REGISTERED COMPANY NUMBER: 07790071 (England and Wales)
REGISTERED CHARITY NUMBER: 1144342

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

FOR

NARCOLEPSY UK

NARCOLEPSY UK

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their report and accounts for the year ended 31st December 2025, which are also prepared to meet the requirements for a Director's report and accounts for Companies House purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 2015).

During the year the charity continued to operate in a challenging external environment, with ongoing economic pressures affecting voluntary income while demand for advice, information and advocacy remained strong. The Trustees' focus throughout 2025 was therefore on maintaining core services, managing resources prudently and ensuring that the charity continued to fulfil its charitable purposes.

OBJECTIVES AND ACTIVITIES

As set out in its Articles of Association, the objectives of Narcolepsy UK are to provide relief and aid to those suffering from Narcolepsy and Idiopathic Hypersomnia. The charity supports people affected by these conditions, together with their families and carers, and works to improve understanding of their needs and their daily lives.

The principal activities undertaken during the year, consistent with previous reporting periods, included:
Providing advice, information and advocacy, particularly in relation to diagnosis, education, employment, social care and benefits.

Raising awareness and understanding of narcolepsy among the public, policymakers and professionals.

Supporting and contributing to research, education and training relating to sleep disorders.

Engaging with healthcare professionals, academic institutions, regulators and industry partners.

Delivering information through the charity's website, digital platforms and other communication channels.

LOOKING AHEAD

Looking ahead, the Trustees anticipate that demand for the charity's services will continue, alongside ongoing uncertainty in the funding environment. The Trustees' priorities remain the maintenance of core support services, careful financial management and continued engagement with stakeholders in order to support people affected by narcolepsy and idiopathic hypersomnia.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

ACHIEVEMENTS AND PERFORMANCE

Core activities

During 2025 the charity continued to deliver support in line with the Narcolepsy Charter, with an emphasis on practical, needs-based assistance. Demand for helpline support and benefits-related advice remained high, reflecting the ongoing challenges faced by people living with long?term health conditions.

Support was provided to individuals navigating the benefits system, workplace adjustments and educational settings, and guidance continued to be offered to those seeking referral for diagnosis.

Volunteers continued to make a significant contribution to the charity's work. During the year, voluntary support was particularly important in relation to digital communications and social media activity, supporting awareness-raising and engagement.

Total Voluntary hours / days 1.67k or 208 working days

Total Voluntary value of these hours £29k

We supported 140 new Personal Independence Applications, 10 Universal Credit applications and 9 New Disability Living Allowance applications (DLA relates to children only). These numbers exclude any appeals or tribunals.

Our Benefits Officer assisted both adults & children in making successful claims totalling £1.27m for Disability Living Allowance (£34.5k) & Personal Independence Payments £1.23m. Some awards may have been applied for prior to that year. All award decisions included in the total of £1.27m were made in 2025.

Our Helpline assisted 319 people across a wide spectrum of issues from people seeking understanding & empathy to those suffering from serious mental health issues, including thoughts of self-harm. We assisted with sourcing improved housing from adjustments to existing homes to actually applying for and receiving new housing. (2 homes awarded)

5 persons aided by means of liaising with Educators from Primary to University level, 96 persons presented to explaining what the Disability is and how to assist people. Quite often it is the Consultant providing a diagnosis who refers their patients to Narcolepsy UK.

During 2025 we actively assisted 45 people to obtain diagnosis by asking their GP to make a referral to a Sleep Centre, others may have decided to follow this course of action individually by using the relevant information on our website.

EXTERNAL ENGAGEMENT

The charity maintained established relationships with key external stakeholders during 2025. These included engagement with pharmaceutical companies active in the field of narcolepsy and idiopathic hypersomnia, academic and clinical education programmes, and relevant public bodies.

The charity continued to contribute a patient perspective to medical and scientific education programmes, including undergraduate and postgraduate training in sleep medicine. Ongoing engagement with the Driver and Vehicle Licensing Agency (DVLA) remained an important area of activity, both in relation to individual cases and wider policy considerations concerning driver licensing and medical conditions.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

FINANCIAL REVIEW

Financial Review and Results for the year

The Trustees have reviewed the charity's financial performance and position for the year in the context of recent trends. Income remained sensitive to wider economic conditions, while expenditure was managed carefully to prioritise service delivery.

