Charity number: 1094788

Pregnancy Sickness Support

Trustees' annual report and financial statements

For the year ended 31st December 2025

Compass Accountants
Venture House
The Tanneries
East Street
Titchfield
Hampshire
PO14 4AR

Contents

PREGNANCY SICKNESS SUPPORT

Legal and administrative information

Charity number	1094788
Principal address	Arena Business Centre 25 Barnes Wallis Road Fareham Hampshire PO15 5TT
Trustees	Dr S Zafar – Chairperson Dr M O'Hara C J Reyner
Accountants	Compass Accountants Limited Venture House The Tanneries East Street Titchfield Hampshire PO14 4AR
Independent examiner	Kerry Lawrance FCA
Bankers	Lloyds Bank PLC 25 Gresham Street London EC2V 7HN CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Mailing Kent ME19 4JQ

Chairperson's statement for the year ended 31st December 2025

As Chair of Pregnancy Sickness Support (PSS), I am pleased to present this year's financial report and reflect on another year of significant progress for our charity in 2025.

Despite a challenging financial environment for charities across the UK, we have remained financially responsible whilst continuing to invest in services for those affected by pregnancy sickness and Hyperemesis Gravidarum (HG), supporting research, education, advocacy and policy influence that make the greatest difference to those living with pregnancy sickness and HG. Every decision made by the Board has been guided by our charitable mission: ensuring that people affected by pregnancy sickness and HG can access effective care, treatment and support, wherever they live in the UK.

Throughout 2025, we have carefully managed our resources to maximise impact. Income received through grants (including the National Lottery and Boots), fundraising, donations and partnerships has enabled us to continue delivering our core support services while expanding our counselling services for mental health support, healthcare professional education, policy influencing, research collaborations and public awareness. We have also invested in strengthening the charity's long-term sustainability by improving our systems, governance and strategic partnerships.

In 2025, we worked with MPs and Baroness Merron (Parliamentary Under-Secretary of State at the Department of Health & Social Care) to help rejuvenate the Women's Health Strategy, ensure HG is included within the National Maternity & Neonatal Safety Investigation, and continue campaigning to end the postcode lottery for access to anti-emetic (anti-sickness) medication. Our advocacy focused particularly on improving access to Xonvea so that women across the country can receive appropriate treatment regardless of where they live. This important policy work required direct engagement at Parliamentary level, with PSS's meeting with MPs being featured by ITV News. It represents another landmark in the charity's long history of influencing change. Since PSS was founded in 2002, our advocacy has helped improve awareness and understanding of HG amongst healthcare professionals, the public and Parliament alike. Alongside this work, PSS continued campaigning for Xonvea to be included on all ICB formularies across the UK.

In early 2025, ITV News featured PSS's work highlighting the mental health impact of HG, with our social media content being viewed over 250,000 times. We launched a petition calling for improved funding for both the physical and mental health treatment of HG, including referral to mental health support services within two weeks of diagnosis. The petition attracted over 11,500 signatures, while our HG Mental Health Campaign raised more than £16,000.

To support research, PSS announced a partnership with NGM Bio Pharmaceuticals on a clinical trial investigating a potential new drug treatment for HG. To support education, we delivered midwifery training at four universities. During the year, PSS supported 2,441 new helpline contacts, including 104 partners and carers. We trained 867 healthcare professionals, delivered 506 counselling sessions, created 486 peer support matches through our 311 trained volunteers, welcomed 64 participants to our virtual support groups, and saw more than 50,000 people access our website, generating over 7 million social media impressions.

These figures demonstrate both the scale and depth of our work. For many people living with HG, speaking to someone with lived experience is far more accessible than searching online, particularly when screen use can worsen symptoms. Initial helpline contacts often become the gateway to our wider services, including peer support, counselling (506 counselling sessions) and support groups. Our peer support matches are intensive interventions, typically lasting eight to nine months with multiple contacts each week, while counselling provides specialist support for those experiencing more complex mental health needs. Training healthcare professionals extends our impact far beyond those we directly support, helping improve care for thousands more families.

