

OSTEOPOROSIS 2000

England & Wales · Charity number 1043657

Details

| | |
|----------------|---|
| Status | Registered |
| Legal form | Charitable company |
| Company number | 03007662 |
| Registered | 1995-01-27 |
| Register | View on the Charity Commission register |

Contact

| | |
|---------|---|
| Address | Osteoporosis 2000 Unit 10 Hillsborough Barracks Shopping Mall Langsett Road Sheffield S6 2LR |
| Phone | 0114 2344433 |
| Email | osteoporosis2000@btconnect.com |
| Website | www.osteoporosis2000.co.uk |

Activities

Objects: A. FOR THE PUBLIC BENEFIT TO ADVANCE EDUCATION ON ALL MATTERS RELATING TO OSTEOPOROSIS. B. TO RELIEVE SUFFERERS OF OSTEOPOROSIS AND TO PROVIDE RESPITE CARE FOR THE CARERS OF SUFFERERS.

Activities: Provides information and support for people diagnosed with Osteoporosis. The charity also works to increase awareness and understanding about Osteoporosis in the community.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Barnsley
- Derbyshire
- Doncaster
- Rotherham
- Sheffield City

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £43,623 | £66,363 | - | - |
| 2024-03-31 | £45,224 | £63,138 | - | - |
| 2023-03-31 | £41,692 | £63,336 | - | - |
| 2022-03-31 | £38,789 | £58,742 | - | - |
| 2021-03-31 | £38,729 | £45,915 | - | - |

Trustees

| Name | Role | Appointed |
|----------------------------|-------|------------|
| Dr EUGENE MCCLOSKEY | Chair | |
| JUSTIN WILLIAM SALISBURY | | 2011-12-20 |
| RICHARD DAVID LAW | | |
| ROSS WARD | | |
| Robert Arthur Lumby | | 2023-10-25 |
| Susan Mitchell | | 2024-10-21 |

OSTEOPOROSIS 2000

England & Wales - Charity number 1043657

Accounts

REGISTERED COMPANY NUMBER: 03007662 (England and Wales)
REGISTERED CHARITY NUMBER: 1043657

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
FOR
OSTEOPOROSIS 2000

Hodgson & Oldfield
Aizlewood's Mill
Nursery Street
Sheffield
S3 8GG

OSTEOPOROSIS 2000

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**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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

Purposes and aims

The company is a charity, based in Sheffield. Its objectives are:-

- For the public benefit, to advance education on all matters relating to osteoporosis and in particular by promoting an awareness and understanding of the condition.

-To relieve sufferers of osteoporosis and to provide respite care for the carers of sufferers.

Ensuring our work delivers our aims

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

ACHIEVEMENTS AND PERFORMANCE

In planning the charity's activities for the year the Board of Management have complied with the Charity Commission's guidance on public benefit. The charity's activities are open to all members of the public and have been developed to be meet identified needs so that they are of benefit to all who use them.

Advice, Information and Training

This year has been yet another busy year at Osteoporosis 2000. The Drop in Centre and telephone helpline provides the opportunity for members of the community to call in for help and advice. We offer a friendly sympathetic listening ear and support in a relaxed environment. The availability of the call in Centre where patients can just call in for a chat over a cup of tea can be hugely beneficial for those newly diagnosed. Often GP and hospital appointments are now carried out over the telephone so the Centre provides the opportunity to chat with someone face to face.

We receive a varied range of enquires ranging from those newly diagnosed to sufferers who need more long term support. Volunteers who have osteoporosis themselves are on hand to offer support and share their experiences about coping with this disease.

Patients who are about to visit the Metabolic Unit for the first time find it reassuring to speak to someone about what to expect during their appointment. Other callers may have just started treatment and need confidence about taking their medication. The first three months of treatment is the time when help and encouragement is most valuable. Lack of adherence to osteoporosis medication is a big problem and, unfortunately, up to half of people stop their osteoporosis treatment after only one year. We try to encourage patients to persevere and if problems do arise to seek medical advice rather than stopping treatment. Prevention advice on how to look after bone health is also requested. Although genetic factors largely determine the size and density of our bones, lifestyle factors such as good nutrition, regular exercise, avoiding smoking and alcohol intake also play a key role. A comprehensive range of information literature is always available.

Our younger visitors are fascinated by our resident skeleton and are delighted to learn about their bones. The colouring sheet they take home helps to remind them of their visit.

Membership

Membership is open to all members of the public. Becoming a member helps support the charity's work and keep up to date with activities and any current medical information. There is also the opportunity to build friendships and gain support from others who live with osteoporosis.

Fracture Risk Assessment tool (FRAX)

FRAX risk assessments are carried out at the Centre. This involves answering around twelve questions relating to possible risk factors. The information is then entered into an online algorithm and a FRAX score is calculated. This provides a 10-year risk percentage of a major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture) and a 10-year risk percentage of a hip fracture.

The score is plotted on a graph that suggests whether treatment may be needed or lifestyle changes need to be made. A report is provided with general recommendations that you can then discuss with your GP or practice nurse.

Outreach

Representatives from the charity attend community health events. Working in the community helps to increase public awareness and understanding about osteoporosis and also about the charity's services.

Exercise Classes

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

The Osteoporosis 2000 exercise classes are a large part of the charity's support services. The classes are well suited for both men and women and numbers attending this year have increased as more people recognise the benefits of maintaining a healthier lifestyle. Exercise simulates bone turnover, strengthens muscles, increases flexibility, improves coordination and balance. Being active has many other health benefits that help maintain independence.

Currently the charity provides seven classes throughout Sheffield including three Falls prevention classes. The general classes provide a variety of exercise routines delivered by a qualified instructor. Participants are encouraged to work at their own pace and alternative exercises can be given so that everyone is able to take part. The Falls classes offer a more specific type of exercise which follows the OTAGO programme. This programme is designed to prevent falls and improve balance, strength and confidence.

Information about the classes is circulated to community physiotherapists, the NHS Integrated care team and other local health workers so that they can refer patients to them. In addition to the physical benefits the classes also encourage social interaction and friendship.

Website

The charity has its own website www.osteoporosis2000.co.uk. The website is a helpful source of information for those who search for osteoporosis support via the internet.

Chiropody

The chiropody service is very popular and well attended by members. Maintaining healthy feet is important for stability and mobility and care should be taken on a regular basis to look after them. Those who attend the chiropody service receive a full half hour treatment in which any foot problems can be identified. Foot deformities, infections and injuries limit mobility and can have a detrimental affect on knees, hips, and other parts of the body. Chiropody can help with these problems and can benefit so many people. Foot health problems, such as pain or deformity, will often lead to an older person avoiding activity. The avoidance of physical activity and exercise over the long term causes a reduction in strength and balance, which in turn leads to an increased risk of falls. There has been a growing body of research behind feet and footwear risk factors, interventions for those with foot pain and an emerging consensus on best practice. Appointments are available every second Tuesday of each month.

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are raised through membership, donations, local businesses, charitable trusts and fundraising events including an Annual Dinner and the London Marathon. Regular Nearly New sales have also been introduced by a group of our volunteers.

Investment policy and objectives

Capital not required for short term use has been invested in a portfolio administered by Investec. The initial investment was made in November 2010 and a further investment in February 2014 and is included in the accounts at market value. It has generated £4,985 (2024: £5,332) of dividend income and gains on sales of investments of £7,594 during the year (2024:£525 loss). There has been a decrease in the market value of the investments at 31 March 2025 of £8,880 (2024,increase of: £9,370). The trustees are continually monitoring the investments to ensure the best return for the charity.

Reserves policy

The Management Committee has established a policy whereby the unrestricted funds held by the charity should aim to be equivalent to six months of the resources expended, equating to approximately £25,000. At this level the Management Committee feel that they would be able to continue the current activities of the charity in the event of a drop in funding. At present the free reserves don't quite reach this target level but will continue to be monitored by the Management Committee.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

FINANCIAL REVIEW

Finances

There was a deficit for the year of £24,026 (2024: £8,544 deficit) which included the unrealised loss on investments of £8,880. The Management Committee are working hard to ensure that future incoming resources will more than meet future expenditure. There were free reserves at 31 March 2025 of £17,219 and the investments can be sold to generate future cash when required. The balance on restricted funds at 31 March 2025 was nil (2024: £nil) and £138,463 on unrestricted funds (2024: £162,489).

FUTURE PLANS

Osteoporosis 2000 will work to further enhance the charity's existing services and also to develop new projects to support a wider spectrum within the local population of Sheffield and surrounding districts.

Briefly, these include:

- a) Expand the provision of suitable exercise classes including falls prevention programmes.
- b) Greater interaction with support groups for other diseases (e.g. epilepsy, inflammatory bowel disease, asthma, inflammatory arthritis, HIV/Aids, breast cancer) which can be associated with increased risks of osteoporosis.
- c) More interaction with GPs and Practice Nurses to examine issues related to poor long-term adherence to treatments used for osteoporosis.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee. It incorporated on 9 January 1995 and registered as a charity in January 1995.

The company was established under the Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

Recruitment and appointment of new trustees

The directors of the company are also the charity trustees for the purpose of charity law and under the company's Articles are known as members of the Management Committee.

Under the requirements of the Memorandum and Articles of association the members of the Management Committee are elected at the AGM to serve a term of office of either 3 or 4 years depending on position, subject to ratification at each AGM. At the Annual General Meeting at which s/he should retire Members of the Management Committee are eligible for re-election for a further term.

The Management Committee are recruited and selected from varied backgrounds to achieve a broad mix of skills. Members of the Committee with osteoporosis provide valuable information about the condition ensuring that patients are represented on the Committee. Members with medical, business and financial skills also form part of the Management Committee.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Management Committee of Osteoporosis 2000 should consist of at least 7 members who meet at regular intervals (usually two-monthly) during the year. Further members are currently being recruited to ensure the minimum number of members is met. The Management Committee is comprised of professional members, patients and others. There are two sub committees with some members drawn from within the Management Committee but also with input from other charity members; the Patients Sub Committee addresses the needs and services provided by the charity and the Fundraising Sub Committee oversees the planning and execution of major fund-raising events throughout the year. These sub committees meet as necessary and report back to the Main Committee.

The company secretary attends all Management Committee meetings but has no voting rights.

The Centre Manager Natalie Shillito, has responsibility for the day to day running of the Drop in Centre and the provision of services. Supervision of the Centre Manager is undertaken by the Chair of the Management Committee.

Volunteers

We are extremely grateful for the many hours volunteers have given to carry out the charity's work. Their time, advice, knowledge and expertise is invaluable. Without their continued help the charity would not have been able to achieve so much. We would also like to acknowledge the support given to the charity by members of the local community. We look forward to working together to develop our future plans.

Induction and training of new trustees

The trustees have volunteered because of their knowledge of and involvement with the work of the charity. They are provided with training in the requirements and responsibilities of trustees, including materials published by the Charity Commission.

Related parties

There are no related parties to disclose.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Management Committee has conducted its own risk review of the major risks to which the charity is exposed, including risks to external funding, and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are constantly reviewed to ensure that they still meet the needs of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03007662 (England and Wales)

Registered Charity number

1043657

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

Registered office

Unit 10, Learoyd Way
Hillsborough Barracks Shopping Centre
Sheffield
South Yorkshire
S6 2LR

Trustees

Dr E McCloskey - Chair
R Ward - Treasurer
Miss J Magee
R Law
J Salisbury
R A Lumby
Ms S Mitchell (appointed 31.10.24)

Company Secretary

N Shillito

Independent Examiner

S C Fields
Hodgson & Oldfield
Aizlewood's Mill
Nursery Street
Sheffield
S3 8GG

Solicitors

Taylor & Emmet, 20 Arundel Gate, Sheffield, S21 2PP

Bankers

HSBC plc, P O Box 50, 17 Church Street, Sheffield, S1 1HH
Virgin Money, Sunderland SR43 4JB

Patrons

Professor John Kanis
The Duchess of Devonshire

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of Osteoporosis 2000 for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2025**

TRUSTEES' RESPONSIBILITY STATEMENT - continued

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 1 October 2025 and signed on its behalf by:

Dr E McCloskey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OSTEOPOROSIS 2000

Independent examiner's report to the trustees of Osteoporosis 2000 ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 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.

