Charity Registration No. 1201075

AUTOIMMUNE SUPPORT & AWARENESS

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2025

AUTOIMMUNE SUPPORT & AWARENESS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Afshin Mosahebi - Chair Luke Anthony Smith Dr Huw Lewis Clarke Beynon
Charity number	1201075
Principal address	5 Bishops Close London W4 4JA
Independent examiner	Syon Associates 6 Portland Business Centre Manor House Lane Datchet Berkshire SL3 9EG
Bankers	Santander Business Account Sunderland SR43 4ET

AUTOIMMUNE SUPPORT & AWARENESS

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AUTOIMMUNE SUPPORT & AWARENESS

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 30 NOVEMBER 2025

TRUSTEES' REPORT

The Trustees present their annual report and unaudited financial statements for the period ended 30 November 2025 and confirm that they comply with the Charities Act 2011, as amended by the Charities Act 2006, the Trust Deed and the Charities SORP applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

ADMINISTRATIVE INFORMATION

Trustees who have served for the period ended 30 November 2025:

Mr Afshin Mosahebi
Mr Luke Anthony Smith
Dr Huw Lewis Clarke Beynon

STRUCTURE, GOVERNANCE AND MANAGEMENT

Autoimmune Support & Awareness is a registered charity which is managed by the Trustee's mentioned on page 1 of this report.

OBJECTIVES AND ACTIVITIES

The objectives of the charity are to:

1. Advance education and awareness of autoimmune health by providing resources and programs that help individuals understand autoimmune conditions and their impact on well-being. Autoimmune Support & Awareness aims to support people in managing their conditions, empowering them to take control of their health and improving overall quality of life.
2. Promote holistic health and wellness for those affected by autoimmune conditions through community-based activities that support mental and physical health. The Foundation provides educational workshops, support groups, and fitness programs tailored to meet the unique needs of individuals with autoimmune diseases, fostering a sense of belonging and resilience.
3. Advocate for community support and social inclusion by raising awareness of autoimmune conditions and reducing stigma associated with them. The Foundation encourages open conversations and builds a network where individuals can connect, share experiences, and access valuable resources.

During the year the charity carried out its activities in the furtherance of its objectives, detailed accounts of the charity's activities and projects are published in the charity's annual reports.

FINANCIAL REVIEW AND RESERVES AND POLICY

The charity has strengthened its financial base in respect of both unrestricted & restricted which will help secure the charity's future to continued success towards the achievement of its objectives.

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately three months unrestricted expenditure. This provides sufficient funds to cover management, administration and support costs.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

ORGANISATIONAL STRUCTURE AND DECISION MAKING

The organisation structure of the charity consists of a board of trustees who meet on a regular basis to consider reports from the officers and staff of the charity, to consider and review the charity's activities, general progress and current financial position. Decisions are then made regarding current expenditure and the level of reserves.

The Trustees are empowered to delegate their functions to committees, the membership of which must include at least one of their numbers. The treasurer is responsible for overseeing accounting procedures and reports

regularly to the board on cashflow, budgets and general accounting matters.

Responsibility for operations is delegated to the charity's management and administration teams who ensure that the charity's aims and objectives are met and that services are delivered in a manner that priorities client interest and welfare.

A review of trustee's roles with an assessment of skills and experience is planned and a reallocation of duties has already begun. A new and comprehensive Human Resources and Guidelines manual has been produced and staff and trustees will be required to familiarise themselves with areas appropriate to their roles.

The Trustees during the year under review have held monthly meetings at which the quorum is two Trustees. They have the responsibility for setting the strategic aims of the charity and for approving its annual budget and accounts. The Trustees regularly review their needs for skills to meet the requirements of their strategic aims and, where necessary, identify potential new members for the Board.

TRUSTEES

The trustees who served during the year were:

Afshin Mosahebi - Chair
Luke Anthony Smith
Dr Huw Lewis Clarke Beynon

The Trustees are trustees for the purposes of the Charities Act 2011.

The members of the company appoint the trustees at the Annual General Meeting. A vacancy in the number of Trustees may be filled by the co-option of a person qualified to be a Trustee; such a co-opted Trustee holds office until the next Annual General Meeting. One of the Trustees must retire at each Annual General Meeting. All new Trustees are provided by the Chairman or the Chief Executive with an induction to the work of the charity. Training needs are kept under review by Trustees at their meetings.

None of the trustees has any beneficial interest in the company. All the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees, who are also the directors of Autoimmune Support & Awareness for the purpose 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).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

In so far as the Trustees are aware, there is no relevant information of which the charitable company's Independent Examiner is unaware; and the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the Independent Examiner is aware of that information.