Chairperson's statement for the year ended 31st December 2025

To deliver these services, our CEO is supported by a dedicated staff team of seven: Community Engagement Manager, Volunteer Manager, Helpline & Support Manager, Marketing Manager, Helpline Operator, Support & Fundraising Coordinator, and Head of Counselling. Our counselling service is further supported by eight bank counsellors who provide services on an as-needed basis for both self-funded clients and those whose counselling is fully or partially funded by PSS. The CEO is also supported by eight Trustees who make up the Board of Pregnancy Sickness Support.

In 2025 our unrestricted income was £215,678 and end of December 2025 a healthy balance remained at £268,050. We maintained a healthy flow of fundraising and are grateful to the Lottery Fund that has helped us achieve our goals.

Our financial decisions are reflected in the impact achieved throughout the year. We supported thousands of individuals and families through our helpline, peer support and counselling services, launched new education programmes for healthcare professionals, strengthened research partnerships and continued to campaign for better recognition and treatment of HG at both a national and Parliamentary level. None of these achievements would have been possible without the generosity of our donors, funders and supporters, and the extraordinary dedication of our volunteers, ambassadors, staff and trustees.

I would like to extend my sincere thanks to everyone who has supported Pregnancy Sickness Support this year. Whether through fundraising, volunteering, professional expertise, lived experience, corporate partnerships or financial contributions, every person has played a part in helping us improve the lives of families affected by HG. Thank you to our esteemed donors, supporters and valued funders, including the National Lottery, Gallagher, Boots, the Big Give Campaign, and all our incredible fundraisers for your continued trust and support.

The Board remains committed to ensuring that every pound entrusted to the charity is used wisely and to further our charitable objectives. While we recognise the financial pressures facing the voluntary sector, we are confident that the steps taken this year have strengthened the charity and positioned us well for the future.

Looking ahead, we will continue to build on this year's achievements by expanding access to support, strengthening our research and policy work, improving healthcare professional education and ensuring that the voices of those affected by HG and pregnancy sickness remain at the heart of everything we do.

On behalf of the Board of Trustees, thank you for your continued trust and support.

S. Zafar

…………………………………………………………….
Dr S Zafar
Chair of Trustees

Date: 06-08-2026

Report of the trustees for the year ended 31st December 2025

The trustees present their annual report and financial statements for the year ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) 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)" (effective 1 January 2019).

Objectives and activities
The charity's objects are:
1. for the advancement of education with regards to sickness in pregnancy, and
2. to relieve sickness by giving advisory or other services to those who need support due to sickness in pregnancy.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance
Explanation of the achievements and performance of the charity in the year is detailed in the Chairperson's report.

Financial review
Income for the period amounted to £284,140 (2024: £220,126), of which £68,462 (2024: £134,930) was restricted income received in relation to the National Lottery. Charitable expenditure amounted to £289,842 (2024: £323,920), of which £153,898 (2024: £168,914) was restricted expenditure. The majority of the charity's expenditure continued to be staffing costs, which were £213,898 (2024: £220,471).

The net movement in funds for the period amounted to a deficit of £5,702 (2024: deficit of £103,794).

The charity's balance sheet as detailed on page 9 shows a satisfactory position with funds amounting to £276,151 (2024: £281,853).

Reserves policy
It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

At 31 December 2025, the level of free reserves was £275,148 (2024: 194,198), equivalent to 6 months (2024: 6 months) of recurring expenditure.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Plans for the future
Pregnancy Sickness Support (PSS) has outlined several strategic plans to advance its mission of supporting individuals affected by pregnancy sickness and hyperemesis gravidarum (HG). The charity aims to enhance its services by expanding its volunteer network to enable us to offer a diverse background of volunteers for our service users.

Additionally, PSS is focused on increasing its research efforts to better understand HG and its impact, partnering with stakeholders outside of the third sector to enable us to better recognise trends, rank treatment and care services in the UK and pre-empt future issues that may arise which will have an impact on our service users.

PSS will continue to push for standardised care guidelines across all hospital trusts. We are improving the accessibility of our HG Education Program and continuing to do live sessions with top consultants in the field ensuring that individuals with HG receive consistent and high-quality care.

The charity is also set to enhance its digital presence and community engagement through advanced marketing strategies, increasing awareness and education about HG through different mediums.

Expanding our mental health support services, to offer a diverse network of counsellors, is another key focus, recognising the significant psychological impact of the condition.

Furthermore, PSS is committed to strengthening its fundraising efforts to ensure long-term sustainability and the ability to support more individuals. By advocating for policy changes, fostering research collaborations, and bolstering community support, PSS aims to significantly improve the lives of those affected by pregnancy sickness and hyperemesis gravidarum.

