



ANNUAL REPORT

& FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2025
SCIO SCOTTISH CHARITY NO - SC045995

2024-25
EDITION



WOULD LIKE TO SAY A

HUGE

thank you 😊

**TO EVERYONE WHO
SUPPORTED US THIS YEAR**

WE COULDN'T DO THIS WITHOUT YOU.



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The trustees have pleasure in presenting their report together with the financial statements and the independent examiner's report for the year ended 30 September 2025.

CHARITY NAME

PTSD UK

CHARITY NUMBER

SC045995

ADDRESS

PTSD UK, 83 Princes Street, Edinburgh EH2 2ER

TYPE OF GOVERNING DOCUMENT

PTSD UK is a Scottish Charitable Incorporate Organisation (SCIO).

The individuals who signed the charity trustee declaration forms, which accompanied the application for incorporation of the organisation, have been appointed as charity trustees with effect from the date of incorporation of the organisation. The charity has retained all these self-appointed trustees at present.

We have no connections to any other body at present.

CONSTITUTION

PTSD UK is a Scottish Charitable Incorporated Organisation (SCIO). It is governed by its constitution. PTSD UK was formed upon registration with the Office of the Scottish Charity Regulator (OSCR) on 21st September 2015. It is a single tier structure where the trustees are the members of the charity.

TRUSTEE RECRUITMENT AND APPOINTMENT

During this reporting period, there were no changes to the Board of Trustees. The existing trustees have continued to work effectively and collaboratively, providing strong, consistent governance and oversight to support PTSD UK's strategic direction and charitable objectives.

PTSD UK's constitution stipulates that the Board must consist of a minimum of three and a maximum of ten trustees. Trustees are appointed either through nomination by PTSD UK or based on their skills, knowledge, and experience, ensuring the Board has the expertise required to govern the charity effectively and in the best interests of the people we support.

The current Board benefits from a strong and complementary skills mix, enabling informed decision-making, appropriate challenge, and collective responsibility. Trustees work constructively together and with the executive team, maintaining clear separation between governance and operational delivery.

In line with our Equality, Diversity and Inclusion (EDI) strategy, the Board recognises the importance of continuing to broaden the diversity of trustee experience. While the Board has a solid skills base, we are committed to strengthening representation from a wider range of cultures, backgrounds, and lived experiences, to better reflect the communities we serve and to enrich governance through diverse perspectives.

Looking ahead to the next reporting year, the Trustees expect to undertake trustee recruitment and actively seek to increase the diversity of the Board, ensuring future appointments further strengthen both representation and governance effectiveness.

The trustees are responsible for the governance of the organisation. The trustees are aware of their responsibilities for Health and Safety and a safeguarding policy is in place. The organisation holds comprehensive insurance.

The Trustees remain committed to robust, transparent, and effective governance, ensuring that PTSD UK continues to operate responsibly, sustainably, and with compassion for all those affected by PTSD and C-PTSD.

	OFFICE (IF ANY)	DATES ACTED	NAME OF PERSON (OR BODY) ENTITLED TO APPOINT TRUSTEE (IF ANY)
SARAH WARDLAW	n/a	Full year	n/a
SUSAN WAUGH	n/a	Full year	n/a
NOELLE COBDEN	n/a	Full year	n/a
IAIN OPRAY	n/a	Full year	n/a
SHAUNA CUNNINGHAM	n/a	Full year	n/a



OBJECTIVES AND ACTIVITIES

CHARITABLE PURPOSES

The advancement of education in the UK regarding Post Traumatic Stress Disorder (PTSD).

SUMMARY OF THE MAIN ACTIVITIES IN RELATION TO THESE OBJECTIVES

Throughout the period from 1 October 2024 to 30 September 2025, PTSD UK has remained firmly committed to its core purpose: increasing awareness and understanding of Post Traumatic Stress Disorder and Complex PTSD, and ensuring that people affected can access clear, compassionate, and trustworthy support through information.

The charity has continued to experience steady and sustained growth in income, reflecting ongoing public trust in our work and the relevance of our mission. However, this growth has taken place alongside a significant increase in demand for support, particularly through our support inbox and direct requests for information, guidance, and signposting. This rising demand clearly demonstrates both the scale of unmet need and the growing visibility of PTSD UK as a trusted source of help.

During the year, the wider grant and funding landscape has remained extremely challenging, with increased competition and reduced availability of funding across the charity sector. Despite this, PTSD UK has continued to operate responsibly and strategically, balancing growth with careful financial stewardship.

A key development this year was the decision to expand staff capacity, with Tom joining the organisation on a freelance basis. This marked an important step forward for PTSD UK, providing additional resource, skills, and time capacity, and helping to better support existing staff who continue to work at full stretch. While this investment increased operational costs, it has strengthened the charity's ability to respond to demand, progress projects, and operate more sustainably.

PTSD UK's work during the year has continued to centre on psychoeducation, awareness-raising, advocacy, and practical support. Our website and resources have remained widely used by people with lived experience, healthcare professionals, emergency services, therapists, and other organisations, reinforcing our role as a trusted and accessible source of trauma-informed information.

A notable focus during the year has been on listening to lived experience and amplifying voices that are often unheard. This has included ongoing research, consultation, and evidence-gathering work to inform policy discussions and public understanding, alongside continued collaboration with partners and stakeholders across health, media, and trauma-informed practice.