Reserves policy and going concern

The Trustees' policy is to maintain free reserves sufficient to cover approximately six months of operating costs where practical. At 31 December 2025 the charity held unrestricted funds of £26,069, representing the free reserves available to support ongoing operations. This represented a reduction compared with the prior year, arising from an excess of expenditure over income during the period. The Trustees continued to monitor cash flow closely and to review income and expenditure on a regular basis.

In carrying out their responsibilities, the Trustees have had due regard to the Charity Commission's guidance on public benefit. The Trustees consider that the charity's activities during the year provided public benefit by improving access to information, advocacy and practical support for people affected by narcolepsy and idiopathic hypersomnia, and by contributing to greater awareness and understanding of these conditions.

The Trustees have reviewed forecasts for the forthcoming period and consider it appropriate to prepare the financial statements on a going concern basis, while continuing to keep the charity's financial position under regular review.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Narcolepsy UK is a charitable company limited by guarantee and is governed by its Memorandum and Articles of Association in accordance with the Companies Act 2006 and the Charities Act 2011.

The Board of Trustees is responsible for the overall governance and strategic direction of the charity, supported by a small staff team and volunteers.

The Trustees who served during the year are listed in the Reference and Administrative Details section of the financial statements. Trustees are appointed in accordance with the charity's governing document and are subject to retirement by rotation and reappointment where applicable. New trustees are recruited as required to ensure that the Board maintains an appropriate range of skills and experience, and new trustees receive an induction covering their legal duties and the operation of the charity.

The Trustees continued to manage succession planning during the year to support continuity and effective governance.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07790071 (England and Wales)

Registered Charity number

1144342

Registered office

Yew Tree House
The Shrubbery
Church Street
St Neots
Cambridgeshire
PE19 2BU

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2025

Trustees
T J Kavanagh
M M O'Neill Chair
Dr H Strongman
D G Brocksom

Company Secretary
Mrs N S Rule

Independent Examiner
Bradshaw Johnson
Chartered Accountants
Croft Chambers
11 Bancroft
Hitchin
Hertfordshire
SG5 1JQ

Approved by order of the board of trustees on 9th June 2026 and signed on its behalf by:

....
M M O'Neill - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NARCOLEPSY UK

Independent examiner's report to the trustees of Narcolepsy UK ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2025.

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

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

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

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

Neil Harding

Neil C Harding FCA

Bradshaw Johnson
Chartered Accountants
Croft Chambers
11 Bancroft
Hitchin
Hertfordshire
SG5 1JQ

Date: 20-8-26

NARCOLEPSY UK

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	31.12.25 Total funds £	31.12.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	43,685	5,907	49,592	62,962
Investment income	4	491	-	491	770
Total		44,176	5,907	50,083	63,732
EXPENDITURE ON					
Raising funds		792	-	792	-
Charitable activities					
Narcolepsy UK		61,781	7,875	69,656	62,086
Total		62,573	7,875	70,448	62,086
NET INCOME/(EXPENDITURE)		(18,397)	(1,968)	(20,365)	1,646
RECONCILIATION OF FUNDS					
Total funds brought forward		44,466	1,968	46,434	44,788
TOTAL FUNDS CARRIED FORWARD		26,069	-	26,069	46,434

The notes form part of these financial statements

NARCOLEPSY UK (REGISTERED NUMBER: 07790071)

STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2025

	Notes	Unrestricted fund £	Restricted fund £	31.12.25 Total funds £	31.12.24 Total funds £
FIXED ASSETS					
Tangible assets	9	1,831	-	1,831	4
CURRENT ASSETS					
Debtors	10	1,578	-	1,578	2,767
Cash at bank		24,519	-	24,519	45,361
		26,097	-	26,097	48,128
CREDITORS					
Amounts falling due within one year	11	(1,859)	-	(1,859)	(1,698)
NET CURRENT ASSETS		24,238	-	24,238	46,430
TOTAL ASSETS LESS CURRENT LIABILITIES		26,069	-	26,069	46,434
NET ASSETS		26,069	-	26,069	46,434
FUNDS	12				
Unrestricted funds				26,069	44,466
Restricted funds				-	1,968
TOTAL FUNDS				26,069	46,434

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each 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 financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 9th June, 2026 and were signed on its behalf by:

....
M M O'Neill - Trustee

The notes form part of these financial statements

1. STATEMENT OF COMPLIANCE

Narcolepsy UK is a charitable company incorporated in England. The registered office is :

Yew Tree House
The Shrubbery
Church Street
St Neots
Cambridgeshire
PE19 2BU

The charitable company's financial statements have been prepared in compliance with Charities SORP (FRS 102) as it applies to the financial statements for the year ended 31 December 2025.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Narcolepsy UK meets the definition of a public benefit entity under FRS 102.