Structure, governance and management

The charity is controlled by its governing document, a deed of trust registered 27 November 2002, and constitutes an unincorporated charity.

The trustees who served during the year and up to the date of signature of the financial statements are shown on page 1.

There shall be at least three trustees. Future trustees shall be appointed by resolution of the trustees passed at a special meeting.

In selecting persons to be appointed as trustees, the trustees shall take into account the benefits of appointing a person who is able by virtue of their personal or professional qualifications to make a contribution to the pursuits of the objects or management of the charity.

The charity adopts The Governance Code and utilises the Code to ensure that it stays up to date with compliance, legal framework and relevant legislation.

Statement of trustees' responsibilities for the year ended 31st December 2025

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).

Charity 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 charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP FRS 102 (2019);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper 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 Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

S. Zafar

………………………………………………………….
Dr S Zafar
Chair of Trustees

Date: 06-08-2026

Independent Examiner's Report to the Trustees of Pregnancy Sickness Support

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st December 2025 which are set out on pages 8 to 17.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the 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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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

…………………………..
Kerry Lawrance FCA

Date: 7th August 2026

Compass Accountants Limited
Venture House, The Tanneries
East Street, Titchfield, Hants.
PO14 4AR

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31st December 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total £	Unrestricted funds £	Restricted funds £	2024 Total £
Income from:							
Donations and Legacies	3	211,101	68,462	279,563	80,864	134,930	215,794
Investment income	4	4,577	-	4,577	4,332	-	4,332
Total income		215,678	68,462	284,140	85,196	134,930	220,126
Expenditure on:							
Raising funds	5	21,365	-	21,365	21,768	-	21,768
Charitable activities	6	114,579	153,898	268,477	133,238	168,914	302,152
Total expenditure		135,944	153,898	289,842	155,006	168,914	323,920
Net income/(expenditure)		79,734	(85,436)	240	(69,810)	(33,984)	(103,794)
Transfer between funds		-	-	-	-	-	-
Net movement in funds		79,734	(85,436)	(5,702)	(69,810)	(33,984)	(103,794)
Reconciliation of funds:							
Total funds brought forward		196,417	85,436	281,853	266,227	119,420	385,647
Total funds carried forward		276,151	-	276,151	196,417	85,436	281,853

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

All income and expenditure derive from continuing activities.

Balance Sheet

As at 31st December 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	11		1,003		2,219
			1,003		2,219
Current assets					
Debtors	12	1,233		1,316	
Cash at bank and in hand		282,267		284,614	
		283,500		285,930	
Creditors: amounts falling due within one year	13	(8,352)		(6,296)	
Net current assets			275,148		279,634
Total assets less current liabilities			276,151		281,853
Funds	15				
Restricted funds	16		-		85,436
Unrestricted funds			276,151		196,417
Total funds			276,151		281,853

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

Dr S Zafar
Chair of Trustees

Date: 06-08-2026

The notes on pages 8 to 18 form an integral part of these financial statements

Notes to the financial statements
for the year ended 31st December 2025

1 Accounting policies

1.1. Charity information

Pregnancy Sickness Support is an unincorporated charity, governed by trust deed dated 27 November 2002. The principle office address is 25 Barnes Wallis Road, Fareham, Hampshire, PO15 5TT.

The principal objectives of the charity are detailed in the Trustees report.

1.2. Basis of accounting

The financial statements have been prepared in accordance with the charity's governing document, the Charites Act 2011, the Charities and Trustee Investment (Scotland) Act 2005, The Charites Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charies SORP "Accounting and reporting by charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 209). The charity is a Public Benefit Entity as defined in FRS 102.

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

Financial statements have been prepared under the historical cost convention. The principle accounting policies adopted are set out below.

1.3. Going concern

At the time of approving the financial statements, 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 financial statements.

1.4. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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

1.5. 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.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds on covenant is recognised at the time of donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is unknown, the legacy is treated as a contingent asset.

Investment income is recognised once received.

1.6. Resources expended

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the assets use.