The charity's small team continues to operate with purpose, professionalism, and deep commitment, despite increasing workload and complexity. While capacity remains stretched, the team's shared values, lived experience, and clarity of

mission ensure that work remains impactful and grounded in the real needs of people affected by PTSD and C-PTSD.

None of this work would be possible without the continued support of our fundraisers, donors, partners, and wider community. Many supporters engage with PTSD UK not only to give, but as part of their own healing journeys, and the charity remains committed to ensuring they feel valued, respected, and supported.

The Trustees continue to monitor key risks, including funding uncertainty, increasing demand, and organisational capacity, and take these into account when making strategic and operational decisions.

Overall, this year has been one of consolidation and progression—strengthening foundations, responding to growing demand, and continuing to build influence in a challenging external environment. PTSD UK enters the next year with a clear understanding of both the need for its work and the responsibility that comes with continued growth.

KEY ACHIEVEMENTS (2024/25)

These activities and achievements directly support the charity's educational purpose by improving understanding of PTSD and C-PTSD, empowering people with knowledge, and influencing trauma-informed practice across multiple sectors.

- **Responded to growing demand for trauma-informed support and information**, with a substantial increase in direct enquiries via the PTSD UK support inbox and requests for guidance, resources, and signposting. This rising demand reflects both increased awareness of PTSD and C-PTSD and the continued lack of accessible specialist support elsewhere, reinforcing PTSD UK's role as a trusted point of contact for people affected, their families, and professionals.
- **Maintained and extended national reach and visibility**, with hundreds of thousands of people accessing PTSD UK's website and resources, and millions reached through social media. This ensured widespread access to clear, evidence-informed information about the causes, symptoms, and treatments of PTSD and C-PTSD for both the public and professionals.
- **Delivered and sustained a wide range of practical, tangible resources** to support day-to-day recovery and support, including trauma-informed tools such as the Emotions Wheel, Ink & Insight Pack, Symptom Tracker, Safety Plan Worksheet, Rememberings Flashcards, and Communication Cards. These resources continued to be provided free or on a pay-as-you-can basis, reducing financial barriers to support and increasing accessibility.
- **Worked in partnership with the Hidden Disabilities Sunflower Scheme** to co-create PTSD and C-PTSD-specific Sunflower cards, providing a discreet and effective way for people to communicate their needs in public spaces. These were developed using direct input from people with lived experience and are now available internationally, supporting safety, understanding, and inclusion for people affected by trauma.

- **Played a significant role in shaping public understanding** of PTSD and C-PTSD through mainstream media, most notably through close collaboration with Coronation Street. PTSD UK worked directly with writers and production teams to support an accurate, sensitive, and non-stereotypical portrayal of PTSD, helping millions of viewers better understand the condition and its impact on daily life and recovery.
- **Strengthened PTSD UK's standing within the national and international trauma field**, including building relationships with leading trauma clinicians and researchers. A key milestone during the year was engagement with internationally recognised trauma experts including Bessel van der Kolk, Richard Schwartz, and Dan Siegel. These connections reflect growing recognition of PTSD UK as a credible, evidence-informed organisation grounded in lived experience, and open the door to future collaboration and learning.
- **Invested in workforce development and access to effective treatments** through the provision of fully funded yoga therapy training scholarships in partnership with The Mindful Institute. These scholarships support practitioners to deliver trauma-informed, body-based approaches to PTSD and C-PTSD, expanding access to effective therapies and creating wider community benefit.
- **Launched the PTSD UK Alliance**, a new initiative designed to bring together organisations, professionals, and partners working with people at higher risk of PTSD and C-PTSD. The Alliance provides a collaborative platform to share knowledge, improve trauma-informed practice, and strengthen collective impact, supporting PTSD UK's strategic aim of influencing systems and improving outcomes beyond direct service provision.
- **Launched the PTSD UK Academy**, creating a dedicated space for education, training, and knowledge-sharing to support trauma-informed understanding and practice. The Academy has been developed to strengthen learning opportunities, support professionals and organisations, and contribute to longer-term sustainability by diversifying how PTSD UK delivers impact and expertise.
- **Advanced evidence-based research and advocacy**, including continued development of a first-of-its-kind study into body-based therapies for PTSD and C-PTSD. This work strengthened the evidence base around effective treatments, highlighted barriers to access, and laid the foundations for larger-scale academic and policy-relevant research partnerships.
- **Strengthened influence on national healthcare guidance** through ongoing involvement as a stakeholder in NICE guideline development across a wide range of clinical areas. This work supports improved screening, recognition, and trauma-informed care for people affected by PTSD and C-PTSD, including in services not traditionally associated with trauma.
- **Continued to challenge stigma and misinformation**, actively addressing inappropriate language and harmful narratives around PTSD and C-PTSD in public discourse. This advocacy contributed to improved awareness, increased media sensitivity, and greater confidence among people affected to seek support and speak openly about their experiences.

- **Invested in organisational capacity** through the addition of freelance support, strengthening the charity's ability to manage increasing demand, progress complex projects, and support staff wellbeing. While this increased operating costs, it represented an important step towards more sustainable delivery within a small but highly committed team.
- **Operated responsibly in a challenging funding environment**, achieving steady, continuous income growth despite a highly competitive grants and funding landscape, while maintaining a strong focus on impact, accountability, and long-term sustainability.

