THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

Annual Report and Accounts

For the year ended 31st December 2025

Registered charity number 326372

THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE
ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2025

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THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

TRUSTEES' ANNUAL REPORT FOR THE YEAR TO 31ST DECEMBER 2025

The trustees submit their annual report and financial statements for the British Society for Ecological Medicine (the charity) for the year ended 31st December 2025. These have been prepared in accordance with the accounting policies set out on page 9 and comply with the Charities Constitution and charity law.

1. **Reference and administrative details**
   The Society is a registered charity number 326372 and the registered office address is Redhill Chambers, 2d High Street, Redhill, Surrey, RH1 1RJ.

2. **Trustees and principal officers**
   The principal officers of the charity (who are also the trustees) and held office during the year are:

   Dr D Downing - president
   Dr F Meuschel - secretary
   P Noble - treasurer
   Dr A Economopoulos

3. **Independent Examiner**
   David Wheeler FCCA
   Cheeld Wheeler & Co
   Chartered Certified Accountants
   Redhill Chambers
   2d High Street
   Redhill
   Surrey
   RH1 1RJ

4. **Structure, governance and management**
   The charity was founded in 1983 and is governed by its constitution. The constitution was last revised in March 2014 and has been approved by the Charity Commission.

   The trustees and committee members meet every two months, with committee appointments confirmed at the Annual General Meeting in accordance with the constitution. All meeting minutes are securely stored in electronic format.
   Since 2017, core governance documents — including the Risk Review, Volunteer Policy, and Conflicts of Interest Policy — have been comprehensively updated to reflect evolving operational needs, including the transition to online training. These documents are not static; they are reviewed regularly and updated as required to ensure they remain current, relevant, and aligned with best practice.

   The resources of the charity are maintained in unrestricted funds and therefore the trustees have complete discretion as to their use.

   Any money or property not immediately required for the charity's purposes can be held or invested as the trustees decide.

5. **Appointment and removal of trustees**
   The appointment and removal of trustees is governed by the charity's constitution.

TRUSTEES' ANNUAL REPORT FOR THE YEAR TO 31ST DECEMBER 2025 (cont'd)

6. **Organisation and management**
The trustees and committee members meet every two months, with committee appointments confirmed at the Annual General Meeting in accordance with the constitution. All meeting minutes are securely stored in electronic format.
Since 2017, core governance documents — including the Risk Review, Volunteer Policy, and Conflicts of Interest Policy — have been comprehensively updated to reflect evolving operational needs, including the transition to online training. These documents are not static; they are reviewed regularly and updated as required to ensure they remain current, relevant, and aligned with best practice.

7. **Investment powers**
The charity's cash resources can be invested at the discretion of the trustees as they see fit. No investments were made in 2025 (2024: none).

8. **Objectives and activities for the public benefit**
The objectives of the charity are to promote for the benefit of the public the study and good practice of allergy, environmental and nutritional medicine and to improve the standard of knowledge of the means of prevention, diagnosis and methods of treatment. The society continues to organise practical training and workshop days as well as online courses. At intervals the society also organises a medical conference focusing on an aspect of ecological medicine.

The trustees have referred to the general guidance on public benefit issued by the Charity Commission when planning future activities.

9. **Financial Review**
The accounts show an excess of expenditure over income of £25,793 (2024: £6,619). At 31 December 2025, the society had accumulated funds of £56,962 (2024: £82,756). The trustees consider that this is a satisfactory result.

In 2024 and 2025 the society invested heavily in improving its processes and systems so that members have an easier interaction with the society, and so that the society is well positioned to grow its membership and offer a wider range of services to members. This project is almost complete at the date of this report.

10. **Plans for the future**

From 2026, the society plans to adopt a broader social media presence in order to provide more and easier to access information for members and also to attract a wider membership. It also aims actively to attract professionals who are interested in participating in the development and management of the society into the future, providing continuity for its important work.

11. **Trustees' responsibilities statement**

The trustees are responsible for preparing the trustees' annual 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 and Wales 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 income and expenditure of the charity for that year. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Observe the methods and principles of statement of recommended practice of accounting and reporting by charities
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed subject to any material departure to disclose and explain the financial statements
- 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 proper accounting records that disclose with a 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 for the charity's constitution. They are also responsible for safeguarding assets of the charity and hence are taking reasonable steps for the prevention of, and detection of fraud, and other irregularities.

12. **Independent Examiner**

A resolution will be proposed at the Annual General Meeting that David Wheeler of Cheeld Wheeler & Co will be appointed as independent examiner for the charity for the ensuing year.

Approved by the trustees on 30 May 2026

Signed on their behalf by:

Honourable treasurer
Peter Noble

Chairman
Dr Franziska Meuschel

THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the trustees on my examination of the accounts of the British Society for Ecological Medicine for the year ended 31st December 2025.