S C Fields

Hodgson & Oldfield
Aizlewood's Mill
Nursery Street
Sheffield
S3 8GG

3 October 2025

OSTEOPOROSIS 2000

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) for the Year Ended 31 March 2025

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.25 Total funds £ | 31.3.24 Total funds £ |
|------------------------------------|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 1,183 | - | 1,183 | 4,004 |
| Charitable activities | | | | | |
| Mobility classes | 5 | 12,964 | - | 12,964 | 13,115 |
| Other trading activities | 3 | 24,433 | - | 24,433 | 22,705 |
| Investment income | 4 | 5,043 | - | 5,043 | 5,400 |
| Total | | 43,623 | - | 43,623 | 45,224 |
| EXPENDITURE ON | | | | | |
| Raising funds | | | | | |
| Raising donations and legacies | 6 | 8,197 | - | 8,197 | 5,254 |
| Investment management costs | 7 | 1,589 | - | 1,589 | 2,035 |
| | | 9,786 | - | 9,786 | 7,289 |
| Charitable activities | | | | | |
| Advice, information and training | 8 | 36,281 | - | 36,281 | 35,238 |
| Mobility classes | | 18,797 | - | 18,797 | 18,746 |
| Other | | 1,499 | - | 1,499 | 1,340 |
| Total | | 66,363 | - | 66,363 | 62,613 |
| Net gains/(losses) on investments | | (1,286) | - | (1,286) | 8,845 |
| NET INCOME/(EXPENDITURE) | | (24,026) | - | (24,026) | (8,544) |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 162,489 | - | 162,489 | 171,033 |
| TOTAL FUNDS CARRIED FORWARD | | 138,463 | - | 138,463 | 162,489 |

The notes form part of these financial statements

OSTEOPOROSIS 2000 (REGISTERED NUMBER: 03007662)

**BALANCE SHEET
31 March 2025**

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.25 Total funds £ | 31.3.24 Total funds £ |
|--|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 11 | - | 11 | 11 |
| Investments | 15 | 121,233 | - | 121,233 | 176,045 |
| | | <u>121,244</u> | <u>-</u> | <u>121,244</u> | <u>176,056</u> |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 3,069 | - | 3,069 | 843 |
| Cash at bank and in hand | | 27,531 | - | 27,531 | 8,288 |
| | | <u>30,600</u> | <u>-</u> | <u>30,600</u> | <u>9,131</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | (13,381) | - | (13,381) | (22,698) |
| | | <u>17,219</u> | <u>-</u> | <u>17,219</u> | <u>(13,567)</u> |
| NET CURRENT ASSETS | | | | | |
| | | <u>138,463</u> | <u>-</u> | <u>138,463</u> | <u>162,489</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>138,463</u> | <u>-</u> | <u>138,463</u> | <u>162,489</u> |
| NET ASSETS | | | | | |
| | | <u>138,463</u> | <u>-</u> | <u>138,463</u> | <u>162,489</u> |
| FUNDS | | | | | |
| Unrestricted funds | 18 | | | <u>138,463</u> | <u>162,489</u> |
| TOTAL FUNDS | | | | | |
| | | | | <u>138,463</u> | <u>162,489</u> |

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 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.

The notes form part of these financial statements

OSTEOPOROSIS 2000 (REGISTERED NUMBER: 03007662)

BALANCE SHEET - continued
31 March 2025

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 1 October 2025 and were signed on its behalf by:

R Ward - Trustee

E McCloskey - Trustee

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2025

1. 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, with the exception of investments which are included at market value.

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

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

- Donations and legacies are included in full in the Statement of Financial Activities when receivable.

- Investment income is included when receivable and the amount can be measured reliably by the charity.

- Income from government and other grants, whether capital or revenue, 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.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

• Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. The cost of the services of volunteers cannot be reasonably quantified and has not been included in the accounts.

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

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. per capita or estimated usage as set out in the notes to the accounts.

Tangible fixed assets

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

| | |
|-----------------------|---------------|
| Fixtures and fittings | - 33% on cost |
| Computer equipment | - 33% on cost |

Fixed assets are stated at cost less accumulated depreciation.

The costs of minor additions or those where the purchase price is below £250 are not capitalised.

Taxation

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

Fund accounting

Unrestricted Funds:

Unrestricted funds are donations, legacies and other incoming resources receivable or generated without further specified purpose and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds:

Restricted funds are to be used for specific purposes imposed by the donor.

Designated Funds:

Designated funds are unrestricted funds earmarked by the management committee for particular purposes. The management committee can release these funds back to general funds at their discretion.

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods and services

Donated goods are recognised when they are sold and included in other trading activities in the Statement of Financial Activities. Estimating the fair value of donated goods for resale is impractical due to the volume of low-value items received and the absence of detailed stock control systems and records.

Donated services cannot be reasonably quantified and as such are not recognised within the accounts.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES - continued

Investments

The investments are included in the balance sheet at market value. Gains and losses on investments during the year are recognised in the Statement of Financial Activities.

2. DONATIONS AND LEGACIES

| | 31.3.25 | 31.3.24 |
|--------------------------|--------------|--------------|
| | £ | £ |
| Membership subscriptions | 460 | 428 |
| Membership donations | 524 | 476 |
| Funeral donations | - | 2,259 |
| General donations | 199 | 841 |
| | <u>1,183</u> | <u>4,004</u> |

3. OTHER TRADING ACTIVITIES

| | 31.3.25 | 31.3.24 |
|--------------------|---------------|---------------|
| | £ | £ |
| Fundraising events | 7,062 | 5,725 |
| Nearly new sales | 17,371 | 16,980 |
| | <u>24,433</u> | <u>22,705</u> |

4. INVESTMENT INCOME

| | 31.3.25 | 31.3.24 |
|--------------------------|--------------|--------------|
| | £ | £ |
| Deposit account interest | 58 | 68 |
| Investment income | 4,985 | 5,332 |
| | <u>5,043</u> | <u>5,400</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

5. INCOME FROM CHARITABLE ACTIVITIES

| | | 31.3.25 | 31.3.24 |
|------------------|------------------|---------------|---------------|
| | Activity | £ | £ |
| Mobility classes | Mobility classes | 12,964 | 13,115 |
| | | <u>12,964</u> | <u>13,115</u> |

6. RAISING DONATIONS AND LEGACIES

| | | 31.3.25 | 31.3.24 |
|-------------------------|--|--------------|--------------|
| | | £ | £ |
| Fundraising costs | | 2,436 | 180 |
| Publicity & sponsorship | | 500 | 500 |
| Support costs | | 5,261 | 4,574 |
| | | <u>8,197</u> | <u>5,254</u> |

7. INVESTMENT MANAGEMENT COSTS

| | | 31.3.25 | 31.3.24 |
|----------------------|--|--------------|--------------|
| | | £ | £ |
| Portfolio management | | 1,589 | 2,035 |
| | | <u>1,589</u> | <u>2,035</u> |

8. CHARITABLE ACTIVITIES COSTS

| | Direct Costs | Support costs (see note 9) | Totals | |
|----------------------------------|---------------|----------------------------|---------------|--|
| | £ | £ | £ | |
| Advice, information and training | 15,838 | 20,443 | 36,281 | |
| Mobility classes | 15,922 | 2,875 | 18,797 | |
| | <u>31,760</u> | <u>23,318</u> | <u>55,078</u> | |

9. SUPPORT COSTS

| | Management | Finance | Office costs | Governance costs | Totals |
|----------------------------------|---------------|------------|--------------|------------------|---------------|
| | £ | £ | £ | £ | £ |
| Raising donations and legacies | 5,101 | - | 160 | - | 5,261 |
| Other resources expended | - | 317 | 162 | 1,020 | 1,499 |
| Advice, information and training | 17,853 | - | 2,590 | - | 20,443 |
| Mobility classes | 2,550 | - | 325 | - | 2,875 |
| | <u>25,504</u> | <u>317</u> | <u>3,237</u> | <u>1,020</u> | <u>30,078</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

9. SUPPORT COSTS - continued

| | |
|------------------|---------------------|
| Activity | Basis of allocation |
| Management | Staff time |
| Finance | Usage |
| Office costs | Usage |
| Governance costs | Usage |

10. NET INCOME/(EXPENDITURE)

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

| | | |
|-----------------------|-------------------|-------------------|
| | 31.3.25 | 31.3.24 |
| | £ | £ |
| Rent & service charge | 12,152 | 12,280 |
| | <u> </u> | <u> </u> |

11. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

12. STAFF COSTS

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

| | | |
|--------------------------------|-------------------|-------------------|
| | 31.3.25 | 31.3.24 |
| Advice, information & training | 1 | 1 |
| | <u> </u> | <u> </u> |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 4,004 | - | 4,004 |
| Charitable activities | | | |
| Mobility classes | 13,115 | - | 13,115 |
| Other trading activities | 22,705 | - | 22,705 |
| Investment income | 5,400 | - | 5,400 |
| | <u> </u> | <u> </u> | <u> </u> |
| Total | 45,224 | - | 45,224 |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2025

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|------------------------------------|---------------------------|--------------------------|---------------------|
| EXPENDITURE ON | | | |
| Raising funds | | | |
| Raising donations and legacies | 5,254 | - | 5,254 |
| Investment management costs | 2,035 | - | 2,035 |
| | 7,289 | - | 7,289 |
| Charitable activities | | | |
| Advice, information and training | 35,238 | - | 35,238 |
| Mobility classes | 18,746 | - | 18,746 |
| Other | 1,340 | - | 1,340 |
| | 62,613 | - | 62,613 |
| Total | 62,613 | - | 62,613 |
| Net gains on investments | 8,845 | - | 8,845 |
| | 8,845 | - | 8,845 |
| NET INCOME/(EXPENDITURE) | (8,544) | - | (8,544) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 171,033 | - | 171,033 |
| | 171,033 | - | 171,033 |
| TOTAL FUNDS CARRIED FORWARD | 162,489 | - | 162,489 |

14. TANGIBLE FIXED ASSETS

| | Equipment £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------------------|----------------|----------------------------------|----------------------------|-------------|
| COST | | | | |
| At 1 April 2024 and 31 March 2025 | 2,000 | 5,104 | 1,584 | 8,688 |
| | 2,000 | 5,104 | 1,584 | 8,688 |
| DEPRECIATION | | | | |
| At 1 April 2024 and 31 March 2025 | 1,999 | 5,096 | 1,582 | 8,677 |
| | 1,999 | 5,096 | 1,582 | 8,677 |
| NET BOOK VALUE | | | | |
| At 31 March 2025 | 1 | 8 | 2 | 11 |
| | 1 | 8 | 2 | 11 |
| At 31 March 2024 | 1 | 8 | 2 | 11 |
| | 1 | 8 | 2 | 11 |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

14. TANGIBLE FIXED ASSETS - continued

All fixed assets are used in direct furtherance of the charity's objects.

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-----------------------|----------------------------|
| MARKET VALUE | |
| At 1 April 2024 | 176,045 |
| Additions at cost | 22,235 |
| Disposals at cost | (68,167) |
| Impairments | (8,880) |
| | <hr/> |
| At 31 March 2025 | 121,233 |
| | <hr/> |
| NET BOOK VALUE | |
| At 31 March 2025 | 121,233 |
| | <hr/> <hr/> |
| At 31 March 2024 | 176,045 |
| | <hr/> <hr/> |

All investments are carried at their fair value. Investment in equities and fixed interest securities are all traded in quoted public markets. The basis of fair value for quoted investments is equivalent to the market value. Asset sales and purchases are recognised at the date of trade at cost.

Cost or valuation at 31 March 2025 is represented by:

| | Listed investments £ |
|-------------------|----------------------------|
| Valuation in 2025 | 18,292 |
| Cost | 102,941 |
| | <hr/> |
| | 121,233 |
| | <hr/> <hr/> |

Investments are held primarily to provide an investment return for the charity.

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2025**

| | | | |
|---|--|-------------------|-------------------|
| 16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | 31.3.25 | 31.3.24 |
| | | £ | £ |
| Prepayments and accrued income | | 3,069 | 843 |
| | | <u> </u> | <u> </u> |

| | | | |
|---|--|-------------------|-------------------|
| 17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | 31.3.25 | 31.3.24 |
| | | £ | £ |
| Social security and other taxes | | 290 | 224 |
| Accrued expenses | | 13,091 | 22,474 |
| | | <u> </u> | <u> </u> |
| | | <u>13,381</u> | <u>22,698</u> |

| | | | |
|------------------------------|-------------------|-----------------------------|-------------------|
| 18. MOVEMENT IN FUNDS | | Net movement in funds | At 31.3.25 |
| | At 1.4.24 | £ | £ |
| Unrestricted funds | | | |
| General fund | 162,489 | (24,026) | 138,463 |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>162,489</u> | <u>(24,026)</u> | <u>138,463</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 43,623 | (66,363) | (1,286) | (24,026) |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>43,623</u> | <u>(66,363)</u> | <u>(1,286)</u> | <u>(24,026)</u> |

Comparatives for movement in funds

| | | | |
|---------------------------|-------------------|-----------------------------|-------------------|
| | At 1.4.23 | Net movement in funds | At 31.3.24 |
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 171,033 | (8,544) | 162,489 |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>171,033</u> | <u>(8,544)</u> | <u>162,489</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

18. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 45,224 | (62,613) | 8,845 | (8,544) |
| | ----- | ----- | ----- | ----- |
| TOTAL FUNDS | <u>45,224</u> | <u>(62,613)</u> | <u>8,845</u> | <u>(8,544)</u> |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1.4.23 £ | Net movement in funds £ | At 31.3.25 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 171,033 | (32,570) | 138,463 |
| | ----- | ----- | ----- |
| TOTAL FUNDS | <u>171,033</u> | <u>(32,570)</u> | <u>138,463</u> |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 88,847 | (128,976) | 7,559 | (32,570) |
| | ----- | ----- | ----- | ----- |
| TOTAL FUNDS | <u>88,847</u> | <u>(128,976)</u> | <u>7,559</u> | <u>(32,570)</u> |

Unrestricted Funds

These are expended at the discretion of the Management Committee/Trustees to meet the general objectives of the charity.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2025

19. EMPLOYEE BENEFIT OBLIGATIONS

The charitable company's pension scheme is a defined contribution scheme and all premiums paid are charged to the Statement of Financial Activities in the period that they are paid.

There were no outstanding or prepaid contributions at 31 March 2025.

20. RELATED PARTY DISCLOSURES

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

21. ULTIMATE CONTROLLING PARTY

The charitable company is controlled by its trustees.

22. MEMBERS UNDERTAKING

The charitable company is limited by guarantee and, under paragraph 7 of the Memorandum of Association, every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

OSTEOPOROSIS 2000

England & Wales - Charity number 1043657

Accounts

REGISTERED COMPANY NUMBER: 03007662 (England and Wales)
REGISTERED CHARITY NUMBER: 1043657

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024
FOR
OSTEOPOROSIS 2000**

Hodgson & Oldfield
Aizlewood's Mill
Nursery Street
Sheffield
S3 8GG

OSTEOPOROSIS 2000

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| Statement of Financial Activities | 9 |
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| Notes to the Financial Statements | 12 to 21 |

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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

Purposes and aims

The company is a charity, based in Sheffield. Its objectives are:-

- For the public benefit, to advance education on all matters relating to osteoporosis and in particular by promoting an awareness and understanding of the condition.