1.7. Tangible fixed assets and depreciation

Tangible fixed assets with a cost or value greater than £100 and a useful life exceeding one year are stated at cost less accumulated depreciation. Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures and fittings	-	25% straight line
Computer equipment	-	25% straight line

1.8. 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 of those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9. Cash and cash equivalents

Cash and cash equivalents include cash in hand and 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.

1.10. Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS102 to all of its financial instruments.

Financial instruments are recognised in the charities balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried out at amortised cost using effective interest methos unless the arrangement constitutes a financial transaction, where the transaction is measured at the present value of the future receipts discounted at the market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Borrowings consist wholly of public benefit concessionary loan. Public benefit concessionary loans are loans received between a public benefit entity and another party at below the prevailing market rate of interest and that rate not repayable on demand are for the purposes of furthering the objectives of the public benefit entity. The accounting treatment of concessionary loans is to initially measure these arrangements at the amount received or paid and recognise them in the statement of financial position. Subsequent years, the carrying amount of concessionary loans in the financial statements shall be adjusted to reflect any accrued interest payable or receivable.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Notes to the financial statements
for the year ended 31st December 2025

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 considered to be 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.

Key sources of estimation uncertainty

The estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities are as follows:

Estimated useful lives of tangible fixed assets

In determining the estimated useful life the charity considers the expected physical wear and tear of the asset that could lead to obsolescence of the asset. Each year the charity reviews the above to establish if there is any change in the expected useful life of tangible assets.

3. Donations

	Unrestricted funds	Restricted funds	2025 Total	2024 Total
	£	£	£	£
Donations and Gifts	195,101	-	195,101	52,387
Grants from other charities	16,000	68,462	84,462	163,407
	211,101	68,462	279,563	215,794

For the year ended 31st December 2024 the Charity received restricted donations of £134,930 and unrestricted donations of £80,864.

4. Investment income

	Unrestricted funds	2025 Total	Unrestricted funds	2024 Total
	£	£	£	£
Interest receivable	4,577	4,577	4,332	4,332

5. Raising funds

	Unrestricted funds	2025 Total	Unrestricted funds	2024 Total
	£	£	£	£
Fundraising and publicity				
Other fundraising costs	3,184	3,184	3,028	3,028
Support costs	18,181	18,181	18,740	18,740
	21,365	21,365	21,768	21,768

Notes to the financial statements
for the year ended 31st December 2025

6. Charitable activities

	Unrestricted funds	Restricted funds	2025 Total	Unrestricted funds	Restricted funds	2024 Total
	£	£	£	£	£	£
Share of support costs	41,869	153,848	195,717	44,541	157,190	201,731
Share of governance costs	72,710	50	72,760	88,697	11,724	100,421
	114,579	153,898	268,477	133,238	168,914	302,152

7. Governance and support costs

	Fundraising	Charitable activities	2025 Total	Fundraising	Charitable activities	2024 Total
	£	£	£	£	£	£
Support costs						
Staff costs	18,181	195,717	213,898	18,740	201,731	220,471
Governance costs						
Depreciation	-	1,216	1,216	-	1,686	1,686
Independent examiners fee	-	1,200	1,200	-	1,200	1,200
Accountancy	-	2,222	2,222	-	2,254	2,254
Legal and professional	-	5,153	5,153	-	12,198	12,198
Marketing and publicity	-	14,431	14,431	-	10,088	10,088
Other governance costs	-	48,538	48,538	-	72,995	72,995
	18,181	268,477	286,658	18,740	302,152	320,892

8. Net incoming resources for the year

	2025	2024
	£	£
Net incoming resources is stated after charging:		
Depreciation and other amounts written off tangible fixed assets	1,216	1,686
Auditors' remuneration	1,200	1,200
Auditors' remuneration from non-audit work	2,222	2,254

9. Employees

	2025	2024
Employment costs	£	£
Wages and salaries	199,074	204,350
Social security costs	11,204	12,393
Other Pension costs	3,620	3,728
	213,898	220,471

No employees received emoluments in the band of £60,000 - £70,000 (2024: One).

Key management personnel remuneration was as follows:

Aggregate compensation in the year was £70,308 (2024: £68,346)

Notes to the financial statements
for the year ended 31st December 2025

Number of employees

The average monthly numbers of employees during the year was as follows:

	2025 Number	2024 Number
	8	9

No trustees (or any person connected with them) received remuneration or benefits during the year or were reimbursed for any expenditure.

10. 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 objects.