LOOKING FORWARD

As PTSD UK looks ahead to the coming year, the Trustees' focus is firmly on strengthening the charity's foundations to ensure long-term sustainability, resilience, and impact. Having experienced continued growth in reach, demand, and influence, it is essential that future development is measured, well-governed, and financially responsible.

A key priority will be the continued development of the PTSD UK Academy, building on its initial launch to create a robust, high-quality platform for education, learning, and trauma-informed practice. Any expansion of the Academy will be undertaken carefully, ensuring that content, delivery, and capacity align with the charity's values, expertise, and available resources. The Academy is seen as both an impact-driven initiative and an important part of PTSD UK's longer-term sustainability.

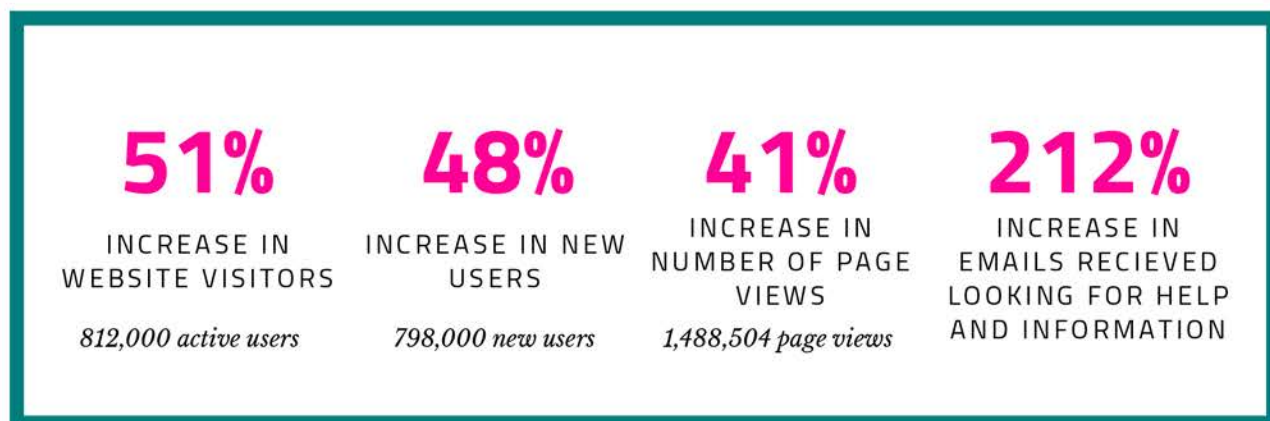
Alongside this, the charity will continue to consolidate and strengthen its existing activities, including the provision of accessible information, practical resources, advocacy, and sector engagement. The Trustees are committed to ensuring that quality, safety, and compassion remain central to all services, even as demand continues to grow.

Financial sustainability will be a key driver of all future expansion. In a challenging funding environment, any growth in services or activity will be directly linked to the availability of funding, whether through grants, partnerships, fundraising, or new income streams. The Trustees are clear that PTSD UK will not expand services beyond what can be responsibly supported, and that safeguarding the charity's long-term stability is paramount.

The charity will also continue to invest in appropriate systems, processes, and people, recognising that a small but supported team is essential to delivering high-quality work and avoiding undue pressure on staff and volunteers. Growth will therefore be paced to reflect both financial capacity and organisational wellbeing.

Looking ahead, PTSD UK remains committed to collaboration, evidence-informed practice, and listening to lived experience. By building strong foundations now, the charity aims to be well-positioned to expand its impact over time, reach more people affected by PTSD and C-PTSD, and continue contributing to meaningful, lasting change across the UK.

DIGITAL REACH AND ACCESS TO INFORMATION



During the year, PTSD UK's website continued to play a central role in delivering accessible, trauma-informed information and support. Between 1 October 2024 and 30 September 2025, the website was accessed by over 812,000 users, representing a 51% increase compared to the previous year. The number of new users increased by 48%, while the number of returning users rose by 45%, indicating both **growing awareness of PTSD UK and increasing reliance on the charity's resources over time.**

In the context of the charity sector, these figures are well above typical benchmarks for a small specialist mental health charity, where annual website usage often ranges from tens of thousands to low hundreds of thousands of users, and year-on-year growth of 5-15% is generally considered healthy. **The scale and consistency of growth experienced by PTSD UK therefore reflects both significant unmet need and strong engagement with the charity's work.**

Engagement with content also remained high. During the year, the website recorded 1,488,504 page views, representing a 41% increase compared to the previous reporting period. This growth demonstrates that **increasing numbers of people are actively engaging with PTSD UK's educational content** to better understand PTSD and C-PTSD.