-To relieve sufferers of osteoporosis and to provide respite care for the carers of sufferers.

Ensuring our work delivers our aims

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

ACHIEVEMENT AND PERFORMANCE

In planning the charity's activities for the year the Board of Management have complied with the Charity Commission's guidance on public benefit. The charity's activities are open to all members of the public and have been developed to be meet identified needs so that they are of benefit to all who use them.

Advice, Information and Training

The Drop in Centre and telephone helpline provides the opportunity for members of the community to call in for help and advice. We offer a friendly sympathetic listening ear and support in a relaxed environment.

We receive a varied range of enquires ranging from those newly diagnosed to sufferers who need more long term support. Volunteers who have osteoporosis themselves are on hand to offer support and share their experiences about coping with this disease.

Patients who are about to visit the Metabolic Unit for the first time find it reassuring to speak to someone about what to expect during their appointment. Other callers may have just started treatment and need confidence about taking their medication. The first three months of treatment is the time when help and encouragement is most valuable. Lack of adherence to osteoporosis medication is a big problem and, unfortunately, up to half of people stop their osteoporosis treatment after only one year. We try to encourage patients to persevere and if problems do arise to seek medical advice rather than stopping treatment. Prevention advice on how to look after bone health is also requested. Although genetic factors largely determine the size and density of our bones, lifestyle factors such as good nutrition, regular exercise, avoiding smoking and alcohol intake also play a key role. A comprehensive range of information literature is always available.

Our younger visitors are fascinated by our resident skeleton and are delighted to learn about their bones. The colouring sheet they take home helps to remind them of their visit.

Membership

Membership is open to all members of the public. Becoming a member helps support the charity's work and keep up to date with activities and any current medical information. There is also the opportunity to build friendships and gain support from others who live with osteoporosis.

Fracture Risk Assessment tool (FRAX)

FRAX risk assessments are carried out at the Centre. This involves answering around twelve questions relating to possible risk factors. The information is then entered into an online algorithm and a FRAX score is calculated. This provides a 10-year risk percentage of a major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture) and a 10-year risk percentage of a hip fracture.

The score is plotted on a graph that suggests whether treatment may be needed or lifestyle changes need to be made. A report is provided with general recommendations that you can then discuss with your GP or practice nurse.

Outreach

Representatives from the charity attend community health events. Working in the community helps to increase public awareness and understanding about osteoporosis and also about the charity's services.

Exercise Classes

The Osteoporosis 2000 exercise classes are a large part of the charity's support services. The classes are well attended by both men and women. Exercise simulates bone turnover, strengthens muscles, increases flexibility, improves coordination and balance. Being active has many other health benefits that help maintain independence.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

Currently the charity provides seven classes throughout Sheffield including three Falls prevention classes. The general classes provide a variety of exercise routines delivered by a qualified instructor. Participants are encouraged to work at their own pace and alternative exercises can be given so that everyone is able to take part. The Falls classes offer a more specific type of exercise which follows the OTAGO programme. This programme is designed to prevent falls and improve balance, strength and confidence.

Information about the classes is circulated to community physiotherapists, the NHS Integrated Care team and other local health workers so that they can refer patients to them. In addition to the physical benefits, the classes also encourage social interaction and friendship.

Website

The charity has its own website www.osteoporosis2000.co.uk. The website is a helpful source of information for those who search for osteoporosis support via the internet.

Chiropody

The chiropody service is very popular and well attended by members. Maintaining healthy feet is important for stability and mobility and care should be taken on a regular basis to look after them. Those who attend the chiropody service receive a full half hour treatment in which any foot problems can be identified. Foot deformities, infections and injuries limit mobility and can have a detrimental affect on knees, hips, and other parts of the body. Chiropody can help with these problems and can benefit so many people. Foot health problems, such as pain or deformity, will often lead to an older person avoiding activity. The avoidance of physical activity and exercise over the long term causes a reduction in strength and balance, which in turn leads to an increased risk of falls. There has been a growing body of research behind feet and footwear risk factors, interventions for those with foot pain and an emerging consensus on best practice. Appointments are available every second Tuesday of each month.

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are raised through membership, donations, local businesses, charitable trusts and fundraising events including an Annual Dinner and the London Marathon. Regular Nearly New sales have also been introduced by a group of our volunteers.

Investment policy and objectives

Capital not required for short term use has been invested in a portfolio administered by Investec. The initial investment was made in November 2010 and a further investment in February 2014 and is included in the accounts at market value. It has generated £5,332 (2023: £5,361) of dividend income but made a loss on sales of investments of £525 during the year. There has been an increase in the market value of the investments at 31 March 2024 of £9,370 (2023,decrease of: £11,965). The trustees are continually monitoring the investments to ensure the best return for the charity.

Reserves policy

The Management Committee has established a policy whereby the unrestricted funds held by the charity should aim to be equivalent to six months of the resources expended, equating to approximately £22,000. At this level the Management Committee feel that they would be able to continue the current activities of the charity in the event of a drop in funding. At present the free reserves don't quite reach this target level but will continue to be monitored by the Management Committee.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

FINANCIAL REVIEW

Finances

There was a deficit for the year of £8,544 (2023: £33,609 deficit). The deficit for the year includes an increase in the market value of the investments of £9,370 (2023: £11,965 decrease). The Management Committee are working hard to ensure that future incoming resources will more than meet future expenditure. There were no free reserves at 31 March 2024 though the investments can be sold to generate future cash when required. The balance on restricted funds at 31 March 2024 was nil (2023: £nil) and £162,489 on unrestricted funds (2023: £171,033).

FUTURE PLANS

Osteoporosis 2000 will work to further enhance the charity's existing services and also to develop new projects to support a wider spectrum within the local population of Sheffield and surrounding districts.

Briefly, these include:

- a) Expand the provision of suitable exercise classes including falls prevention programmes.
- b) Greater interaction with support groups for other diseases (e.g. epilepsy, inflammatory bowel disease, asthma, inflammatory arthritis, HIV/Aids, breast cancer) which can be associated with increased risks of osteoporosis.
- c) More interaction with GPs and Practice Nurses to examine issues related to poor long-term adherence to treatments used for osteoporosis.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee. It incorporated on 9 January 1995 and registered as a charity in January 1995.

The company was established under the Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

Recruitment and appointment of new trustees

The directors of the company are also the charity trustees for the purpose of charity law and under the company's Articles are known as members of the Management Committee.

Under the requirements of the Memorandum and Articles of association the members of the Management Committee are elected at the AGM to serve a term of office of either 3 or 4 years depending on position, subject to ratification at each AGM. At the Annual General Meeting at which s/he should retire Members of the Management Committee are eligible for re-election for a further term.

The Management Committee are recruited and selected from varied backgrounds to achieve a broad mix of skills. Members of the Committee with osteoporosis provide valuable information about the condition ensuring that patients are represented on the Committee. Members with medical, business and financial skills also form part of the Management Committee.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Management Committee of Osteoporosis 2000 should consist of at least 7 members who meet at regular intervals (usually two-monthly) during the year. Further members are currently being recruited to ensure the minimum number of members is met. The Management Committee is comprised of professional members, patients and others. There are two sub committees with some members drawn from within the Management Committee but also with input from other charity members; the Patients Sub Committee addresses the needs and services provided by the charity and the Fundraising Sub Committee oversees the planning and execution of major fund-raising events throughout the year. These sub committees meet as necessary and report back to the Main Committee.

The company secretary attends all Management Committee meetings but has no voting rights.

The Centre Manager Natalie Shillito, has responsibility for the day to day running of the Drop in Centre and the provision of services. Supervision of the Centre Manager is undertaken by the Chair of the Management Committee.

Volunteers

We are extremely grateful for the many hours volunteers have given to carry out the charity's work. Their time, advice, knowledge and expertise is invaluable. Without their continued help the charity would not have been able to achieve so much. We would also like to acknowledge the support given to the charity by members of the local community. We look forward to working together to develop our future plans.

Induction and training of new trustees

The trustees have volunteered because of their knowledge of and involvement with the work of the charity. They are provided with training in the requirements and responsibilities of trustees, including materials published by the Charity Commission.

Related parties

There are no related parties to disclose.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Management Committee has conducted its own risk review of the major risks to which the charity is exposed, including risks to external funding, and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are constantly reviewed to ensure that they still meet the needs of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03007662 (England and Wales)

Registered Charity number

1043657

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

Registered office

Unit 10, Learoyd Way
Hillsborough Barracks Shopping Centre
Sheffield
South Yorkshire
S6 2LR

Trustees

Dr E McCloskey - Chair
A White - Vice Chair (resigned 25.10.23)
R Ward - Treasurer
Miss J Magee
R Law
J Salisbury
R A Lumby (appointed 25.10.23)

Company Secretary

N Shillito

Independent Examiner

S C Fields
Hodgson & Oldfield
Aizlewood's Mill
Nursery Street
Sheffield
S3 8GG

Solicitors

Taylor & Emmet, 20 Arundel Gate, Sheffield, S21 2PP

Bankers

HSBC plc, P O Box 50, 17 Church Street, Sheffield, S1 1HH

Patrons

Professor John Kanis
The Duchess of Devonshire

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of Osteoporosis 2000 for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2024**

TRUSTEES' RESPONSIBILITY STATEMENT - continued

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 27 October 2024 and signed on its behalf by:

Dr E McCloskey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OSTEOPOROSIS 2000

Independent examiner's report to the trustees of Osteoporosis 2000 ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

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.

S C Fields

Hodgson & Oldfield
Aizlewood's Mill
Nursery Street
Sheffield
S3 8GG

28 October 2024

OSTEOPOROSIS 2000

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) for the Year Ended 31 March 2024

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.24 Total funds £ | 31.3.23 Total funds £ |
|------------------------------------|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 4,004 | - | 4,004 | 6,191 |
| Charitable activities | | | | | |
| Mobility classes | 5 | 13,115 | - | 13,115 | 11,531 |
| Other trading activities | 3 | 22,705 | - | 22,705 | 18,594 |
| Investment income | 4 | 5,400 | - | 5,400 | 5,376 |
| Total | | 45,224 | - | 45,224 | 41,692 |
| EXPENDITURE ON | | | | | |
| Raising funds | | | | | |
| Raising donations and legacies | 6 | 5,254 | - | 5,254 | 6,691 |
| Investment management costs | 7 | 2,560 | - | 2,560 | 4,991 |
| | | 7,814 | - | 7,814 | 11,682 |
| Charitable activities | | | | | |
| Advice, information and training | 8 | 35,238 | - | 35,238 | 31,360 |
| Mobility classes | | 18,746 | - | 18,746 | 17,563 |
| Other | | 1,340 | - | 1,340 | 2,731 |
| Total | | 63,138 | - | 63,138 | 63,336 |
| Net gains/(losses) on investments | | 9,370 | - | 9,370 | (11,965) |
| NET INCOME/(EXPENDITURE) | | (8,544) | - | (8,544) | (33,609) |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 171,033 | - | 171,033 | 204,642 |
| TOTAL FUNDS CARRIED FORWARD | | 162,489 | - | 162,489 | 171,033 |

The notes form part of these financial statements

BALANCE SHEET
31 March 2024

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.24 Total funds £ | 31.3.23 Total funds £ |
|--|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 11 | - | 11 | 11 |
| Investments | 15 | 176,045 | - | 176,045 | 166,581 |
| | | <u>176,056</u> | <u>-</u> | <u>176,056</u> | <u>166,592</u> |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 843 | - | 843 | 2,966 |
| Cash at bank and in hand | | 8,288 | - | 8,288 | 18,779 |
| | | <u>9,131</u> | <u>-</u> | <u>9,131</u> | <u>21,745</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | (22,698) | - | (22,698) | (17,304) |
| | | <u>(13,567)</u> | <u>-</u> | <u>(13,567)</u> | <u>4,441</u> |
| NET CURRENT ASSETS | | | | | |
| | | <u>(13,567)</u> | <u>-</u> | <u>(13,567)</u> | <u>4,441</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>162,489</u> | <u>-</u> | <u>162,489</u> | <u>171,033</u> |
| NET ASSETS | | | | | |
| | | <u>162,489</u> | <u>-</u> | <u>162,489</u> | <u>171,033</u> |
| FUNDS | | | | | |
| Unrestricted funds | 18 | | | 162,489 | 171,033 |
| TOTAL FUNDS | | | | | |
| | | | | <u>162,489</u> | <u>171,033</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 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.

The notes form part of these financial statements

OSTEOPOROSIS 2000 (REGISTERED NUMBER: 03007662)

BALANCE SHEET - continued
31 March 2024

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 27 October 2024 and were signed on its behalf by:

R Ward - Trustee

E McCloskey - Trustee

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2024

1. 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, with the exception of investments which are included at market value.

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

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

- Donations and legacies are included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable and the amount can be measured reliably by the charity.
- Income from government and other grants, whether capital or revenue, 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.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. The cost of the services of volunteers cannot be reasonably quantified and has not been included in the accounts.

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

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. per capita or estimated usage as set out in the notes to the accounts.

Tangible fixed assets

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

| | |
|-----------------------|---------------|
| Fixtures and fittings | - 33% on cost |
| Computer equipment | - 33% on cost |

Fixed assets are stated at cost less accumulated depreciation.