11. Tangible fixed assets

	Fixtures and fittings	Computer Equipment	Total
	£	£	£
Cost			
At 1st January 2025	1,436	6,369	7,805
Additions	-	-	-
Disposals	-	-	-
At 31st December 2025	1,436	6,369	7,805
Depreciation			
At 1st January 2025	1,369	4,217	5,586
Charge for the year	67	1,149	1,216
Eliminated in respect of disposals	-	-	-
At 31st December 2025	1,436	5,366	6,802
Net book values			
At 31st December 2025	-	1,003	1,003
At 31st December 2024	67	2,152	2,219

All tangible fixed assets are held and used for direct charitable purposes.

12. Debtors

	2025	2024
	£	£
Trade Debtors	431	430
Prepayments and accrued income	802	886
	1,233	1,316

Notes to the financial statements
for the year ended 31st December 2025

13. Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxes and social security	4,923	3,956
Trade creditors	237	-
Accruals and deferred income	2,390	2,340
Other creditors	802	-
	8,352	6,296

14. Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to the profit or loss in respect of defined contribution schemes was £3,620 (2024: £3,728).

15. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Fund balances at 31 December 2025 as represented by:			
Tangible fixed assets	1,003	-	1,003
Current assets/(liabilities)	275,148	-	275,148
	276,151	-	276,151

	Unrestricted Funds	Restricted funds	Total funds
	£	£	£
Fund balances at 31 December 2024 as represented by:			
Tangible fixed assets	2,219	-	2,219
Current assets/(liabilities)	194,198	85,436	279,634
	196,417	85,436	281,853

Notes to the financial statements
for the year ended 31st December 2025

16. Restricted funds

The restricted funds of the charity comprise of the unexpected balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025	Incoming resources	Outgoing resources	At 31 December 2025
	£	£	£	£
The National Lottery Community Fund – RC England Wide	15,635	68,462	(84,097)	-
Office manager fund	50,730	-	(50,730)	-
Upgrading the PSS Peer Support Network	8,151	-	(8,151)	-
Improving the mental health of HG Sufferers	3,234	-	(3,234)	-
Improving treatment pathways for women with HG	7,686	-	(7,686)	-
	85,436	68,462	(153,898)	-

	At 1 January 2024	Incoming resources	Outgoing resources	At 31 December 2024
	£	£	£	£
The National Lottery Community Fund – RC England Wide	-	134,930	(119,295)	15,635
Office manager fund	77,275	-	(26,545)	50,730
Upgrading the PSS Peer Support Network	9,201	-	(1,050)	8,151
Improving the mental health of HG Sufferers	15,400	-	(12,166)	3,234
Improving treatment pathways for women with HG	17,544	-	(9,858)	7,686
	119,420	134,930	(168,914)	85,436

Purposes of restricted funds

The National Lottery Community Fund – The project aims to improve mental health and physical wellbeing of those whose pregnancies are complicated by severe pregnancy sickness and HG. Increasing capacity for information and support provision will directly benefit 10,500 individuals across England enabling them to come to terms with their own experience of the condition and rebuild their self-confidence thereby reducing their social isolation. Volunteers will benefit through a sense of belonging to the HG community, validation of their personal journey with HG, and further opportunities to increase skill sets which may help career development.

Office manager fund – Donation to recruit an office/operations manager and pay for one year’s salary.

Upgrading the PSS Peer Support Network – Pregnancy sickness support are aiming to raise funds to expand and enrich our peer support network, enabling us to provide much needed support to more women and people affected by Nausea and Vomiting in pregnancy (NVP) and the severe form of the condition, Hyperemesis Gravadrium (HG).

Improving the mental health of HG sufferers – Hyperemesis Gravidarum (HG) is a debilitating and isolating condition which has a detrimental impact on the sufferer’s mental health. Pregnancy Sickness Support are raising vital funds to be able to provide accessible services to improve the sufferers mental health (MH) during pregnancy and beyond.

Improving treatment pathways for women with HG – 1-3% of all pregnancies are Hyperemesis Gravidarum (HG) pregnancies. So why are seriously ill women still being told by medical professionals to try eating ginger rather than providing safe and effective treatment options? We are raising fund to improve knowledge of healthcare professionals.

18. Related Party Transactions

During the year the charity received no donations from any Trustees (2024: £Nil).