



2026 Annual Review

Pain UK CIO, registered charity 1145561



Chair's Report for Year Ending 30th October 2025 / 1

This report starts with a “thank you” to all the Pain UK members, both charities and individuals, who work to help people living in and with pain. Thank you, also, to all our donors who have financially helped Pain UK over the past year. We are a low-cost charity, and these gifts of time and money go a long way and make our continued work possible.

By the end of our year in October 2025, we had 43 member charities. We also have over 1,300+ individuals who have joined Pain UK. There is more about our members on later slides. People living with a wide range of problems associated with chronic pain send emails to Pain UK. These are directed to the appropriate charity member(s) since Pain UK cannot help individuals.

Pain UK was set up to be, and works very well as, a signposting charity. People who live with pain or care for someone living with pain can find others, and where they can be connected with the member charities. We are proud to support some of the most vulnerable people in the UK as well as champion the work done by our member charities.



Chair's Report / 2

During the year, Pain UK contributed a series of articles and media responses highlighting the complexity and impact of chronic pain. These covered adult scoliosis, complex regional pain syndrome, the stress-pain connection, oral health and chronic pain, and the growing use of at-home neuromodulation devices.

Across these outputs, we emphasised the need for earlier recognition, patient validation, holistic biopsychosocial care, improved access to specialist services, and caution around treatments where the evidence base remains limited.

Pain UK also developed proposals for annual prize awards, including student, junior doctor, allied healthcare professional and research-focused prizes, designed to encourage academic engagement with chronic pain and strengthen collaboration with the British Pain Society.

We helped 51 researchers, mostly PhD students, by advertising for volunteers for their projects on our Facebook pages.

We would like to take this opportunity to remind our charity members that they can populate their webpage on www.PainUK.org with the information about their condition that they would like the public to see – as well as directing them to their own website. Next slide has details on the website's performance.



Website Data Report /1

We had 71.9K visitors. The overall trend was down around 28% in page views.

The most popular pages were:

1. The home page
19,394 visitors (36,837 last year – down 47.3%)
2. Fibromyalgia Action
10,411 visitors (9,749 last year – up 6.8%)
3. Help and Support
3,701 visitors (4,658 last year – down 20.6%)
4. Member Charities Page
2,847 visitors (3,428 last year – down 17%)
5. Endometriosis UK
2,016 visitors (2,066 last year – down 2.4%)

A total 4,074 people visited the blog section of which the most popular post (again) was “5 Easy Crafting Ideas for arthritic hands” (1,462)

Overall, the members section had 34,633 page views (approx) which is 38% of all visits to the website.

The most popular charity member pages were:

1. Fibromyalgia Action (10,411 visitors)
2. Endometriosis UK (2,016 visitors)
3. CRPS UK (1,493 visitors)
4. Back Care (1,034 visitors)
5. Scoliosis Association UK (1,018 visitors)

Pages with longest engagement (per active user):

1. Away with Pain – Julia
2. Fibro Mum's Tips on Living with Chronic Pain – Blog
3. Common Arthritis Myths you should stop believing – Blog
4. Away with Pain: Parents Story
5. Away with Pain: Chronic Pain and Physiotherapy

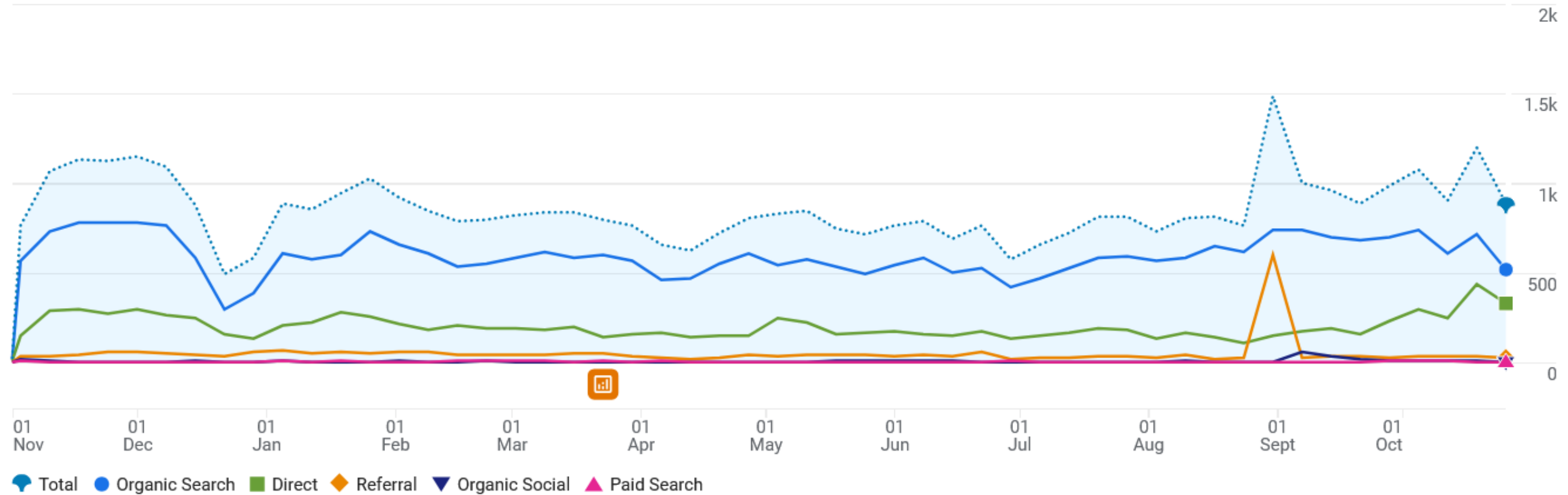
We invite member charities to populate the FAQs page and send us information to add the Support Groups page listing these.