The costs of minor additions or those where the purchase price is below £250 are not capitalised.

Taxation

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

Fund accounting

Unrestricted Funds:

Unrestricted funds are donations, legacies and other incoming resources receivable or generated without further specified purpose and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds:

Restricted funds are to be used for specific purposes imposed by the donor.

Designated Funds:

Designated funds are unrestricted funds earmarked by the management committee for particular purposes. The management committee can release these funds back to general funds at their discretion.

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods and services

Donated goods are recognised when they are sold and included in other trading activities in the Statement of Financial Activities. Estimating the fair value of donated goods for resale is impractical due to the volume of low-value items received and the absence of detailed stock control systems and records.

Donated services cannot be reasonably quantified and as such are not recognised within the accounts.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES - continued

Investments

The investments are included in the balance sheet at market value. Gains and losses on investments during the year are recognised in the Statement of Financial Activities.

2. DONATIONS AND LEGACIES

| | 31.3.24 | 31.3.23 |
|--------------------------|--------------|--------------|
| | £ | £ |
| Membership subscriptions | 428 | 480 |
| Membership donations | 476 | 905 |
| Funeral donations | 2,259 | 515 |
| General donations | 841 | 4,291 |
| | <u>4,004</u> | <u>6,191</u> |

3. OTHER TRADING ACTIVITIES

| | 31.3.24 | 31.3.23 |
|--------------------|---------------|---------------|
| | £ | £ |
| Fundraising events | 5,725 | 3,749 |
| Nearly new sales | 16,980 | 14,845 |
| | <u>22,705</u> | <u>18,594</u> |

4. INVESTMENT INCOME

| | 31.3.24 | 31.3.23 |
|--------------------------|--------------|--------------|
| | £ | £ |
| Deposit account interest | 68 | 15 |
| Investment income | 5,332 | 5,361 |
| | <u>5,400</u> | <u>5,376</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

| | | | |
|-----------|--|-------------------|-------------------|
| 5. | INCOME FROM CHARITABLE ACTIVITIES | 31.3.24 | 31.3.23 |
| | Activity | £ | £ |
| | Mobility classes | 13,115 | 11,531 |
| | | <u> </u> | <u> </u> |
| 6. | RAISING DONATIONS AND LEGACIES | 31.3.24 | 31.3.23 |
| | | £ | £ |
| | Fundraising costs | 680 | 2,196 |
| | Support costs | 4,574 | 4,495 |
| | | <u> </u> | <u> </u> |
| | | 5,254 | 6,691 |
| | | <u> </u> | <u> </u> |
| 7. | INVESTMENT MANAGEMENT COSTS | 31.3.24 | 31.3.23 |
| | | £ | £ |
| | Portfolio management | 2,035 | 2,146 |
| | Loss on sale of assets | 525 | 2,845 |
| | | <u> </u> | <u> </u> |
| | | 2,560 | 4,991 |
| | | <u> </u> | <u> </u> |
| 8. | CHARITABLE ACTIVITIES COSTS | | |
| | | Direct | Support |
| | | Costs | costs (see |
| | | £ | note 9) |
| | Advice, information and training | 17,040 | 18,198 |
| | Mobility classes | 16,196 | 2,550 |
| | | <u> </u> | <u> </u> |
| | | 33,236 | 20,748 |
| | | <u> </u> | <u> </u> |
| | | 53,984 | 53,984 |
| | | <u> </u> | <u> </u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

9. SUPPORT COSTS

| | Management £ | Finance £ | Office costs £ | Governance costs £ | Totals £ |
|----------------------------------|-----------------|--------------|----------------------|--------------------------|-------------|
| Raising donations and legacies | 4,400 | - | 174 | - | 4,574 |
| Other resources expended | - | 317 | 3 | 1,020 | 1,340 |
| Advice, information and training | 15,401 | - | 2,797 | - | 18,198 |
| Mobility classes | 2,200 | - | 350 | - | 2,550 |
| | 22,001 | 317 | 3,324 | 1,020 | 26,662 |
| | 22,001 | 317 | 3,324 | 1,020 | 26,662 |

| | |
|------------------|---------------------|
| Activity | Basis of allocation |
| Management | Staff time |
| Finance | Usage |
| Office costs | Usage |
| Governance costs | Usage |

10. NET INCOME/(EXPENDITURE)

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

| | | |
|-------------------------------------|---------|---------|
| | 31.3.24 | 31.3.23 |
| | £ | £ |
| Deficit on disposal of fixed assets | 525 | 2,845 |
| Rent & service charge | 12,280 | 11,572 |
| | 12,805 | 14,417 |
| | 12,805 | 14,417 |

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024**

12. STAFF COSTS

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

| | 31.3.24 | 31.3.23 |
|--------------------------------|----------|----------|
| Advice, information & training | 1 | 1 |
| | <u>1</u> | <u>1</u> |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 6,191 | - | 6,191 |
| Charitable activities | | | |
| Mobility classes | 11,531 | - | 11,531 |
| Other trading activities | 18,594 | - | 18,594 |
| Investment income | 5,376 | - | 5,376 |
| Total | <u>41,692</u> | <u>-</u> | <u>41,692</u> |
| EXPENDITURE ON | | | |
| Raising funds | | | |
| Raising donations and legacies | 6,691 | - | 6,691 |
| Investment management costs | 4,991 | - | 4,991 |
| | <u>11,682</u> | <u>-</u> | <u>11,682</u> |
| Charitable activities | | | |
| Advice, information and training | 31,360 | - | 31,360 |
| Mobility classes | 17,563 | - | 17,563 |
| Other | 2,731 | - | 2,731 |
| Total | <u>63,336</u> | <u>-</u> | <u>63,336</u> |
| Net gains/(losses) on investments | <u>(11,965)</u> | <u>-</u> | <u>(11,965)</u> |
| NET INCOME/(EXPENDITURE) | (33,609) | - | (33,609) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 204,642 | - | 204,642 |

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024**

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|------------------------------------|---------------------------|--------------------------|---------------------|
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS CARRIED FORWARD | 171,033 | - | 171,033 |
| | <u> </u> | <u> </u> | <u> </u> |

14. TANGIBLE FIXED ASSETS

| | Equipment £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------------------|-------------------|----------------------------------|----------------------------|-------------------|
| COST | | | | |
| At 1 April 2023 and 31 March 2024 | 2,000 | 5,104 | 1,584 | 8,688 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| DEPRECIATION | | | | |
| At 1 April 2023 and 31 March 2024 | 1,999 | 5,096 | 1,582 | 8,677 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| NET BOOK VALUE | | | | |
| At 31 March 2024 | 1 | 8 | 2 | 11 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| At 31 March 2023 | 1 | 8 | 2 | 11 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |

All fixed assets are used in direct furtherance of the charity's objects.

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-------------------------|----------------------------|
| MARKET VALUE | |
| At 1 April 2023 | 166,581 |
| Additions at cost | 14,685 |
| Disposals at cost | (14,591) |
| Reversal of impairments | 9,370 |
| | <u> </u> |
| At 31 March 2024 | 176,045 |
| | <u> </u> |
| NET BOOK VALUE | |
| At 31 March 2024 | 176,045 |
| | <u> </u> |
| At 31 March 2023 | 166,581 |
| | <u> </u> |

All investments are carried at their fair value. Investment in equities and fixed interest securities are all traded in quoted public markets. The basis of fair value for quoted investments is equivalent to the market value. Asset sales and purchases are recognised at the date of trade at cost.

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024**

15. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31 March 2024 is represented by:

| | | |
|-------------------|--|-----------------------|
| | | Listed investments |
| | | £ |
| Valuation in 2024 | | 27,194 |
| Cost | | 148,851 |
| | | <u>176,045</u> |

Investments are held primarily to provide an investment return for the charity.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|--------------------------------|------------|--------------|
| | 31.3.24 | 31.3.23 |
| | £ | £ |
| Prepayments and accrued income | 843 | 2,966 |
| | <u>843</u> | <u>2,966</u> |

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|---------------------------------|---------------|---------------|
| | 31.3.24 | 31.3.23 |
| | £ | £ |
| Social security and other taxes | 224 | 478 |
| Accrued expenses | 22,474 | 16,826 |
| | <u>22,698</u> | <u>17,304</u> |

18. MOVEMENT IN FUNDS

| | | | |
|---------------------------|----------------|-----------------------------|----------------|
| | At 1.4.23 | Net movement in funds | At 31.3.24 |
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 171,033 | (8,544) | 162,489 |
| | <u>171,033</u> | <u>(8,544)</u> | <u>162,489</u> |
| TOTAL FUNDS | <u>171,033</u> | <u>(8,544)</u> | <u>162,489</u> |

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2024**

18. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 45,224 | (63,138) | 9,370 | (8,544) |
| | ----- | ----- | ----- | ----- |
| TOTAL FUNDS | <u>45,224</u> | <u>(63,138)</u> | <u>9,370</u> | <u>(8,544)</u> |

Comparatives for movement in funds

| | At 1.4.22 £ | Net movement in funds £ | At 31.3.23 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 204,642 | (33,609) | 171,033 |
| | ----- | ----- | ----- |
| TOTAL FUNDS | <u>204,642</u> | <u>(33,609)</u> | <u>171,033</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 41,692 | (63,336) | (11,965) | (33,609) |
| | ----- | ----- | ----- | ----- |
| TOTAL FUNDS | <u>41,692</u> | <u>(63,336)</u> | <u>(11,965)</u> | <u>(33,609)</u> |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1.4.22 £ | Net movement in funds £ | At 31.3.24 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 204,642 | (42,153) | 162,489 |
| | ----- | ----- | ----- |
| TOTAL FUNDS | <u>204,642</u> | <u>(42,153)</u> | <u>162,489</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2024

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 86,916 | (126,474) | (2,595) | (42,153) |
| | _____ | _____ | _____ | _____ |
| TOTAL FUNDS | <u>86,916</u> | <u>(126,474)</u> | <u>(2,595)</u> | <u>(42,153)</u> |

Unrestricted Funds

These are expended at the discretion of the Management Committee/Trustees to meet the general objectives of the charity.

19. EMPLOYEE BENEFIT OBLIGATIONS

The charitable company's pension scheme is a defined contribution scheme and all premiums paid are charged to the Statement of Financial Activities in the period that they are paid.

There were no outstanding or prepaid contributions at 31 March 2024.

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

21. ULTIMATE CONTROLLING PARTY

The charitable company is controlled by its trustees.

22. MEMBERS UNDERTAKING

The charitable company is limited by guarantee and, under paragraph 7 of the Memorandum of Association, every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

OSTEOPOROSIS 2000

England & Wales - Charity number 1043657

Accounts

REGISTERED COMPANY NUMBER: 03007662 (England and Wales)
REGISTERED CHARITY NUMBER: 1043657

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
FOR
OSTEOPOROSIS 2000

Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

OSTEOPOROSIS 2000

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OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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

Purposes and aims

The company is a charity, based in Sheffield. Its objectives are:-

- For the public benefit, to advance education on all matters relating to osteoporosis and in particular by promoting an awareness and understanding of the condition.

-To relieve sufferers of osteoporosis and to provide respite care for the carers of sufferers.

Ensuring our work delivers our aims

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

In planning the charity's activities for the year the Board of Management have complied with the Charity Commission's guidance on public benefit. The charity's activities are open to all members of the public and have been developed to be meet identified needs so that they are of benefit to all who use them.

Advice, Information and Training

The Drop in Centre and telephone helpline provides the opportunity for members of the community to call in for help and advice. We offer a friendly sympathetic listening ear and support in a relaxed environment.

We receive a varied range of enquires ranging from those newly diagnosed to sufferers who need more long term support. Volunteers who have osteoporosis themselves are on hand to offer support and share their experiences about coping with this disease.

Patients who are about to visit the Metabolic Unit for the first time find it reassuring to speak to someone about what to expect during their appointment. Other callers may have just started treatment and need confidence about taking their medication. The first three months of treatment is the time when help and encouragement is most valuable. Lack of adherence to osteoporosis medication is a big problem and, unfortunately, up to half of people stop their osteoporosis treatment after only one year. We try to encourage patients to persevere and if problems do arise to seek medical advice rather than stopping treatment. Prevention advice on how to look after bone health is also requested. Although genetic factors largely determine the size and density of our bones, lifestyle factors such as good nutrition, regular exercise, avoiding smoking and alcohol intake also play a key role. A comprehensive range of information literature is always available.

Our younger visitors are fascinated by our resident skeleton and are delighted to learn about their bones. The colouring sheet they take home helps to remind them of their visit.

Membership

Membership is open to all members of the public. Becoming a member helps support the charity's work and keep up to date with activities and any current medical information. There is also the opportunity to build friendships and gain support from others who live with osteoporosis.

Fracture Risk Assessment tool (FRAX)

FRAX risk assessments are carried out at the Centre. This involves answering around twelve questions relating to possible risk factors. The information is then entered into an online algorithm and a FRAX score is calculated. This provides a 10-year risk percentage of a major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture) and a 10-year risk percentage of a hip fracture.

The score is plotted on a graph that suggests whether treatment may be needed or lifestyle changes need to be made. A report is provided with general recommendations that you can then discuss with your GP or practice nurse.

Outreach

Representatives from the charity attend community health events. Working in the community helps to increase public awareness and understanding about osteoporosis and also about the charity's services.

