 31 March 2026

	Note	2026 £	2025 £
Fixed assets			
Tangible assets	11	4,860	5,400
Current assets			
Stocks		3,531	2,310
Debtors	12	8,490	13,254
Cash at bank and in hand		258,657	329,457
		270,678	345,021
Creditors: Amounts falling due within one year	13	(12,569)	(28,766)
Net current assets		258,109	316,255
Net assets		262,969	321,655
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		262,969	321,655
Total funds	14	262,969	321,655

For the financial year ending 31 March 2026 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Trustees responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Lymphoedema Support Network

known as LSN

(Registration number: CE025746)
Balance Sheet as at 31 March 2026

The financial statements on pages 3 to 14 were approved by the trustees, and authorised for issue on 2 September 2026 and signed on their behalf by:



Helen Elizabeth Westropp
Trustee

Lymphoedema Support Network

known as LSN

Notes to the Financial Statements for the Year Ended 31 March 2026

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

The address of its registered office is:
St Luke's Church Crypt
Sydney Street
London
SW3 6NH

The principal place of business is:
St Luke's Church Crypt
Sydney Street
London
SW3 6NH

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation
Lymphoedema Support Network 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 nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income and endowments
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 the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

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.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

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, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

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.

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 £0.00 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:

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

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.

3 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	75,903	75,903
Legacies	9,971	9,971
Regular giving and capital donations	42,203	42,203
Total for 2026	128,077	128,077
Total for 2025	293,593	293,593

4 Income from other trading activities

	Unrestricted funds General £	Total funds £
Fact sheets	2,737	2,737
Books	3,507	3,507
Sales of Christmas cards	1,841	1,841
Fund raising activity	12,503	12,503
Sponsorship	18,044	18,044
Other income	18,965	18,965
Total for 2026	57,597	57,597
Total for 2025	81,198	81,198

5 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	9,604	9,604
Total for 2026	9,604	9,604
Total for 2025	362	362

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Opening stock		2,310	2,310
Design and printing costs		11,303	11,303
Book purchases		282	282
Christmas card purchases		875	875
Closing stock		(3,530)	(3,530)
Total for 2026		11,240	11,240
Total for 2025		19,892	19,892

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total 2026 £	Total 2025 £
Rent		18,125	18,125	18,125
Insurance		2,895	2,895	2,458
Telephone and fax		3,915	3,915	3,689
Computer software and maintenance costs		8,394	8,394	6,864
BMJ Learning Module		9,000	9,000	6,000
Printing, postage and stationery		12,439	12,439	9,240
Trade subscriptions		1,450	1,450	2,007
Hire of other assets (Operating leases)		3,346	3,346	4,051
Sundry expenses		1,311	1,311	902
Cleaning		-	-	400
Travel and subsistence		6,455	6,455	3,983
Exhibitions and conferences		1,937	1,937	3,139
Special projects		29,066	29,066	-
Bad debts written off		-	-	184

	Note	Unrestricted funds General £	Total 2026 £	Total 2025 £
Depreciation, amortisation and other similar costs		540	540	600
Wages and salaries		127,555	127,555	122,652
Staff NIC (Employers)		6,381	6,381	8,160
Staff pensions (Defined contribution) - pension scheme 1		2,907	2,907	2,831
Staff training		-	-	653
Accountancy fees	8	3,300	3,300	3,380
Legal and professional fees	8	1,208	1,208	1,043
Bank charges	8	2,500	2,500	3,145
		242,724	242,724	203,506

In addition to the expenditure analysed above, there are also governance costs of £7,008 (2025 - £7,568) which relate directly to charitable activities. See note 8 for further details.

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Accountancy fees		
Accountancy fees	3,300	3,300
Legal fees	1,208	1,208
Bank charges	2,500	2,500
Total for 2026	7,008	7,008
Total for 2025	7,568	7,568

9 Staff costs

The aggregate payroll costs were as follows:

	2026 £	2025 £
Staff costs during the year were:		
Wages and salaries	133,936	130,812
Pension costs	2,907	2,831
	136,843	133,643

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:

	2026 No	2025 No
Charitable activities	3	3
	3	3

3 (2025 - 3) of the above employees participated in the Defined Contribution Pension Schemes.

Contributions to the employee pension schemes for the year totalled £2,907 (2025 - £2,831).

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

10 Taxation

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

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2025	7,624	7,624
At 31 March 2026	7,624	7,624
Depreciation		
At 1 April 2025	2,224	2,224
Charge for the year	540	540
At 31 March 2026	2,764	2,764
Net book value		
At 31 March 2026	4,860	4,860
At 31 March 2025	5,400	5,400

12 Debtors

	2026 £	2025 £
Trade debtors	963	8,724
Prepayments	5,027	4,530
Accrued income	2,500	-
	8,490	13,254

13 Creditors: amounts falling due within one year

	2026 £	2025 £
Trade creditors	355	1,051
Other taxation and social security	3,511	3,086
Other creditors	647	629
Accruals	3,500	3,500
Deferred income	4,556	20,500
	12,569	28,766

14 Funds

	Balance at 1 April 2025 £	Incoming resources £	Resources expended £	Balance at 31 March 2026 £
Unrestricted funds				
General	321,655	195,278	(253,964)	262,969

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Unrestricted funds				
General	169,900	375,153	(223,398)	321,655

15 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2026 £
Tangible fixed assets	4,860	4,860
Current assets	270,678	270,678
Current liabilities	(12,569)	(12,569)
Total net assets	262,969	262,969

16 Related party transactions

There were no related party transactions in the year