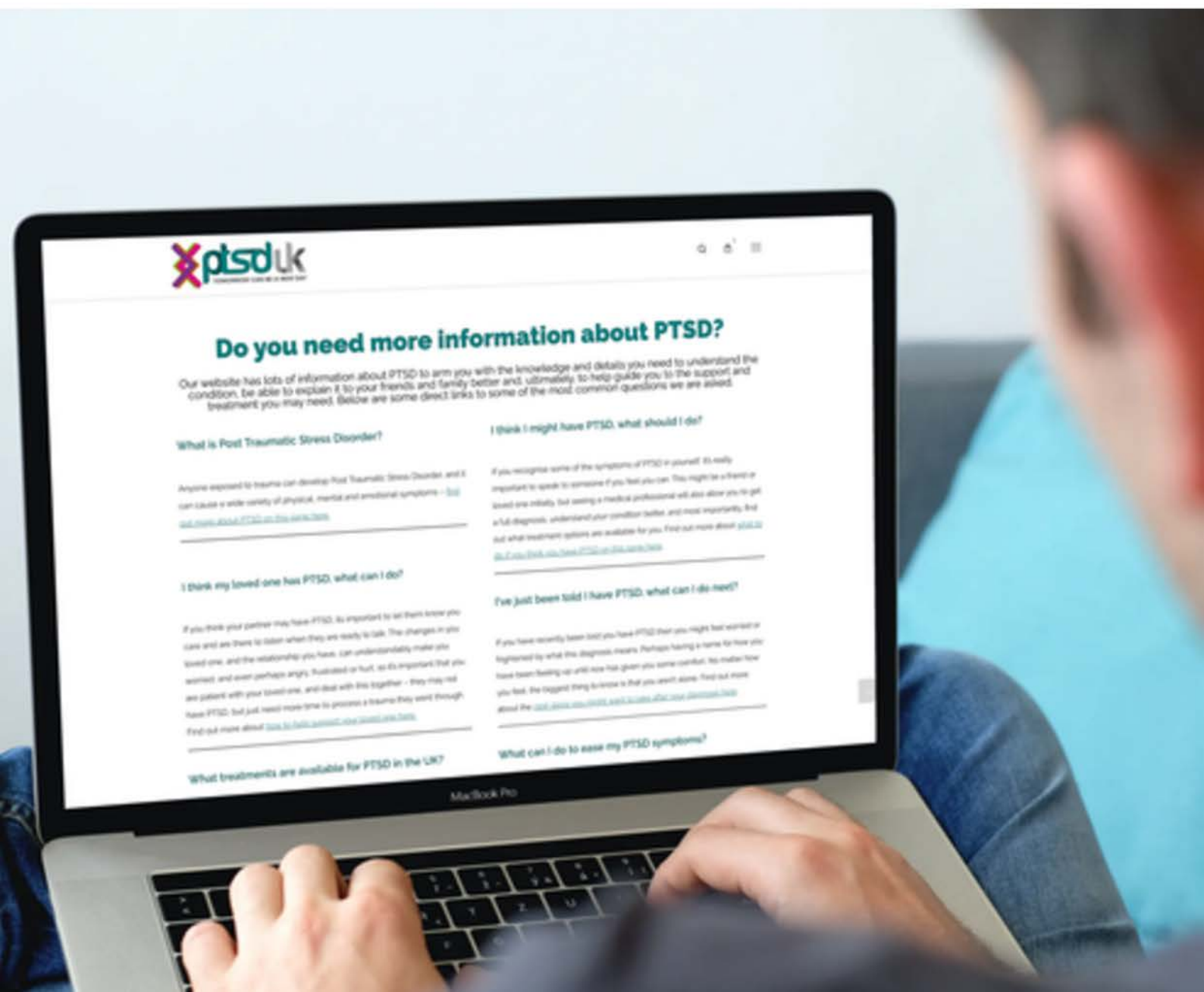
The way people are accessing PTSD UK further reinforces this **pattern of intentional help-seeking.** A significant proportion of users arrive via organic search, indicating that people are actively seeking information about PTSD and C-PTSD and finding PTSD UK as a relevant and credible source. Strong levels of direct access—where people navigate straight to the website—also suggest repeat use and **growing recognition of PTSD UK as a trusted source of information and support.**

Users viewed an average of 1.83 pages per session during the year, representing a 7% decrease compared to the previous period. The Trustees consider this in the context of the charity's role and content. Given the nature of trauma-related information seeking, this may indicate that users are finding clear, relevant answers quickly, without needing to navigate extensively across the site. This interpretation is supported by increased engagement time and repeat visits. The Trustees are also mindful that the current website structure may limit deeper navigation and have therefore identified website redevelopment as a future priority to further improve accessibility and content discovery.

Access patterns highlight the importance of digital accessibility. Approximately 65% of users accessed the website via mobile devices, with 33% via desktop and 1.6% via tablet. This reinforces the need for clear, readable, and mobile-optimised content that can be accessed easily by people seeking information and reassurance in a wide range of real-world settings, another reason the website will be updated to ensure compatibility and accessibility for all.

The most accessed pages continue to focus on psychoeducation, including understanding symptoms, physical responses to trauma, sleep disruption, hypervigilance, and the differences between PTSD and C-PTSD. This pattern closely aligns with the charity's educational objectives and demonstrates sustained demand for clear, evidence-informed explanations that help people make sense of their experiences.

While these figures exceed typical benchmarks for a charity of this size, **the Trustees view this growth not simply as a success, but as a responsibility.** Increased digital reach brings with it increased demand for accuracy, accessibility, and sustainability. As such, the Trustees remain focused on ensuring that growth is managed responsibly and that digital development is aligned with available resources and long-term resilience.