Exercise Classes

The Osteoporosis 2000 exercise classes are a large part of the charity's support services. The classes are well attended by both men and women. Exercise simulates bone turnover, strengthens muscles, increases flexibility, improves coordination and balance. Being active has many other health benefits that help maintain independence.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

Currently the charity provides seven classes throughout Sheffield including three Falls prevention classes. The general classes provide a variety of exercise routines delivered by a qualified instructor. Participants are encouraged to work at their own pace and alternative exercises can be given so that everyone is able to take part. The Falls classes offer a more specific type of exercise which follows the OTAGO programme. This programme is designed to prevent falls and improve balance, strength and confidence.

Information about the classes is circulated to community physiotherapists, the NHS Integrated Care team and other local health workers so that they can refer patients to them. In addition to the physical benefits, the classes also encourage social interaction and friendship.

Website

The charity has its own website www.osteoporosis2000.co.uk. The website is a helpful source of information for those who search for osteoporosis support via the internet.

Chiropody

The chiropody service is very popular and well attended by members. Maintaining healthy feet is important for stability and mobility and care should be taken on a regular basis to look after them. Those who attend the chiropody service receive a full half hour treatment in which any foot problems can be identified. Foot deformities, infections and injuries limit mobility and can have a detrimental affect on knees, hips, and other parts of the body. Chiropody can help with these problems and can benefit so many people. Foot health problems, such as pain or deformity, will often lead to an older person avoiding activity. The avoidance of physical activity and exercise over the long term causes a reduction in strength and balance, which in turn leads to an increased risk of falls. There has been a growing body of research behind feet and footwear risk factors, interventions for those with foot pain and an emerging consensus on best practice. Appointments are available every second Tuesday of each month.

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are raised through membership, donations, local businesses, charitable trusts and fundraising events including an Annual Dinner and the London Marathon. Regular Nearly New sales have also been introduced by a group of our volunteers.

Investment policy and objectives

Capital not required for short term use has been invested in a portfolio administered by Investec. The initial investment was made in November 2010 and a further investment in February 2014 and is included in the accounts at market value. It has generated £5,361 (2022: £5,113) of dividend income but made a loss on sales of investments of £2,845 during the year. There has been a decrease in the market value of the investments at 31 March 2023 of £11,965 (2022, increase of: £5,986). The trustees are continually monitoring the investments to ensure the best return for the charity.

Reserves policy

The Management Committee has established a policy whereby the unrestricted funds held by the charity should aim to be equivalent to six months of the resources expended, equating to approximately £22,000. At this level the Management Committee feel that they would be able to continue the current activities of the charity in the event of a drop in funding. At present the free reserves don't quite reach this target level but will continue to be monitored by the Management Committee.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

FINANCIAL REVIEW

Finances

There was a deficit for the year of £33,609 (2022: £13,967 deficit). The deficit for the year includes a decrease in the market value of the investments of £11,965 (2022: £5,986 increase). The Management Committee are working hard to ensure that future incoming resources will more than meet future expenditure. The free reserves at 31 March 2023 were £4,441 and the investments can be sold to generate future cash when required. The balance on restricted funds at 31 March 2023 was nil (2022: £nil) and £171,033 on unrestricted funds (2022: £204,642).

FUTURE PLANS

Osteoporosis 2000 will work to further enhance the charity's existing services and also to develop new projects to support a wider spectrum within the local population of Sheffield and surrounding districts.

Briefly, these include:

- a) Expand the provision of suitable exercise classes including falls prevention programmes.
- b) Greater interaction with support groups for other diseases (e.g. epilepsy, inflammatory bowel disease, asthma, inflammatory arthritis, HIV/Aids, breast cancer) which can be associated with increased risks of osteoporosis.
- c) More interaction with GPs and Practice Nurses to examine issues related to poor long-term adherence to treatments used for osteoporosis.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee. It incorporated on 9 January 1995 and registered as a charity in January 1995.

The company was established under the Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

Recruitment and appointment of new trustees

The directors of the company are also the charity trustees for the purpose of charity law and under the company's Articles are known as members of the Management Committee.

Under the requirements of the Memorandum and Articles of association the members of the Management Committee are elected at the AGM to serve a term of office of either 3 or 4 years depending on position, subject to ratification at each AGM. At the Annual General Meeting at which s/he should retire Members of the Management Committee are eligible for re-election for a further term.

The Management Committee are recruited and selected from varied backgrounds to achieve a broad mix of skills. Members of the Committee with osteoporosis provide valuable information about the condition ensuring that patients are represented on the Committee. Members with medical, business and financial skills also form part of the Management Committee.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Management Committee of Osteoporosis 2000 should consist of at least 7 members who meet at regular intervals (usually two-monthly) during the year. Further members are currently being recruited to ensure the minimum number of members is met. The Management Committee is comprised of professional members, patients and others. There are two sub committees with some members drawn from within the Management Committee but also with input from other charity members; the Patients Sub Committee addresses the needs and services provided by the charity and the Fundraising Sub Committee oversees the planning and execution of major fund-raising events throughout the year. These sub committees meet as necessary and report back to the Main Committee.

The company secretary attends all Management Committee meetings but has no voting rights.

The Centre Manager Natalie Shillito, has responsibility for the day to day running of the Drop in Centre and the provision of services. Supervision of the Centre Manager is undertaken by the Chair of the Management Committee.

Volunteers

We are extremely grateful for the many hours volunteers have given to carry out the charity's work. Their time, advice, knowledge and expertise is invaluable. Without their continued help the charity would not have been able to achieve so much. We would also like to acknowledge the support given to the charity by members of the local community. We look forward to working together to develop our future plans.

Induction and training of new trustees

The trustees have volunteered because of their knowledge of and involvement with the work of the charity. They are provided with training in the requirements and responsibilities of trustees, including materials published by the Charity Commission.

Related parties

There are no related parties to disclose.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Management Committee has conducted its own risk review of the major risks to which the charity is exposed, including risks to external funding, and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are constantly reviewed to ensure that they still meet the needs of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03007662 (England and Wales)

Registered Charity number

1043657

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

Registered office

Unit 10, Learoyd Way
Hillsborough Barracks Shopping Centre
Sheffield
South Yorkshire
S6 2LR

Trustees

Dr E McCloskey - Chair
A White - Vice Chair
R Ward - Treasurer
T Nunn (resigned 4.2.23)
Miss J Magee
R Law
J Salisbury

Company Secretary

N Shillito

Independent Examiner

S C Fields
Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

Solicitors

Taylor & Emmet, 20 Arundel Gate, Sheffield, S21 2PP

Bankers

HSBC plc, P O Box 50, 17 Church Street, Sheffield, S1 1HH

Patrons

Professor John Kanis
The Duchess of Devonshire

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of Osteoporosis 2000 for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2023

TRUSTEES' RESPONSIBILITY STATEMENT - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 20 October 2023 and signed on its behalf by:

Dr E McCloskey - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OSTEOPOROSIS 2000

Independent examiner's report to the trustees of Osteoporosis 2000 ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

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.

S C Fields

Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

23 October 2023

OSTEOPOROSIS 2000

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) for the Year Ended 31 March 2023

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.23 Total funds £ | 31.3.22 Total funds £ |
|------------------------------------|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 6,191 | - | 6,191 | 8,470 |
| Charitable activities | | | | | |
| Mobility classes | 5 | 11,531 | - | 11,531 | 10,294 |
| Other trading activities | 3 | 18,594 | - | 18,594 | 14,912 |
| Investment income | 4 | 5,376 | - | 5,376 | 5,113 |
| Total | | 41,692 | - | 41,692 | 38,789 |
| EXPENDITURE ON | | | | | |
| Raising funds | | | | | |
| Raising donations and legacies | 6 | 6,602 | - | 6,602 | 7,278 |
| Investment management costs | 7 | 4,991 | - | 4,991 | 2,597 |
| | | 11,593 | - | 11,593 | 9,875 |
| Charitable activities | | | | | |
| Advice, information and training | 8 | 30,693 | - | 30,693 | 32,681 |
| Mobility classes | | 17,476 | - | 17,476 | 14,656 |
| Other | | 3,574 | - | 3,574 | 1,530 |
| Total | | 63,336 | - | 63,336 | 58,742 |
| Net gains/(losses) on investments | | (11,965) | - | (11,965) | 5,986 |
| NET INCOME/(EXPENDITURE) | | (33,609) | - | (33,609) | (13,967) |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 204,642 | - | 204,642 | 218,609 |
| TOTAL FUNDS CARRIED FORWARD | | 171,033 | - | 171,033 | 204,642 |

The notes form part of these financial statements

OSTEOPOROSIS 2000**BALANCE SHEET
31 March 2023**

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.23 Total funds £ | 31.3.22 Total funds £ |
|--|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 11 | - | 11 | 11 |
| Investments | 15 | 166,581 | - | 166,581 | 204,949 |
| | | <u>166,592</u> | <u>-</u> | <u>166,592</u> | <u>204,960</u> |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 2,966 | - | 2,966 | 4,115 |
| Cash at bank and in hand | | 18,779 | - | 18,779 | 11,724 |
| | | <u>21,745</u> | <u>-</u> | <u>21,745</u> | <u>15,839</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | (17,304) | - | (17,304) | (16,157) |
| | | <u>4,441</u> | <u>-</u> | <u>4,441</u> | <u>(318)</u> |
| NET CURRENT ASSETS | | | | | |
| | | <u>171,033</u> | <u>-</u> | <u>171,033</u> | <u>204,642</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>171,033</u> | <u>-</u> | <u>171,033</u> | <u>204,642</u> |
| NET ASSETS | | <u>171,033</u> | <u>-</u> | <u>171,033</u> | <u>204,642</u> |
| FUNDS | 18 | | | | |
| Unrestricted funds | | | | <u>171,033</u> | <u>204,642</u> |
| TOTAL FUNDS | | | | <u>171,033</u> | <u>204,642</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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.

The notes form part of these financial statements

OSTEOPOROSIS 2000

BALANCE SHEET - continued
31 March 2023

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 20 October 2023 and were signed on its behalf by:

R Ward - Trustee

E McCloskey - Trustee

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2023

1. 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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

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

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

- Donations and legacies are included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable and the amount can be measured reliably by the charity.
- Income from government and other grants, whether capital or revenue, 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.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. The cost of the services of volunteers cannot be reasonably quantified and has not been included in the accounts.

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

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. per capita or estimated usage as set out in the notes to the accounts.

Tangible fixed assets

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

| | |
|-----------------------|---------------|
| Fixtures and fittings | - 33% on cost |
| Computer equipment | - 33% on cost |

Fixed assets are stated at cost less accumulated depreciation.

The costs of minor additions or those where the purchase price is below £250 are not capitalised.

Taxation

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

Fund accounting

Unrestricted Funds:

Unrestricted funds are donations, legacies and other incoming resources receivable or generated without further specified purpose and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds:

Restricted funds are to be used for specific purposes imposed by the donor.

Designated Funds:

Designated funds are unrestricted funds earmarked by the management committee for particular purposes. The management committee can release these funds back to general funds at their discretion.

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods and services

Donated goods are recognised when they are sold and included in other trading activities in the Statement of Financial Activities. Estimating the fair value of donated goods for resale is impractical due to the volume of low-value items received and the absence of detailed stock control systems and records.

Donated services cannot be reasonably quantified and as such are not recognised within the accounts.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES - continued

Investments

The investments are included in the balance sheet at market value. Gains and losses on investments during the year are recognised in the Statement of Financial Activities.

2. DONATIONS AND LEGACIES

| | 31.3.23 | 31.3.22 |
|--------------------------|--------------|--------------|
| | £ | £ |
| Grants | - | 3,841 |
| Membership subscriptions | 480 | 540 |
| Membership donations | 905 | 771 |
| Funeral donations | 515 | - |
| General donations | 4,291 | 3,318 |
| | <u>6,191</u> | <u>8,470</u> |

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

| | 31.3.23 | 31.3.22 |
|-----------------------------|----------|--------------|
| | £ | £ |
| Job retention scheme grants | - | 3,841 |
| | <u>-</u> | <u>3,841</u> |

3. OTHER TRADING ACTIVITIES

| | 31.3.23 | 31.3.22 |
|--------------------|---------------|---------------|
| | £ | £ |
| Fundraising events | 3,749 | 2,166 |
| Nearly new sales | 14,845 | 12,746 |
| | <u>18,594</u> | <u>14,912</u> |

4. INVESTMENT INCOME

| | 31.3.23 | 31.3.22 |
|--------------------------|--------------|--------------|
| | £ | £ |
| Deposit account interest | 15 | - |
| Investment income | 5,361 | 5,113 |
| | <u>5,376</u> | <u>5,113</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

| | | | |
|-----------|--|-------------------|-------------------|
| 5. | INCOME FROM CHARITABLE ACTIVITIES | 31.3.23 | 31.3.22 |
| | | £ | £ |
| | Mobility classes | 11,531 | 10,294 |
| | | <u> </u> | <u> </u> |
| 6. | RAISING DONATIONS AND LEGACIES | 31.3.23 | 31.3.22 |
| | | £ | £ |
| | Fundraising costs | 2,196 | 2,196 |
| | Publicity | - | 500 |
| | Support costs | 4,406 | 4,582 |
| | | <u> </u> | <u> </u> |
| | | 6,602 | 7,278 |
| | | <u> </u> | <u> </u> |
| 7. | INVESTMENT MANAGEMENT COSTS | 31.3.23 | 31.3.22 |
| | | £ | £ |
| | Portfolio management | 2,146 | 2,597 |
| | Loss on sale of assets | 2,845 | - |
| | | <u> </u> | <u> </u> |
| | | 4,991 | 2,597 |
| | | <u> </u> | <u> </u> |
| 8. | CHARITABLE ACTIVITIES COSTS | | |
| | | Direct | Support |
| | | Costs | costs (see |
| | | £ | note 9) |
| | Advice, information and training | 14,438 | 16,255 |
| | Mobility classes | 15,173 | 2,303 |
| | | <u> </u> | <u> </u> |
| | | 29,611 | 18,558 |
| | | <u> </u> | <u> </u> |
| | | | 48,169 |
| | | <u> </u> | <u> </u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