The financial statements are presented in sterling (£).

Income
Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy in whole or in part, is only considered probably when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

Interest receivable
Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Expenditure and irrecoverable vat
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. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the costs of their associated support costs.
- Expenditure on charitable activities includes the costs of conferences and fundraising and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

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2. ACCOUNTING POLICIES - continued

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pensions
During the year, the charitable company operated a pension scheme with B&CE Holdings Ltd. Contributions payable for the year are charged in the profit and loss account.

Legal status of the charitable company
In the event of the charitable company being wound up, each Trustee (being a member of the charity) has undertaken to contribute to the assets of the charitable company such amounts as required not exceeding £1. This guarantee extends until one year after a Trustee ceases to be a member. The Trustees control the charitable company.

Debtors and prepayments
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors
Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the mount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charitable company only has financial assets and financial 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

continued...

3. DONATIONS AND LEGACIES

	31.12.25	31.12.24
	£	£
Donations	43,685	55,087
Grants	5,907	7,875
	49,592	62,962

Grants received, included in the above, are as follows:

	31.12.25	31.12.24
	£	£
Other grants	5,907	7,875

4. INVESTMENT INCOME

	31.12.25	31.12.24
	£	£
Bank interest	491	770

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.25	31.12.24
	£	£
Depreciation - owned assets	609	192

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

	31.12.25	31.12.24
	£	£
Trustees' expenses	1,202	-

7. STAFF COST

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

	31.12.25	31.12.24
Staff	3	3

No employees received emoluments in excess of £60,000.

continued...

8. 2024 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	55,087	7,875	62,962
Investment income	770	-	770
Total	55,857	7,875	63,732
EXPENDITURE ON			
Charitable activities			
Narcolepsy UK	54,211	7,875	62,086
NET INCOME	1,646	-	1,646
Transfers between funds	5,000	(5,000)	-
Net movement in funds	6,646	(5,000)	1,646
RECONCILIATION OF FUNDS			
Total funds brought forward	37,820	6,968	44,788
TOTAL FUNDS CARRIED FORWARD	44,466	1,968	46,434

9. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 January 2025	1,960
Additions	2,436
At 31 December 2025	4,396
DEPRECIATION	
At 1 January 2025	1,956
Charge for year	609
At 31 December 2025	2,565
NET BOOK VALUE	
At 31 December 2025	1,831
At 31 December 2024	4

continued...

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25 £	31.12.24 £
Prepayments	1,578	2,767

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25 £	31.12.24 £
Other creditors	1,859	1,698

12. MOVEMENT IN FUNDS

	At 1.1.25 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	44,466	(18,397)	26,069
Restricted funds			
Regional Support and other restricted funds	1,968	(1,968)	-
TOTAL FUNDS	46,434	(20,365)	26,069

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	44,176	(62,573)	(18,397)
Restricted funds			
Regional Support and other restricted funds	5,907	(7,875)	(1,968)
TOTAL FUNDS	50,083	(70,448)	(20,365)

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	37,820	1,646	5,000	44,466
Restricted funds				
Regional Support and other restricted funds	6,968	-	(5,000)	1,968
TOTAL FUNDS	44,788	1,646	-	46,434

continued...

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	55,857	(54,211)	1,646
Restricted funds			
Regional Support and other restricted funds	7,875	(7,875)	-
TOTAL FUNDS	63,732	(62,086)	1,646

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025.

14. NAMES AND PURPOSE OF FUNDS

Unrestricted funds

General
This fund reflects the accumulated surplus arising from the general activity of the charity after allocating income and expenditure to other funds where appropriate and consistent with policy of the charity.

Restricted funds

Regional Support and other restricted funds
These funds have been donated specifically to allow the charity to provide support and information services within a particular region or for other particular or restricted purposes, both through enabling the creation and development of local volunteer/supporter sub groups which are better able to focus on local needs and through the provision of a local and regional support infrastructure to ensure that such groups operate efficiently and effectively in a co-ordinated manner to the highest standards.