AUTOIMMUNE SUPPORT & AWARENESS

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 30 NOVEMBER 2025

INDEPENDANT EXAMINER'S REPORT TO THE TRUSTEES

We report on the accounts of Autoimmune Support & Awareness for the year ended 30th November 2025, which are set out on pages 6 to 7

This report is made solely to the trustees, as a body, in accordance with section 154 of the Charities Act 2011 (the 2011 Act). My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees, as a body, for my work, for this report, or for the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF TRUSTEE'S AND EXAMINER

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the 2011 Act, and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under the company law and is eligible for independent examination, it is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act:
- To follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- To state whether matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with the general with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedure undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

- Which gives me reasonable cause to believe that in any material respect, the requirements:
- To keep accounting records in accordance with section 386 of the Companies Act 2006; and
- To prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommend Practice: Accounting and Reporting by Charities.

Have not been met; or

- To which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

I report to the trustees on my examination of the accounts of Autoimmune Support & Awareness (the charity) for the year ended 30 November 2025.

RESPONSIBILITIES AND BASIS OF REPORT

As the trustees of the charity (and its directors for the purposes of company law) 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 the charity's accounts carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

AUTOIMMUNE SUPPORT & AWARENESS

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 30 NOVEMBER 2025

INDEPENDENT EXAMINER'S STATEMENT

I confirm that I am qualified to undertake the examination as I am a member of an approved body.

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 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 to enable a proper understanding of the accounts to be reached.

Syon Associates

Dated: 13/10/2026

AUTOIMMUNE SUPPORT & AWARENESS

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

AS AT 30 NOVEMBER 2025

	Notes		
	3	**Total Funds 2025**	**Total Funds 2024**
Income:			
Donations		£37,297	£20,161
Other Income		£0.00	£0.00
Total Income		**£37,297**	**£20,161**
Expenditure on:			
Charitable activities		£16,954	£27,392
Staff Costs		£17,011	-
Total expenditure		**£33,964**	**£27,392**
Net Income		**£3,332**	**(£7,231)**

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

AUTOIMMUNE SUPPORT & AWARENESS

BALANCE SHEET

AS AT 30 NOVEMBER 2025

	Notes	2025 £	2024
Current assets	4	£10,590	£7,258
Total assets less current liabilities		£10,590	£7,258
Net assets		£10,590	£7,258
Net Reserves		£10,590	£7,258

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 November 2025. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The Trustees' responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Trustees on 13/10/2026

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Mr Luke Anthony Smith

AUTOIMMUNE SUPPORT & AWARENESS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2025

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1 Accounting policies

Charity information

Autoimmune Support & Awareness is a private company limited by guarantee incorporated in England and Wales. The registered office is 5 Bishops Close, London, W4 4JA. The charitable company meets the definition of a public benefit entity under FRS 102.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts. In making this assertion the trustees have considered the current uncertain economic conditions due to the Coronavirus pandemic. The trustees have not yet seen any adverse impact on the charity however they continue to assess its impact on the going concern basis of accounting. The trustees believe that the charity has a strong asset base which, combined with its cash reserves, will enable it to meet the challenges presented by this virus and to continue with its charitable objectives.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Donations are accounted for on a receivable basis as soon as they are capable of accurate financial measurement.

1 Accounting policies

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated items have been met, the receipt of economic benefit from the use by the charity of the items probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Donated professional services and donated facilities are recognised based on the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Grants are accounted for in the year in which they are receivable in accordance with the terms of the grant.

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

Direct Charitable Expenditure
Expenditure which is directly attributable to specific activities has been allocated directly.

Support Costs
The costs of the charity are all allocated directly to the main activities and the charity does not therefore have any material support costs.

Governance Costs
Includes staff time and expenses for time spent in connection with trustees' meetings, plus the cost of accounting and professional fees.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2%
Leasehold improvements	Lease period
Fixtures and fittings	10%
Computers	10%

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated to determine the extent of the impairment loss (if any).

1 Accounting policies

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.11 Pensions

In line with recent changes in pension legislation Autoimmune Support & Awareness has enrolled eligible employees into an auto- enrolment pension scheme. The basic contributions for the scheme are 3% of pensionable earnings by the charity and 5% by the employees. Pension costs are charged to the Statement of Financial Activities as incurred.

1.12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AUTOIMMUNE SUPPORT & AWARENESS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 NOVEMBER 2025

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3 Expenses	2025 £	2024 £
Water	£102.00	-
Advertising & PR	£70.00	£874.00
Computer consumables and software	£1,060.00	£498.00
Equipment Expensed	£757.00	£400.00
Other Direct Costs	£5,612.00	£600.00
Other legal and professional	£731.00	-
Travel & Subsistence	£17,011	-
Subscriptions	£873.00	£168.00
Function Expenses	-	£17,684.00
Stationery & Printing	£1,105.00	£1,325.00
Accountancy Fees	£1,800.00	£2,460.00
Subcontractor Costs	£3,131.00	£3,383.00
Bank Charges	£50.00	-
Insurance	£44.00	-
Equipment Hire	£1,619.00	
Total	**£33,964.00**	**£27,392.00**

4 Current Assets	2025 £	2024 £
Cash at bank and in hand	£10,590	£14,489
Total	**£10,590**	**£14,489**

The Charity only has one bank account