9. SUPPORT COSTS

| | Management £ | Finance £ | Office costs £ | Governance costs £ | Totals £ |
|----------------------------------|-----------------|--------------|----------------------|--------------------------|-------------|
| Raising donations and legacies | 4,340 | - | 66 | - | 4,406 |
| Other resources expended | 298 | 259 | 1,897 | 1,120 | 3,574 |
| Advice, information and training | 15,193 | - | 1,062 | - | 16,255 |
| Mobility classes | 2,170 | - | 133 | - | 2,303 |
| | 22,001 | 259 | 3,158 | 1,120 | 26,538 |
| | 22,001 | 259 | 3,158 | 1,120 | 26,538 |

| | |
|--------------|---------------------|
| Activity | Basis of allocation |
| Management | Staff time |
| Finance | Usage |
| Office costs | Usage |

10. NET INCOME/(EXPENDITURE)

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

| | | |
|-------------------------------------|--------------|--------------|
| | 31.3.23 £ | 31.3.22 £ |
| Deficit on disposal of fixed assets | 2,845 | - |
| Rent & service charge | 11,572 | 11,790 |
| | 11,572 | 11,790 |
| | 11,572 | 11,790 |

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

12. STAFF COSTS

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

| | | |
|--------------------------------|---------|---------|
| | 31.3.23 | 31.3.22 |
| Advice, information & training | 1 | 1 |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 8,470 | - | 8,470 |
| Charitable activities | | | |
| Mobility classes | 10,294 | - | 10,294 |
| Other trading activities | 14,912 | - | 14,912 |
| Investment income | 5,113 | - | 5,113 |
| Total | 38,789 | - | 38,789 |
| EXPENDITURE ON | | | |
| Raising funds | | | |
| Raising donations and legacies | 7,278 | - | 7,278 |
| Investment management costs | 2,597 | - | 2,597 |
| | 9,875 | - | 9,875 |
| Charitable activities | | | |
| Advice, information and training | 32,681 | - | 32,681 |
| Mobility classes | 14,536 | 120 | 14,656 |
| Other | 1,530 | - | 1,530 |
| Total | 58,622 | 120 | 58,742 |
| Net gains on investments | 5,986 | - | 5,986 |
| NET INCOME/(EXPENDITURE) | (13,847) | (120) | (13,967) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 218,489 | 120 | 218,609 |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|------------------------------------|---------------------------|--------------------------|---------------------|
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS CARRIED FORWARD | 204,642 | - | 204,642 |
| | <u> </u> | <u> </u> | <u> </u> |

14. TANGIBLE FIXED ASSETS

| | Equipment £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------------------|-------------------|----------------------------------|----------------------------|-------------------|
| COST | | | | |
| At 1 April 2022 and 31 March 2023 | 2,000 | 5,104 | 1,584 | 8,688 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| DEPRECIATION | | | | |
| At 1 April 2022 and 31 March 2023 | 1,999 | 5,096 | 1,582 | 8,677 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| NET BOOK VALUE | | | | |
| At 31 March 2023 | 1 | 8 | 2 | 11 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| At 31 March 2022 | 1 | 8 | 2 | 11 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |

All fixed assets are used in direct furtherance of the charity's objects.

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-----------------------|----------------------------|
| MARKET VALUE | |
| At 1 April 2022 | 204,949 |
| Additions at cost | 20,160 |
| Disposals at cost | (46,563) |
| Impairments | (11,965) |
| | <u> </u> |
| At 31 March 2023 | 166,581 |
| | <u> </u> |
| NET BOOK VALUE | |
| At 31 March 2023 | 166,581 |
| | <u> </u> |
| At 31 March 2022 | 204,949 |
| | <u> </u> |

All investments are carried at their fair value. Investment in equities and fixed interest securities are all traded in quoted public markets. The basis of fair value for quoted investments is equivalent to the market value. Asset sales and purchases are recognised at the date of trade at cost.

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023**

15. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31 March 2023 is represented by:

| | | |
|-------------------|--|-----------------------|
| | | Listed investments |
| Valuation in 2023 | | £ 22,895 |
| Cost | | 143,686 |
| | | 166,581 |
| | | 166,581 |

Investments are held primarily to provide an investment return for the charity.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|--------------------------------|---------|---------|
| | 31.3.23 | 31.3.22 |
| | £ | £ |
| Prepayments and accrued income | 2,966 | 4,115 |
| | 2,966 | 4,115 |
| | 2,966 | 4,115 |

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|---------------------------------|---------|---------|
| | 31.3.23 | 31.3.22 |
| | £ | £ |
| Social security and other taxes | 478 | 269 |
| Accrued expenses | 16,826 | 15,888 |
| | 17,304 | 16,157 |
| | 17,304 | 16,157 |

18. MOVEMENT IN FUNDS

| | | | |
|---------------------------|-----------|-----------------------------|---------------|
| | At 1.4.22 | Net movement in funds | At 31.3.23 |
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 204,642 | (33,609) | 171,033 |
| | 204,642 | (33,609) | 171,033 |
| TOTAL FUNDS | 204,642 | (33,609) | 171,033 |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2023

18. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 41,692 | (63,336) | (11,965) | (33,609) |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>41,692</u> | <u>(63,336)</u> | <u>(11,965)</u> | <u>(33,609)</u> |

Comparatives for movement in funds

| | At 1.4.21 £ | Net movement in funds £ | At 31.3.22 £ |
|---------------------------|-------------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 218,489 | (13,847) | 204,642 |
| Restricted funds | | | |
| Fall prevention classes | 120 | (120) | - |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>218,609</u> | <u>(13,967)</u> | <u>204,642</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 38,789 | (58,622) | 5,986 | (13,847) |
| Restricted funds | | | | |
| Fall prevention classes | - | (120) | - | (120) |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>38,789</u> | <u>(58,742)</u> | <u>5,986</u> | <u>(13,967)</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1.4.21 £ | Net movement in funds £ | At 31.3.23 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 218,489 | (47,456) | 171,033 |
| Restricted funds | | | |
| Fall prevention classes | 120 | (120) | - |
| TOTAL FUNDS | 218,609 | (47,576) | 171,033 |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 80,481 | (121,958) | (5,979) | (47,456) |
| Restricted funds | | | | |
| Fall prevention classes | - | (120) | - | (120) |
| TOTAL FUNDS | 80,481 | (122,078) | (5,979) | (47,576) |

Unrestricted Funds

These are expended at the discretion of the Management Committee/Trustees to meet the general objectives of the charity.

Restricted Funds

Fall Prevention Classes - donations received to be used specifically for the cost of fall prevention classes.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2023

19. EMPLOYEE BENEFIT OBLIGATIONS

The charitable company's pension scheme is a defined contribution scheme and all premiums paid are charged to the Statement of Financial Activities in the period that they are paid.

There were no outstanding or prepaid contributions at 31 March 2023.

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

21. ULTIMATE CONTROLLING PARTY

The charitable company is controlled by its trustees.

22. MEMBERS UNDERTAKING

The charitable company is limited by guarantee and, under paragraph 7 of the Memorandum of Association, every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

OSTEOPOROSIS 2000

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2023

| | 31.3.23 £ | 31.3.22 £ |
|---------------------------------------|--------------|--------------|
| INCOME AND ENDOWMENTS | | |
| Donations and legacies | | |
| Grants | - | 3,841 |
| Membership subscriptions | 480 | 540 |
| Membership donations | 905 | 771 |
| Funeral donations | 515 | - |
| General donations | 4,291 | 3,318 |
| | <hr/> | <hr/> |
| | 6,191 | 8,470 |
| Other trading activities | | |
| Fundraising events | 3,749 | 2,166 |
| Nearly new sales | 14,845 | 12,746 |
| | <hr/> | <hr/> |
| | 18,594 | 14,912 |
| Investment income | | |
| Deposit account interest | 15 | - |
| Investment income | 5,361 | 5,113 |
| | <hr/> | <hr/> |
| | 5,376 | 5,113 |
| Charitable activities | | |
| Mobility classes | 11,531 | 10,294 |
| | <hr/> | <hr/> |
| Total incoming resources | 41,692 | 38,789 |
| EXPENDITURE | | |
| Raising donations and legacies | | |
| Fundraising costs | 2,196 | 2,196 |
| Publicity | - | 500 |
| | <hr/> | <hr/> |
| | 2,196 | 2,696 |
| Investment management costs | | |
| Portfolio management | 2,146 | 2,597 |
| Loss on sale of investment assets | 2,845 | - |
| | <hr/> | <hr/> |
| | 4,991 | 2,597 |
| Charitable activities | | |
| Building rates & insurance | 1,219 | 1,009 |
| Carried forward | 1,219 | 1,009 |

This page does not form part of the statutory financial statements

OSTEOPOROSIS 2000

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2023

| | 31.3.23 | 31.3.22 |
|--------------------------------------|-------------|-------------|
| | £ | £ |
| Charitable activities | | |
| Brought forward | 1,219 | 1,009 |
| Building utilities & maintenance | 1,186 | 1,262 |
| Rent & service charge | 11,572 | 11,790 |
| Advice, information & training costs | 174 | 219 |
| Mobility class costs | 15,173 | 12,088 |
| Bank charges | 287 | 60 |
| | <hr/> | <hr/> |
| | 29,611 | 26,428 |
| Support costs | | |
| Management | | |
| Salaries | 21,542 | 21,542 |
| Pensions | 459 | 459 |
| | <hr/> | <hr/> |
| | 22,001 | 22,001 |
| Finance | | |
| Professional & payroll fees | 259 | 324 |
| Office costs | | |
| Telephone | 1,819 | 1,932 |
| Postage, printing & stationery | 571 | 793 |
| Office maintenance & computer costs | 670 | 797 |
| Cleaning supplies & sundries | 98 | 55 |
| Travel | - | 98 |
| | <hr/> | <hr/> |
| | 3,158 | 3,675 |
| Governance costs | | |
| Accountancy and legal fees | 1,120 | 1,021 |
| | <hr/> | <hr/> |
| Total resources expended | 63,336 | 58,742 |
| | <hr/> | <hr/> |
| Net expenditure | (21,644) | (19,953) |
| | <hr/> <hr/> | <hr/> <hr/> |

This page does not form part of the statutory financial statements

OSTEOPOROSIS 2000

England & Wales - Charity number 1043657

Accounts

REGISTERED COMPANY NUMBER: 03007662 (England and Wales)
REGISTERED CHARITY NUMBER: 1043657

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022
FOR
OSTEOPOROSIS 2000

Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

OSTEOPOROSIS 2000

CONTENTS OF THE FINANCIAL STATEMENTS for the Year Ended 31 March 2022

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| Independent Examiner's Report | 8 |
| Statement of Financial Activities | 9 |
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| Detailed Statement of Financial Activities | 23 to 24 |

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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

Purposes and aims

The company is a charity, based in Sheffield. Its objectives are:-

- For the public benefit, to advance education on all matters relating to osteoporosis and in particular by promoting an awareness and understanding of the condition.

-To relieve sufferers of osteoporosis and to provide respite care for the carers of sufferers.

Ensuring our work delivers our aims

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

In planning the charity's activities for the year the Board of Management have complied with the Charity Commission's guidance on public benefit. The charity's activities are open to all members of the public and have been developed to be meet identified needs so that they are of benefit to all who use them.

Advice, Information and Training

The Drop in Centre and telephone helpline provides the opportunity for members of the community to call in for help and advice. We offer a friendly sympathetic listening ear and support in a relaxed environment.

We receive a varied range of enquires ranging from those newly diagnosed to sufferers who need more long term support.

Patients who are about to visit the Metabolic Unit for the first time find it reassuring to speak to someone about what to expect during their appointment. Other callers may have just started treatment and need confidence about taking their medication. The first three months of treatment is the time when help and encouragement is most valuable. Lack of adherence to osteoporosis medication is a big problem and, unfortunately, up to half of people stop their osteoporosis treatment after only one year. We try to encourage patients to persevere and if problems do arise to seek medical advice rather than stopping treatment. Prevention advice on how to look after bone health is also requested. Although genetic factors largely determine the size and density of our bones, lifestyle factors such as good nutrition, regular exercise, avoiding smoking and alcohol intake also play a key role. A comprehensive range of information literature is always available.

Our younger visitors are fascinated by our resident skeleton and are delighted to learn about their bones. The colouring sheet they take home helps to remind them of their visit.

Membership

Membership is open to all members of the public. The charity newsletter, which is provided as part of membership helps those unable to visit the Drop in Centre keep up to date with the charity's activities and current medical information.

Fracture Risk Assessment tool (FRAX)

FRAX risk assessments are carried out at the Centre. This involves answering around twelve questions relating to possible risk factors. The information is then entered into an online algorithm and a FRAX score is calculated. This provides a 10-year risk percentage of a major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture) and a 10-year risk percentage of a hip fracture.

The score is plotted on a graph that suggests whether treatment may be needed or lifestyle changes need to be made. A report is provided for informational purposes.

Outreach

Representatives from the charity attend community health events. Working in the community helps to increase public awareness and understanding about osteoporosis and also about the charity's services. Volunteers are able to give information and advice about how to look after bones and also to share their own experiences about managing this disease. These events also provide the opportunity to network with other groups and collect relevant information to add to the resources at the Centre.