SOCIAL MEDIA ACTIVITY AND GROWTH



86,037

FOLLOWERS

4,222,162

REACH (VIEWS OF OUR CONTENT) - AN INCREASE OF 407%

83% INCREASE

IN REACTIONS, CLICKS, COMMENTS, SHARES AND SAVES ON POSTS (150,984)

37% INCREASE

IN THE NUMBER OF TIMES OUR PAGE OR PROFILE WAS VISITED.



12,047

FOLLOWERS

278,515

VIEWS OF OUR CONTENT

183,255

PEOPLE REACHED ON INSTAGRAM (INCREASE OF 81%)

100% INCREASE

IN LIKES OR REACTIONS, SAVES, COMMENTS, SHARES AND REPLIES ON OUR CONTENT.



25%

INCREASE IN TIKTOK FOLLOWERS (725 VS 580)

3%

INCREASE IN TIKTOK LIKES (1509 VS 1465)



50%

INCREASE IN LINKEDIN FOLLOWERS (409 VS 272)

Social media continues to play a supporting role in PTSD UK's work, helping to raise awareness, share educational content, and signpost people to trusted information and resources. During the reporting period, however, it is important to note that the charity has not undertaken significant proactive activity to increase social media reach or engagement.

In fact, PTSD UK has reduced the volume of content posted compared to previous years and has made **very limited use of paid promotion**. Activity has been scaled back intentionally in line with organisational capacity, ensuring that time and resources remain focused on core charitable objectives rather than platform growth.

Despite this reduced level of activity, social media reach and engagement increased substantially across platforms. On Facebook, content reach rose to 4,222,162 views, representing an increase of approximately 407% compared to the previous year. Engagement actions (including reactions, comments, shares, and saves) increased by 83%, with 150,984 interactions recorded. Visits to the charity's page or profile also increased by 37%, reflecting growing recognition and repeat interest.

For a small specialist mental health charity, this level of organic reach and growth is well above typical sector benchmarks, where social media growth of 10-25% year on year is more commonly seen, and sustained organic reach at this scale is unusual without significant paid advertising or dedicated marketing resource.

Instagram also experienced strong growth during the year, with 278,515 views of content and 183,255 people reached, representing an 81% increase. Engagement on Instagram content (including likes, comments, shares, saves, and replies) increased by 100%, despite no targeted strategy to expand activity on the platform.

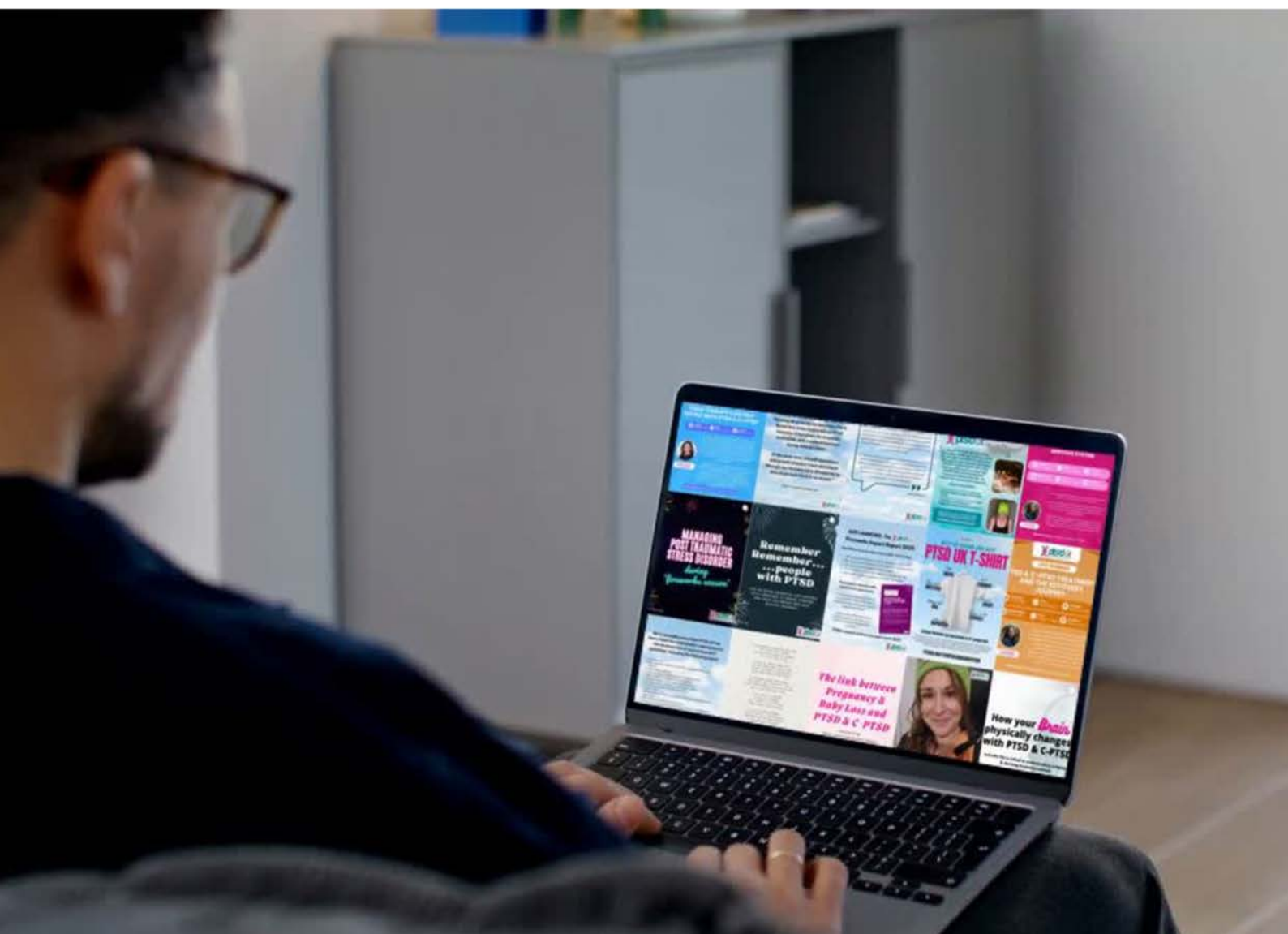
While TikTok and LinkedIn currently represent smaller channels for the charity, both platforms saw growth despite minimal activity during the year. TikTok followers increased by 25% (from 580 to 725), with likes increasing by approximately 3%.