Website Data Report / 2

Sessions by Session primary channel group (Default channel group) over time

Week ▼





Treasurer's Report /1

The Financial Report for the accounting year ending 31st October 2025 was prepared with the support of Castle View Accounting.

Income:

Donations of £4,164 was received though were received through Just Giving, Much Loved, and individual donations. Pain UK ended the year with reserves of £21,124.

Fundraising:

We have not made any grant applications this year.

Outgoings:

This year outgoings amounted to £3,303.

A regular payment for the maintenance and improvement of our website is made to Doive Designs (<https://www.doivedesigns.co.uk/>) It ensures the website is kept up to date, which is of benefit to our member charities and to our target audience.

We pay a yearly indemnity insurance premium, membership of the Fundraising Regulator and a subscription to SurveyMonkey.



Treasurer's Report /2

Income in last two years:

	2025 £	2024 £
Donations	4,164	11,043

Pain UK ended the year 2024-2025 with reserves of £ 21,124.

Breakdown of expenses in last two years:

Year ending 31 st October 2025	2025 £	2024 £
Administrative expenses	300	1,624
Accounts	840	840
Legal and professional	-	1,680
Stand at RCGP conference (costs during Oct. and Nov. 2025)	625	946
Insurance	317	343
Sundry	140	556
Bank charges	56	105
Website maintenance	1,025	1,120
Sundry	140	556
Bank charges	56	105
TOTAL	5,419	7,213



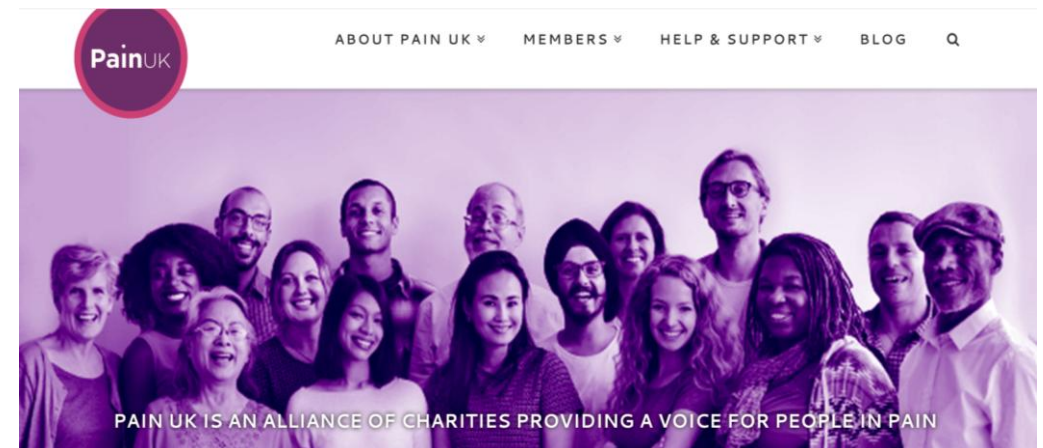
Membership Report /1

We now have 43 charity members. We lost two members: the charities closed through being unable to recruit trustees or funding. We regularly invite charities that deal with pain to join us under the Pain UK umbrella. Our website activity report (see slides 4 and 5) shows that we are performing our function of signposting people with concerns about pain to the charities that can help them.

Over the year, we sent out xxx newsletters to our charity members.

Several were on the topic of our new initiative, a stand at the Royal College of GPs' Annual Conference in Liverpool. All Pain UK charity members were

.





Membership Report /2

The trustees keep in touch with many different organisations, which together offer a wide range of services, and opportunities for charities and their members which are circulated.

We contact our individual members by MailChimp and Facebook. Five newsletters were sent via MailChimp. We placed 73 posts on our two Facebook pages. Many of these are invitations for people to take part in studies, from researchers, PhD students at universities, etc. We do not post anything from profit-making organisations. These researchers have expressed their appreciation for this valuable way of recruiting subjects – as one MSc Psychology student said, when she asked us to remove the post now: “thanks so much for your help in getting us to our target number of participants!”

Our Facebook pages have gathered more followers this year, on two pages:

- Pain UK: 1500+ members
- Pain UK Public Group: 1500+ members (up from 900 last year)

Our LinkedIn page, @PainUK, Twitter account, @Pain_UK, and Instagram page, #PAINUKCIO, post regularly to raise awareness of pain in general. We assiduously repost any of the media campaigns run by our member charities. These have all developed good followings organically.

Pain UK is a member of Pain Alliance Europe, (PAE). Several charity members of Pain UK are also members. This is an umbrella charity for organisations helping chronic pain patients across Europe - not just in the EU.



Thank You

Pain UK CIO, registered charity 1145561

at October 31, 2025

**Trustees : Marian Nicholson, Jason Bingham, Roland Watson,
Ashley Simpson, Bekki Osborne, Martina Finnetti, Stacy Frier**

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