Exercise Classes

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

The Osteoporosis 2000 exercise classes are a large part of the charity's support services. The classes are well attended by both men and women. Exercise simulates bone turnover, strengthens muscles, increases flexibility, improves coordination and balance. Currently the charity provides seven classes throughout Sheffield including three Falls prevention classes. The general classes provide a variety of exercise routines delivered by a qualified instructor. Participants are encouraged to work at their own pace and alternative exercises can be given so that everyone is able to take part. The Falls classes offer a more specific type of exercise which follows the OTAGO programme. This programme is designed to prevent falls and improve balance, strength and confidence.

Information about the classes is circulated to the community physiotherapist team, staff at the falls clinic and other local health workers so that they can refer patients to them. In addition to the physical benefits the classes also encourage social interaction and friendship.

Website

The charity has its own website www.osteoporosis2000.org. The website is a helpful source of information for those who search for osteoporosis support via the internet.

Chiropody

The chiropody service is very popular and well attended by members. Maintaining healthy feet is important for stability and mobility and care should be taken on a regular basis to look after them. Those who attend the chiropody service receive a full half hour treatment in which any foot problems can be identified. Foot deformities, infections and injuries limit mobility and can have a detrimental affect on knees, hips, and other parts of the body. Chiropody can help with these problems and can benefit so many people. Foot health problems, such as pain or deformity, will often lead to an older person avoiding activity. The avoidance of physical activity and exercise over the long term causes a reduction in strength and balance, which in turn leads to an increased risk of falls. There has been a growing body of research behind feet and footwear risk factors, interventions for those with foot pain and an emerging consensus on best practice. Appointments are available every second Tuesday of each month.

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are raised through membership, donations, local businesses, charitable trusts and fundraising events including an Annual Dinner and the London Marathon. Regular Nearly New sales have also been introduced by a group of our volunteers.

Investment policy and objectives

Capital not required for short term use has been invested in a portfolio administered by Investec. The initial investment was made in November 2010 and a further investment in February 2014 and is included in the accounts at market value. It has generated £5,113 (2021: £4,826) of dividend income and no income (2021:£907) from investment sales during the year. There has been an increase in the market value of the investments at 31 March 2022 of £5,986 (2021: £39,547). The trustees are continually monitoring the investments to ensure the best return for the charity.

Reserves policy

The Management Committee has established a policy whereby the unrestricted funds held by the charity should aim to be equivalent to six months of the resources expended, equating to approximately £22,000. At this level the Management Committee feel that they would be able to continue the current activities of the charity in the event of a drop in funding. At present the free reserves don't quite reach this target level but will continue to be monitored by the Management Committee.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

FINANCIAL REVIEW

Finances

There was a deficit for the year of £13,967 (2021: £32,361 surplus). The deficit for the year includes an increase in the market value of the investments of £5,986 (2021: £39,547). The Management Committee are working hard to ensure that future incoming resources will more than meet future expenditure. There were no free reserves (net of fixed assets) at 31 March 2022 however the investments can be sold to generate future cash when required. The balance on restricted funds at 31 March 2022 was nil (2021: £120) and £204,642 on unrestricted funds (2021: £218,489).

FUTURE PLANS

Osteoporosis 2000 will work to further enhance the charity's existing services and also to develop new projects to support a wider spectrum within the local population of Sheffield and surrounding districts.

Briefly, these include:

- a) Expand the provision of suitable exercise classes including falls prevention programmes.
- b) Greater interaction with support groups for other diseases (e.g. epilepsy, inflammatory bowel disease, asthma, inflammatory arthritis, HIV/Aids, breast cancer) which can be associated with increased risks of osteoporosis.
- c) More interaction with GPs and Practice Nurses to examine issues related to poor long-term adherence to treatments used for osteoporosis.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee. It incorporated on 9 January 1995 and registered as a charity in January 1995.

The company was established under the Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

Recruitment and appointment of new trustees

The directors of the company are also the charity trustees for the purpose of charity law and under the company's Articles are known as members of the Management Committee.

Under the requirements of the Memorandum and Articles of association the members of the Management Committee are elected at the AGM to serve a term of office of either 3 or 4 years depending on position, subject to ratification at each AGM. At the Annual General Meeting at which s/he should retire Members of the Management Committee are eligible for re-election for a further term.

The Management Committee are recruited and selected from varied backgrounds to achieve a broad mix of skills. Members of the Committee with osteoporosis provide valuable information about the condition ensuring that patients are represented on the Committee. Members with medical, business and financial skills also form part of the Management Committee.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Management Committee of Osteoporosis 2000 should consist of at least 7 members who meet at regular intervals (usually two-monthly) during the year. Further members are currently being recruited to ensure the minimum number of members is met. The Management Committee is comprised of professional members, patients and others. There are two sub committees with some members drawn from within the Management Committee but also with input from other charity members; the Patients Sub Committee addresses the needs and services provided by the charity and the Fundraising Sub Committee oversees the planning and execution of major fund-raising events throughout the year. These sub committees meet as necessary and report back to the Main Committee.

The company secretary attends all Management Committee meetings but has no voting rights.

The Centre Manager Natalie Shillito, has responsibility for the day to day running of the Drop in Centre and the provision of services. Supervision of the Centre Manager is undertaken by the Chair of the Management Committee.

Volunteers

We are extremely grateful for the many hours volunteers have given to carry out the charity's work. Their time, advice, knowledge and expertise is invaluable. Without their continued help the charity would not have been able to achieve so much. The value of volunteers' time cannot be reasonably quantified and is not included in the Statement of Financial Activities. We would also like to acknowledge the support given to the charity by members of the local community. We look forward to working together to develop our future plans.

Induction and training of new trustees

The trustees have volunteered because of their knowledge of and involvement with the work of the charity. They are provided with training in the requirements and responsibilities of trustees, including materials published by the Charity Commission.

Related parties

There are no related parties to disclose.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Management Committee has conducted its own risk review of the major risks to which the charity is exposed, including risks to external funding, and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are constantly reviewed to ensure that they still meet the needs of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03007662 (England and Wales)

Registered Charity number

1043657

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

Registered office

Unit 10, Learoyd Way
Hillsborough Barracks Shopping Centre
Sheffield
South Yorkshire
S6 2LR

Trustees

Dr E McCloskey Chair
A White Vice Chair
R Ward Treasurer
T Nunn
Miss J Magee
R Law
J Salisbury

Company Secretary

N Shillito

Independent Examiner

S C Fields
Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

Solicitors

Taylor & Emmet, 20 Arundel Gate, Sheffield, S21 2PP

Bankers

HSBC plc, P O Box 50, 17 Church Street, Sheffield, S1 1HH

Patrons

Professor John Kanis
The Duchess of Devonshire

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of Osteoporosis 2000 for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

OSTEOPOROSIS 2000

REPORT OF THE TRUSTEES for the Year Ended 31 March 2022

TRUSTEES' RESPONSIBILITY STATEMENT - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 11 November 2022 and signed on its behalf by:

Dr E McCloskey - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OSTEOPOROSIS 2000**

Independent examiner's report to the trustees of Osteoporosis 2000 ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

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.

S C Fields
Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

Date:

OSTEOPOROSIS 2000

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) for the Year Ended 31 March 2022

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.22 Total funds £ | 31.3.21 Total funds £ |
|------------------------------------|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 8,470 | - | 8,470 | 28,134 |
| Charitable activities | | | | | |
| Mobility classes | | 10,294 | - | 10,294 | 1,003 |
| Other trading activities | 3 | 14,912 | - | 14,912 | 3,859 |
| Investment income | 4 | 5,113 | - | 5,113 | 5,733 |
| Total | | 38,789 | - | 38,789 | 38,729 |
| EXPENDITURE ON | | | | | |
| Raising funds | | | | | |
| Raising donations and legacies | 6 | 7,278 | - | 7,278 | 6,854 |
| Investment management costs | 7 | 2,597 | - | 2,597 | 2,328 |
| | | 9,875 | - | 9,875 | 9,182 |
| Charitable activities | | | | | |
| | 8 | | | | |
| Advice, information and training | | 32,681 | - | 32,681 | 28,348 |
| Mobility classes | | 14,536 | 120 | 14,656 | 6,655 |
| Other | | 1,530 | - | 1,530 | 1,730 |
| Total | | 58,622 | 120 | 58,742 | 45,915 |
| Net gains on investments | | 5,986 | - | 5,986 | 39,547 |
| NET INCOME/(EXPENDITURE) | | (13,847) | (120) | (13,967) | 32,361 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 218,489 | 120 | 218,609 | 186,248 |
| TOTAL FUNDS CARRIED FORWARD | | 204,642 | - | 204,642 | 218,609 |

The notes form part of these financial statements

OSTEOPOROSIS 2000

BALANCE SHEET
31 March 2022

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.22 Total funds £ | 31.3.21 Total funds £ |
|--|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 11 | - | 11 | 11 |
| Investments | 15 | 204,949 | - | 204,949 | 198,963 |
| | | 204,960 | - | 204,960 | 198,974 |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 4,115 | - | 4,115 | 1,254 |
| Cash at bank and in hand | | 11,724 | - | 11,724 | 31,641 |
| | | 15,839 | - | 15,839 | 32,895 |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | (16,157) | - | (16,157) | (13,260) |
| | | (16,157) | - | (16,157) | (13,260) |
| NET CURRENT ASSETS | | | | | |
| | | (318) | - | (318) | 19,635 |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | 204,642 | - | 204,642 | 218,609 |
| NET ASSETS | | | | | |
| | | 204,642 | - | 204,642 | 218,609 |
| FUNDS | | | | | |
| | 18 | | | 204,642 | 218,489 |
| Unrestricted funds | | | | - | 120 |
| Restricted funds | | | | 204,642 | 218,609 |
| TOTAL FUNDS | | | | | |
| | | | | 204,642 | 218,609 |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 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.

The notes form part of these financial statements

OSTEOPOROSIS 2000

BALANCE SHEET - continued
31 March 2022

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 11 November 2022 and were signed on its behalf by:

R Ward - Trustee

E McCloskey - Trustee

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2022

1. 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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

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

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

- Donations and legacies are included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable and the amount can be measured reliably by the charity.
- Income from government and other grants, whether capital or revenue, 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.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

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

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. per capita or estimated usage as set out in the notes to the accounts.

Tangible fixed assets

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

| | |
|-----------------------|---------------|
| Fixtures and fittings | - 33% on cost |
| Computer equipment | - 33% on cost |

Fixed assets are stated at cost less accumulated depreciation.

The costs of minor additions or those where the purchase price is below £250 are not capitalised.

Taxation

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

Fund accounting

Unrestricted Funds:

Unrestricted funds are donations, legacies and other incoming resources receivable or generated without further specified purpose and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds:

Restricted funds are to be used for specific purposes imposed by the donor.

Designated Funds:

Designated funds are unrestricted funds earmarked by the management committee for particular purposes. The management committee can release these funds back to general funds at their discretion.

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods

Donated goods are recognised when they are sold and included in other trading activities in the Statement of Financial Activities. Estimating the fair value of donated goods for resale is impractical due to the volume of low-value items received and the absence of detailed stock control systems and records.

Investments

The investments are included in the balance sheet at market value. Gains and losses on investments during the year are recognised in the Statement of Financial Activities.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

2. DONATIONS AND LEGACIES

| | 31.3.22 | 31.3.21 |
|--------------------------|--------------|---------------|
| | £ | £ |
| Grants | 3,841 | 24,857 |
| Membership subscriptions | 540 | 456 |
| Membership donations | 771 | 1,006 |
| General donations | 3,318 | 1,815 |
| | <u>8,470</u> | <u>28,134</u> |

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

| | 31.3.22 | 31.3.21 |
|-----------------------------------|--------------|---------------|
| | £ | £ |
| Local authority coronavirus grant | - | 10,000 |
| Job retention scheme grants | 3,841 | 14,857 |
| | <u>3,841</u> | <u>24,857</u> |

Covid support grants were received from the Coronavirus Job Retention Scheme for the furloughed employee.