LinkedIn followers increased by 50% (from 272 to 409). For charities with little or no dedicated platform activity, growth at this level is generally considered positive and suggests increasing interest in the charity's work among a broader range of audiences, including professionals and organisations.

Across all platforms, a defining feature of this growth has been the predominantly organic nature of engagement. The Trustees view **this as a strong indicator that PTSD UK's content is being actively sought out, shared, and valued, rather than being driven by posting frequency or advertising spend.**

The Trustees also recognise that increased visibility can lead to increased demand for information and support, including higher volumes of enquiries. Social media activity is therefore managed carefully to ensure content remains accurate, sensitive, and aligned with PTSD UK's values, and that growth is balanced with organisational capacity.

Looking ahead, social media will continue to be used selectively and proportionately, supporting awareness and signposting rather than being pursued as a primary driver of growth. Any future expansion of activity will be considered in the context of available resources and sustainability, rather than platform performance alone.



“

There have been so many times I have tried to explain how I'm feeling to friends and family and it is so difficult. **With PTSD UK, I can explain everything to them** with the help of the resources, and it is amazing! Thank you!

”

“

I think that the personal insight with specialist knowledge makes PTSD UK head and shoulders above other support available.

We have experienced a variety of specialist treatments via health professionals and all your resources echo or expand on their practice. This is reassuring, so when a new symptom or clinical option arises **I trust that PTSD UK will have trustworthy guidance to help make informed decisions about the next step.**

A recent example of this was when we were offered EMDR; I found very little information on the NHS website and a Google search referred to situations unlike our own. **A quick browse of PTSD UK and I had a detailed explanation in language which was easy to understand.** In addition I could read case studies from people who had experienced this form of therapy first hand. With this information we were able to fully engage in the process from the outset and are hoping for a positive outcome.

The PTSD UK team might be small, but they are incredibly mighty

”

“

There have been many occasions when you have shared something that hits the nail on the head, **helped me put my thoughts and feelings into words**

”



FINANCIAL REVIEW

During the year ended 30 September 2025, PTSD UK continued to be funded primarily through a combination of individual donations, income from our Supporters Store, and the fundraising efforts of our community. From sponsored challenges and endurance events to workplace and community-led fundraising, supporters once again demonstrated extraordinary commitment to our mission.

In addition to these established income streams, the charity was grateful to receive core cost funding from three trusts during the year. **We extend our sincere thanks to Allen Lane (£6,400), People's Postcode Trust (£12,800), and Foyle Foundation (£7,500).** This funding has been instrumental in supporting essential operational costs, strengthening organisational capacity, and enabling the charity to continue delivering its work in a challenging financial environment.

The charity has also begun to generate income from newly established activities, including the PTSD UK Academy and membership of the PTSD UK Alliance. While these income streams are still developing, they represent an important step towards diversifying funding sources and supporting longer-term sustainability.

As in previous years, the Trustees have continued to explore opportunities for grant and trust funding as part of a broader income diversification strategy. The wider funding landscape remains highly competitive, with increased demand for a limited pool of funding; however, the Trustees remain encouraged by progress made during the year and the strengthening of the charity's funding mix.

Throughout the year, careful attention has been given to cost control and financial stewardship, with the majority of expenditure directed towards core charitable activities. While investment in staff capacity and infrastructure has increased costs, this has been undertaken deliberately to ensure the charity can respond effectively to growing demand and operate sustainably. The Trustees remain satisfied that expenditure has been managed responsibly and in line with the charity's objectives.

The development of the PTSD UK Academy and Alliance also reflects a strategic focus on sustainability, enabling the charity to extend its impact while diversifying income in a way that aligns with its charitable purpose.

Looking ahead, the Trustees recognise that diversifying and strengthening income streams will be critical to supporting future plans and any expansion of services. Alongside continued fundraising and individual giving, PTSD UK will seek to further develop grant funding, partnerships, Academy-related income, and Alliance membership, while ensuring that growth is paced in line with available resources.

The Trustees continue to monitor the charity's financial position closely and are satisfied that PTSD UK remains financially viable, well governed, and focused on long-term sustainability.

BRIEF STATEMENT OF THE CHARITY'S POLICY ON RESERVES & DESIGNATED FUNDS

The Trustees regularly review PTSD UK's reserves policy to ensure it remains appropriate, proportionate, and aligned with the charity's current operating environment and strategic priorities.