Responsibilities and basis of report
As the charity trustees of the Society, 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 Society's accounts as required under section 145 of the 2011 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the society as required by section 130 of the Act; or
2. That accounts do not accord with those records; or
3. That 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 the 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.

David Wheeler – Independent Examiner

David Wheeler FCCA
Cheeld Wheeler & Co
Chartered Certified Accountants
Redhill Chambers
2d High Street
Redhill
Surrey
RH1 1RJ

Dated:

THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST DECEMBER 2025

	Note	2025	2024
		£	£
INCOME			
Donations and legacies	2	80	398
Income from charitable activities	3	51,791	68,755
Interest received		2,698	3,279
TOTAL INCOME		**54,569**	**72,432**
EXPENDITURE			
Charitable activities	4	69,507	73,074
Governance costs	5	10,855	5,977
		80,362	**79,051**
Net (expenditure) for the year		**(25,793)**	**(6,619)**
RECONCILIATION OF FUNDS			
At 1st January 2025		82,756	89,375
At 31st December 2025		**£56,962**	**£82,756**

THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

BALANCE SHEET

AT 31ST DECEMBER 2025

	2025	2024
	£	£
CURRENT ASSETS		
Debtors and prepayments	1,133	1,883
Bank accounts	64,006	90,343
Total current assets	**65,139**	**92,226**
CURRENT LIABILITIES		
Amounts falling due within one year		
Deferred income	100	350
Accrued expenses	8,078	9,120
Total current liabilities	**8,177**	**9,470**
NET CURRENT ASSETS	**£56,962**	**£82,756**
THE FUNDS OF THE CHARITY		
General fund - unrestricted	56,962	82,756
Total charity funds	**£56,962**	**£82,756**

Approved by the Trustees on 30 may 2026 and signed on their behalf by:

Trustee

Franziska Meuschel

Trustee

Peter Noble

THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST DECEMBER 2025

1. **Accounting Policies**

   a. **Accounting convention and assessment of going concern**
   The accounts have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with Financial Reporting Standard FRS102 applicable in the UK and the Charities Act 2011.

   Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated.

   The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

   b. **Accruals basis**
   Accounts have been prepared on the accruals accounting basis.

   c. **Income**
   Donations and other income are accounted for when received. Membership subscriptions are accounted for on the basis of the period covered by the subscription.

   d. **Expenditure**
   All expenditure is accounted for on the accruals basis and is matched to the period to which it relates.

   e. **Irrecoverable VAT**
   The charity is not registered for value added tax and cannot recover the VAT suffered on its costs.

		2025	2024
2.	**Income - donations and legacies**		
	Donations	**£80**	**£398**
3.	**Income from charitable activities**		
	Conference fees, training days and workshops	24,391	38,961
	Online training	9,000	5,800
	Membership subscriptions	18,400	23,994
		£51,791	**£68,755**
4.	**Charitable activities expenditure**		
	Conference, training days and workshop costs	24,050	34,150
	Online training	11,117	6,054
	Contractor fees	34,340	32,870
		£69,507	**£73,074**
5.	**Governance costs**		
	Examiner fees	855	840
	IT Costs including project costs	8,227	3,173
	General costs	1,773	1,964
		£10,855	**£5,977**

6. **Information concerning the trustees**
None of the trustees received any remuneration for their services to the society (2024: £nil), nor did they claim any expenses.

7. **Related party transactions**
There have been no related party transactions during the year.

8. **Taxation**
The charity is exempt from income tax as all income is generated for charitable purposes.

THE BRITISH SOCIETY FOR ECOLOGICAL MEDICINE
Detailed Income and Expenditure Account
For the year ended 31st December 2025

		2025		2024
	£	£	£	£
INCOME				
Membership Subscriptions		18,400		23,994
Training Income	16,561		9,610	
Online Training Income	9,000		5,800	
Workshop Income	7,730		4,795	
Conference Income	100		24,541	
Sundry Training Income	-		15	
		33,391		44,761
Other Income - Donations		80		398
- Interest received		2,698		3,279
Total Income		54,569		72,432

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Detailed Income and Expenditure Account
For the year ended 31st December 2025

EXPENDITURE		2025		2024
	£	£	£	£
Training Workshops and Conferences				
Training Costs	15,460		10,763	
Online Training Costs	11,117		6,054	
Workshop costs	5,829		3,319	
Conference Costs	146		18,726	
Project Costs	2,615		1,342	
		35,167		40,204
Office Costs				
Contractors' fees		34,340		32,870
Other Costs				
Accounting	855		840	
Bank and Card Charges	941		1,178	
Marketing Costs	0		350	
IT Systems including project costs	8,227		3,173	
Gifts	574		-	
Postage and Printing	75		98	
Subscriptions and Fees	133		338	
Other Expenses	50		-	
		10,855		5,977
		80,362		79,051
(Excess of expenditure) over income for the year		**£(25,793)**		**£(6,619)**