

UK Paruresis Trust Annual Report 2025/26

The organisation was formed in 2002, initially as a charitable association (UKPA), it became a charitable trust (UKPT) in 2005. We currently have four trustees, all of whom have first-hand experience of paruresis and have attended UKPT weekend workshops. Our trustees have a variety of experience and expertise, which they are able to bring to the UKPT; organisational, financial, charitable. This is in addition to the essential qualities of compassion and empathy needed to help people affected by this difficult condition.

Trustees:

Chairman

Andrew Smith (M.A. Cantab)

Treasurer

David Winton

Committee Members

Ann Allcoat LRAM GRSM

Dr Ian Harris PhD

The UK Paruresis Charitable Aims

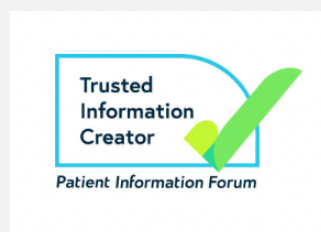
The provision of internet based information and support

Throughout the year 15,000 people visited the website.
We hosted regular online (zoom) support groups for men and women.

Some post-workshop WhatsApp groups continued amongst groups of people who bonded particularly well during their UKPT weekend workshop. Those who live near each other act as pee buddies to practice de-sensitising.

Some individuals with paruresis need one-to-one support when they are perhaps unable to attend a workshop for a variety of reasons. Trustees were able to offer online or telephone support to individuals in those circumstances.

Throughout 2025/26 we once again reached the required standard to be awarded the [PIF Tick](#): the Patient Information Forum Quality Mark for Health Information.



The provision of desensitisation workshops

We ran 2 online workshops throughout the year, with 13 attendees.
We ran 3 beginners workshops throughout the year, with 24 attendees.
We ran 4 follow on workshops throughout the year, with 21 attendees.

The promotion of the concept of individual privacy in the design of public toilets

Our website contains public toilet design guidelines for facilities which are “paruresis-friendly”. It has consistently been one of our most visited web pages.

The promotion of research into all aspects of the condition, particularly its cause and treatment

We promoted research undertaken by Hayley Hutchings of the School of Medicine at Swansea University and published by the British Medical Journal.

[*“Exploring paruresis \(shy bladder syndrome\) and factors that may contribute to it: a cross-sectional UK survey study”.*](#)

We made contact with the Kindt clinic in Amsterdam who are developing the [Memrec](#) treatment for phobias.

The raising of public awareness, including that of the medical profession

We regularly used social media sites Facebook, Instagram and YouTube to raise awareness of paruresis. We contributed to the [Paruresis](#) page on Wikipedia. We built new links to help us to spread the word into other networks, such as [UK Men's Sheds Association](#), the [Men's Pie Club](#), [Chasing the Stigma](#), [Barber Talk Training - Here to Talk](#) and [Student Minds](#).

We worked with the [CPD Certification Service](#) to develop two online training sessions for healthcare professionals and therapists.

Finance

Our income for the year 2025/26 was **£21,816**.

Our expenditure was **£25,432**.

More detailed financial information is available on request.

Our thanks go to

Our Honorary Advisors

We have the additional support of four Honorary Advisors from the fields of medicine and psychology.

Peter Daw BSc MSc Clin. Psychol.

Matt Lane MB ChB BSc MA

James O'Neill Psychotherapist and Psychoanalyst

Jonathon Jones Psychodynamic Psychotherapist and Counsellor

Our Volunteers

In addition to our workshop leaders and assistant leaders, we now have volunteers who help out with financial reporting, fundraising, editing and proofreading, design, and the website. We are immensely grateful to them all.

Our Administrator

Our Administrator Contractor for his invaluable support.

Our Website services

[Light Bulb Web Design](#) for their sensitive and timely support with our website needs. Also to [Climb High SEO](#) for their support with our Search Engine Optimisation needs.

Our Funders

[The National Lottery Community Fund](#)

[The Hospital Saturday Fund](#)

We are extremely grateful to our individual donors, many of whom have attended UKPT workshops and have first-hand experience of paruresis themselves.

We operate under the new [Fundraising Regulator](#) Code of Fundraising Practice which came into effect on 1st November 2025.

Andrew Smith
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Reg charity 1109541