The charity does not currently hold any designated funds. All available funds are directed towards supporting the charity's core activities and strategic priorities, in line with the Trustees' commitment to ensuring that income received is actively used to deliver impact.

PTSD UK maintains general reserves to ensure financial resilience and continuity of operations. At the end of the reporting period, the charity held reserves equivalent to approximately four months of operating costs. These reserves are intended to provide stability and safeguard the charity's ability to meet essential commitments, including staff costs, website and digital infrastructure, professional fees, and the ongoing provision of information and resources.

The Trustees consider this level of reserves to be appropriate and sufficient for the charity's current size, structure, and risk profile. **At present, there is no intention to increase the level of reserves beyond this position.** The Trustees are clear that funds raised and grants received are intended to be put to work delivering impact, rather than being accumulated unnecessarily.

This approach reflects the Trustees' aim to strike a careful balance between responsible financial management and maximising public benefit. The reserves policy will continue to be kept under regular review as the charity's activities, funding mix, and operating context evolve.

RISK MANAGEMENT

The Trustees regularly review the risks faced by PTSD UK and have established systems and processes to mitigate these where possible. Key risks during the year included increased demand for support, funding uncertainty within a challenging external environment, and capacity pressures on a small team. These risks are managed through careful financial planning, prioritisation of activity, phased development of new initiatives, and ongoing review of staffing and workload. The Trustees consider that appropriate steps are in place to manage risk proportionately and responsibly.

DECLARATION

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signed:



Sarah Wardlaw
Trustee
11 May 2026

Signed:



Susan Waugh
Trustee
11 May 2026





FINANCIAL REPORTING

Notes to the accounts - for the year ended 30 September 2025

BASIS OF ACCOUNTING

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended)

NATURE AND PURPOSE OF FUNDS

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain an unrestricted fund for the day-to-day running of PTSD UK. Currently all funds are unrestricted funds.

RELATED PARTY TRANSACTIONS

PTSD UK's insurance policy includes Trustee Indemnity Insurance for all its trustees.



FINANCIAL STATISTICS

A summary of the highlights from this years financial activity.

ALMOST
8%

INCREASE IN TOTAL INCOMING FUNDS THIS YEAR

This is based on all incoming funds including donations, fundraisers and tickets to events, and is in comparison to the previous financial year. This is a slight decrease of last years percentage increase figure of 9%.

£128,149

TOTAL INCOMING FUNDS

We're really proud and grateful that the donations have increased this year, culminating in our best ever year of incoming funds since PTSD UK's inception. Last years total was £118,857.

The generosity of our supporters is appreciated more than ever as the 'cost of living crisis' was in effect during this time. We also feel that this increase is a direct reflection of the hard work that the team have put in, and the impact that our work has on the people we support.

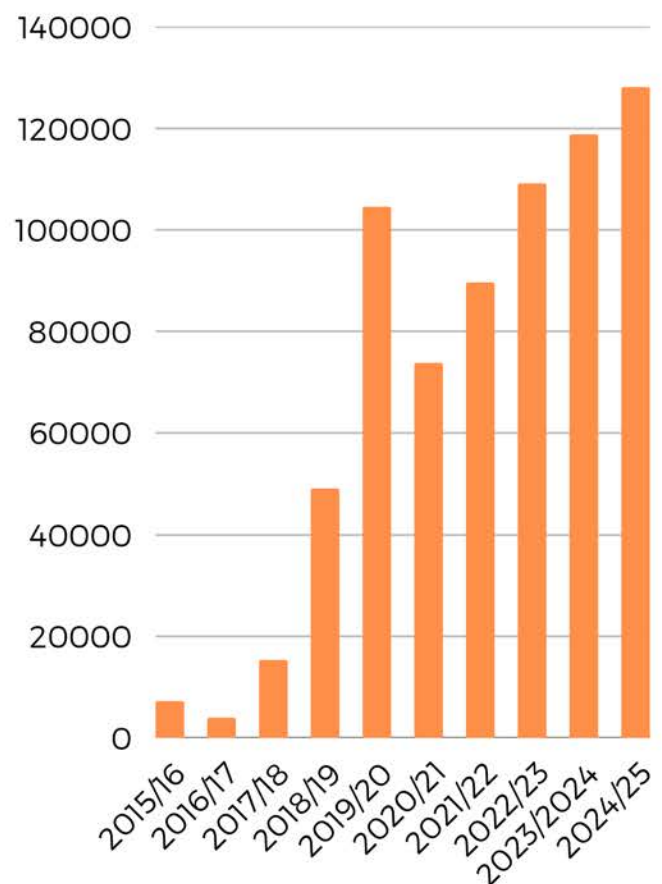


Table showing total incoming funds to PTSD UK since our inception in 2015

SUPPORTERS STORE FINANCIAL STATISTICS

A summary of the detail from this years Supporters Store financial activity.

ALMOST 20%

DECREASE IN SALES

This is compared to the last financial year

£1,004

AVERAGE MONTHLY SALES

The average last year was £1,253

£12,050

TOTAL SALES

Last years total was £15,044 so this is a small reduction in sales

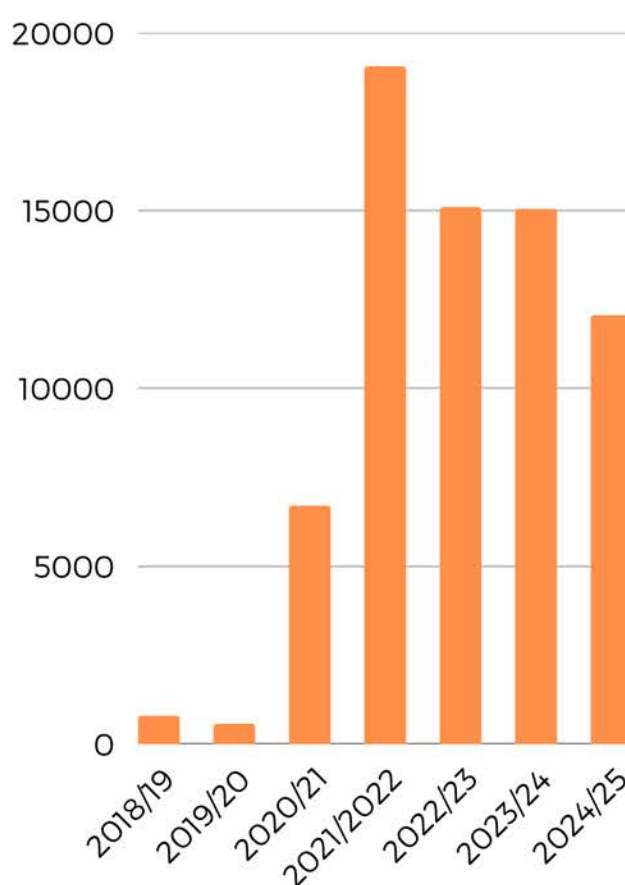


Table showing total Supporters Store profits since launch

A NOTE ON THESE DECREASED FIGURES

This year, there was less 'push' on the Supporters Store - we held a more passive approach to sales this year, to try a more varied balance between support and 'sales', however, feel that with the addition of new, more 'tangible' support items, we will begin to push the Shop items more again.

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE YEAR 01 OCTOBER 2024 TO 30 SEPTEMBER 2025

Section A: Statement of receipts and payments

	Total 2024/25	Total 2023/24
	£	£
Receipts		
Donations	2357	8039
Grants and Trusts	26700	6500
Fundraising activities	86734	88916
Supporters Store income	12050	15044
Interest from bank	307	355
TOTAL RECEIPTS	128149	118854
Payments		
Fundraising Costs	12271	3948
Charitable activities	107987	113677
Governance Costs - Independent Examination	350	350
Purchases of fixed assets	0	1001
Transfer to other charity (shared fundraising pots)	6891	0
TOTAL PAYMENTS	127499	118976
Surplus/ (Deficit) for year	650	-122

Section B: Statement of balances

	Total 2024/25	Total 2023/24
	£	£
Funds Reconciliation		
Balance as at 01 October 2024	59671	59793
Surplus /(Deficit) for the year	650	-122
Balance as at 30 September 2025	60321	59671
Bank & Cash Balances		
Cash in Bank	60321	59671
TOTALS	60321	59671
Other Assets		
Apple Laptop		1001
TOTALS		1001
Liabilities		
Independent Examination	350	350
TOTALS	350	350

1. Basis of Preparation

These accounts have been prepared on the receipts & payments basis in accordance with:

- (a) The Charities and Trustee Investment (Scotland) Act 2005
- (b) The Charities Accounts (Scotland) Regulations 2006 (as amended)

There have been no changes to the basis of preparation or to the previous year's accounts.

2. Fund Accounting

(a) Unrestricted funds are those that can be expended at the discretion of the trustees in the furtherance of the objects of the charity.

3. Taxation

- (a) The charity is not liable to income tax or capital gains tax on its charitable activities.
- (b) The charity is not registered for VAT, thus all costs are shown inclusive of VAT charged.

4. Transactions with trustees and related parties

- (a) No expenses were paid to Trustees
- (b) The charity's insurance policy includes trustee indemnity insurance cover for all of its trustees.

5. Payments relating to Charitable Activities

	Total 2024/25	Total 2023/24
	£	£
Salary Costs	-83182	-81022
Administration	-1137	-1804
Bank/paypal fees	-14	-21
Freelance/External Staff Support	-4775	-625
Staff supervision and healthcare	-350	0
Equipment	-203	-325
Travel & Accommodation	-806	-5115
Telecoms	-120	-60
Printing and Advertising	-1847	-2258
Training	-231	-1352
Merchandise/shop items	-2601	-5509
Stationery and Postage	-2165	-4547
Events	0	-2949
Software/website/platform costs	-8828	-5125
Mail forwarding and memberships	-1353	-1322
Trustee Expenses	0	-844
Yoga Scholarships	-375	
TOTALS	-107987	-112878

DECLARATION

The trustees declare that they have approved the Financial reports above.

Signed on behalf of the charity's trustees:

Signed:



Sarah Wardlaw
Trustee
11 May 2026

Signed:



Susan Waugh
Trustee
11 May 2026



PTSDuk.org

f @PTSDUKcharity

@PTSD_UK



If you'd like to
support us -
thank you!

You can find out
more information
about how to
fundraise, buy from
our online
Supporters Store or
make a **donation** on
our website.