3. OTHER TRADING ACTIVITIES

| | 31.3.22 | 31.3.21 |
|--------------------|---------------|--------------|
| | £ | £ |
| Fundraising events | 2,166 | 2,290 |
| Nearly new sales | 12,746 | 1,569 |
| | <u>14,912</u> | <u>3,859</u> |

4. INVESTMENT INCOME

| | 31.3.22 | 31.3.21 |
|-------------------------------|--------------|--------------|
| | £ | £ |
| Profit on sale of investments | - | 907 |
| Investment income | 5,113 | 4,826 |
| | <u>5,113</u> | <u>5,733</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

5. INCOME FROM CHARITABLE ACTIVITIES

| | | | | |
|------------------|------------------|-------------------|--|-------------------|
| | | 31.3.22 | | 31.3.21 |
| | Activity | £ | | £ |
| Mobility classes | Mobility classes | 10,294 | | 1,003 |
| | | <u> </u> | | <u> </u> |

6. RAISING DONATIONS AND LEGACIES

| | | | | |
|-------------------|--|-------------------|--|-------------------|
| | | 31.3.22 | | 31.3.21 |
| | | £ | | £ |
| Fundraising costs | | 2,196 | | 2,256 |
| Publicity | | 500 | | 54 |
| Support costs | | 4,582 | | 4,544 |
| | | <u> </u> | | <u> </u> |
| | | 7,278 | | 6,854 |
| | | <u> </u> | | <u> </u> |

7. INVESTMENT MANAGEMENT COSTS

| | | | | |
|----------------------|--|-------------------|--|-------------------|
| | | 31.3.22 | | 31.3.21 |
| | | £ | | £ |
| Portfolio management | | 2,597 | | 2,328 |
| | | <u> </u> | | <u> </u> |

8. CHARITABLE ACTIVITIES COSTS

| | | | | |
|----------------------------------|--|-------------------|-------------------|-------------------|
| | | Direct | Support | |
| | | Costs | costs (see | |
| | | £ | note 9) | Totals |
| Advice, information and training | | 14,340 | £ | £ |
| Mobility classes | | 12,088 | 2,568 | 14,656 |
| | | <u> </u> | <u> </u> | <u> </u> |
| | | 26,428 | 20,909 | 47,337 |
| | | <u> </u> | <u> </u> | <u> </u> |

9. SUPPORT COSTS

| | | | | | |
|----------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | | | Office | Governance | |
| | Management | Finance | costs | costs | Totals |
| | £ | £ | £ | £ | £ |
| Raising donations and legacies | 4,400 | - | 182 | - | 4,582 |
| Other resources expended | - | 324 | 185 | 1,021 | 1,530 |
| Advice, information and training | 15,401 | - | 2,940 | - | 18,341 |
| Mobility classes | 2,200 | - | 368 | - | 2,568 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| | 22,001 | 324 | 3,675 | 1,021 | 27,021 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> | <u> </u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

9. SUPPORT COSTS - continued

| | |
|--------------|---------------------|
| Activity | Basis of allocation |
| Management | Staff time |
| Finance | Usage |
| Office costs | Usage |

10. NET INCOME/(EXPENDITURE)

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

| | | |
|-----------------------|-------------------|-------------------|
| | 31.3.22 | 31.3.21 |
| | £ | £ |
| Rent & service charge | 11,790 | 11,430 |
| | <u> </u> | <u> </u> |

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

12. STAFF COSTS

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

| | | |
|--------------------------------|-------------------|-------------------|
| | 31.3.22 | 31.3.21 |
| Advice, information & training | 1 | 1 |
| | <u> </u> | <u> </u> |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 28,134 | - | 28,134 |
| Charitable activities | | | |
| Mobility classes | 1,003 | - | 1,003 |
| Other trading activities | 3,859 | - | 3,859 |
| Investment income | 5,733 | - | 5,733 |
| Total | <u>38,729</u> | <u>-</u> | <u>38,729</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|------------------------------------|---------------------------|--------------------------|---------------------|
| EXPENDITURE ON | | | |
| Raising funds | | | |
| Raising donations and legacies | 6,854 | - | 6,854 |
| Investment management costs | 2,328 | - | 2,328 |
| | 9,182 | - | 9,182 |
| Charitable activities | | | |
| Advice, information and training | 28,348 | - | 28,348 |
| Mobility classes | 6,655 | - | 6,655 |
| Other | 1,730 | - | 1,730 |
| | 45,915 | - | 45,915 |
| Total | 45,915 | - | 45,915 |
| Net gains on investments | 39,547 | - | 39,547 |
| | 39,547 | - | 39,547 |
| NET INCOME | 32,361 | - | 32,361 |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 186,128 | 120 | 186,248 |
| | 186,128 | 120 | 186,248 |
| TOTAL FUNDS CARRIED FORWARD | 218,489 | 120 | 218,609 |

14. TANGIBLE FIXED ASSETS

| | Equipment £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------------------|----------------|----------------------------------|----------------------------|-------------|
| COST | | | | |
| At 1 April 2021 and 31 March 2022 | 2,000 | 5,104 | 1,584 | 8,688 |
| | 2,000 | 5,104 | 1,584 | 8,688 |
| DEPRECIATION | | | | |
| At 1 April 2021 and 31 March 2022 | 1,999 | 5,096 | 1,582 | 8,677 |
| | 1,999 | 5,096 | 1,582 | 8,677 |
| NET BOOK VALUE | | | | |
| At 31 March 2022 | 1 | 8 | 2 | 11 |
| | 1 | 8 | 2 | 11 |
| At 31 March 2021 | 1 | 8 | 2 | 11 |
| | 1 | 8 | 2 | 11 |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

14. TANGIBLE FIXED ASSETS - continued

All fixed assets are used in direct furtherance of the charity's objects.

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-----------------------|----------------------------|
| MARKET VALUE | |
| At 1 April 2021 | 198,963 |
| Net gains | 5,986 |
| | <hr/> |
| At 31 March 2022 | 204,949 |
| | <hr/> |
| NET BOOK VALUE | |
| At 31 March 2022 | 204,949 |
| | <hr/> <hr/> |
| At 31 March 2021 | 198,963 |
| | <hr/> <hr/> |

All investments are carried at their fair value. Investment in equities and fixed interest securities are all traded in quoted public markets. The basis of fair value for quoted investments is equivalent to the market value. Asset sales and purchases are recognised at the date of trade at cost.

Cost or valuation at 31 March 2022 is represented by:

| | Listed investments £ |
|-------------------|----------------------------|
| Valuation in 2022 | 48,330 |
| Cost | 156,619 |
| | <hr/> |
| | 204,949 |
| | <hr/> <hr/> |

Investments are held primarily to provide an investment return for the charity.

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022**

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|--------------------------------|-------------------|-------------------|
| | 31.3.22 | 31.3.21 |
| | £ | £ |
| Prepayments and accrued income | 4,115 | 1,254 |
| | <u> </u> | <u> </u> |

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|---------------------------------|-------------------|-------------------|
| | 31.3.22 | 31.3.21 |
| | £ | £ |
| Social security and other taxes | 269 | 271 |
| Accrued expenses | 15,888 | 12,989 |
| | <u> </u> | <u> </u> |
| | <u>16,157</u> | <u>13,260</u> |

18. MOVEMENT IN FUNDS

| | At 1.4.21 | Net movement in funds | At 31.3.22 |
|---------------------------|-------------------|-----------------------------|-------------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 218,489 | (13,847) | 204,642 |
| Restricted funds | | | |
| Fall prevention classes | 120 | (120) | - |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>218,609</u> | <u>(13,967)</u> | <u>204,642</u> |

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

| | Incoming resources | Resources expended | Gains and losses | Movement in funds |
|---------------------------|-----------------------|-----------------------|---------------------|----------------------|
| | £ | £ | £ | £ |
| Unrestricted funds | | | | |
| General fund | 38,789 | (58,622) | 5,986 | (13,847) |
| Restricted funds | | | | |
| Fall prevention classes | - | (120) | - | (120) |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>38,789</u> | <u>(58,742)</u> | <u>5,986</u> | <u>(13,967)</u> |

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2022**

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1.4.20 £ | Net movement in funds £ | At 31.3.21 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 186,128 | 32,361 | 218,489 |
| Restricted funds | | | |
| Fall prevention classes | 120 | - | 120 |
| TOTAL FUNDS | <u>186,248</u> | <u>32,361</u> | <u>218,609</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 38,729 | (45,915) | 39,547 | 32,361 |
| TOTAL FUNDS | <u>38,729</u> | <u>(45,915)</u> | <u>39,547</u> | <u>32,361</u> |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1.4.20 £ | Net movement in funds £ | At 31.3.22 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 186,128 | 18,514 | 204,642 |
| Restricted funds | | | |
| Fall prevention classes | 120 | (120) | - |
| TOTAL FUNDS | <u>186,248</u> | <u>18,394</u> | <u>204,642</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 77,518 | (104,537) | 45,533 | 18,514 |
| Restricted funds | | | | |
| Fall prevention classes | - | (120) | - | (120) |
| TOTAL FUNDS | <u>77,518</u> | <u>(104,657)</u> | <u>45,533</u> | <u>18,394</u> |

Unrestricted Funds

These are expended at the discretion of the Management Committee/Trustees to meet the general objectives of the charity.

Restricted Funds

Fall Prevention Classes - donations received to be used specifically for the cost of fall prevention classes.

19. EMPLOYEE BENEFIT OBLIGATIONS

The charitable company's pension scheme is a defined contribution scheme and all premiums paid are charged to the Statement of Financial Activities in the period that they are paid.

There were no outstanding or prepaid contributions at 31 March 2022.

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

21. ULTIMATE CONTROLLING PARTY

The charitable company is controlled by its trustees.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2022

22. MEMBERS UNDERTAKING

The charitable company is limited by guarantee and, under paragraph 7 of the Memorandum of Association, every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

OSTEOPOROSIS 2000

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2022

| | 31.3.22 £ | 31.3.21 £ |
|---------------------------------------|--------------|--------------|
| INCOME AND ENDOWMENTS | | |
| Donations and legacies | | |
| Grants | 3,841 | 24,857 |
| Membership subscriptions | 540 | 456 |
| Membership donations | 771 | 1,006 |
| General donations | 3,318 | 1,815 |
| | <hr/> | <hr/> |
| | 8,470 | 28,134 |
| Other trading activities | | |
| Fundraising events | 2,166 | 2,290 |
| Nearly new sales | 12,746 | 1,569 |
| | <hr/> | <hr/> |
| | 14,912 | 3,859 |
| Investment income | | |
| Profit on sale of investments | - | 907 |
| Investment income | 5,113 | 4,826 |
| | <hr/> | <hr/> |
| | 5,113 | 5,733 |
| Charitable activities | | |
| Mobility classes | 10,294 | 1,003 |
| | <hr/> | <hr/> |
| Total incoming resources | 38,789 | 38,729 |
| EXPENDITURE | | |
| Raising donations and legacies | | |
| Fundraising costs | 2,196 | 2,256 |
| Publicity | 500 | 54 |
| | <hr/> | <hr/> |
| | 2,696 | 2,310 |
| Investment management costs | | |
| Portfolio management | 2,597 | 2,328 |
| Charitable activities | | |
| Building rates & insurance | 1,009 | 556 |
| Building utilities & maintenance | 1,262 | 1,647 |
| Rent & service charge | 11,790 | 11,331 |
| Carried forward | 14,061 | 13,534 |

This page does not form part of the statutory financial statements

OSTEOPOROSIS 2000

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2022

| | 31.3.22 | 31.3.21 |
|--------------------------------------|-----------------|----------------|
| | £ | £ |
| Charitable activities | | |
| Brought forward | 14,061 | 13,534 |
| Advice, information & training costs | 219 | 5 |
| Mobility class costs | 12,088 | 1,445 |
| Bank charges | 60 | - |
| | <hr/> | <hr/> |
| | 26,428 | 14,984 |
| Support costs | | |
| Management | | |
| Salaries | 21,542 | 21,542 |
| Pensions | 459 | 459 |
| | <hr/> | <hr/> |
| | 22,001 | 22,001 |
| Finance | | |
| Professional & payroll fees | 324 | 194 |
| Office costs | | |
| Telephone | 1,932 | 1,799 |
| Postage, printing & stationery | 793 | 431 |
| Office maintenance & computer costs | 797 | 510 |
| Cleaning supplies & sundries | 55 | 337 |
| Travel | 98 | - |
| | <hr/> | <hr/> |
| | 3,675 | 3,077 |
| Governance costs | | |
| Accountancy and legal fees | 1,021 | 1,021 |
| | <hr/> | <hr/> |
| Total resources expended | 58,742 | 45,915 |
| | <hr/> | <hr/> |
| Net expenditure | <u>(19,953)</u> | <u>(7,186)</u> |

This page does not form part of the statutory financial statements

OSTEOPOROSIS 2000

England & Wales - Charity number 1043657

Accounts

REGISTERED COMPANY NUMBER: 03007662 (England and Wales)
REGISTERED CHARITY NUMBER: 1043657

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021
FOR
OSTEOPOROSIS 2000

Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

OSTEOPOROSIS 2000

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**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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

Purposes and aims

The company is a charity, based in Sheffield. Its objectives are:-

- For the public benefit, to advance education on all matters relating to osteoporosis and in particular by promoting an awareness and understanding of the condition.

-To relieve sufferers of osteoporosis and to provide respite care for the carers of sufferers.

Ensuring our work delivers our aims

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

ACHIEVEMENT AND PERFORMANCE

In planning the charity's activities for the year the Board of Management have complied with the Charity Commission's guidance on public benefit. The charity's activities are open to all members of the public and have been developed to be meet identified needs so that they are of benefit to all who use them.

Advice, Information and Training

The Drop in Centre and telephone helpline provides the opportunity for members of the community to call in for help and advice. We offer a friendly sympathetic listening ear and support in a relaxed environment.

We receive a varied range of enquires ranging from those newly diagnosed to sufferers who need more long term support.

Patients who are about to visit the Metabolic Unit for the first time find it reassuring to speak to someone about what to expect during their appointment. Other callers may have just started treatment and need confidence about taking their medication. The first three months of treatment is the time when help and encouragement is most valuable. Lack of adherence to osteoporosis medication is a big problem and, unfortunately, up to half of people stop their osteoporosis treatment after only one year. We try to encourage patients to persevere and if problems do arise to seek medical advice rather than stopping treatment. Prevention advice on how to look after bone health is also requested. Although genetic factors largely determine the size and density of our bones, lifestyle factors such as good nutrition, regular exercise, avoiding smoking and alcohol intake also play a key role. A comprehensive range of information literature is always available.

Our younger visitors are fascinated by our resident skeleton and are delighted to learn about their bones. The colouring sheet they take home helps to remind them of their visit.

Membership

Membership is open to all members of the public. The charity newsletter, which is provided as part of membership helps those unable to visit the Drop in Centre keep up to date with the charity's activities and current medical information.

Fracture Risk Assessment tool (FRAX)

FRAX risk assessments are carried out at the Centre. This involves answering around twelve questions relating to possible risk factors. The information is then entered into an online algorithm and a FRAX score is calculated. This provides a 10-year risk percentage of a major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture) and a 10-year risk percentage of a hip fracture.

The score is plotted on a graph that suggests whether treatment may be needed or lifestyle changes need to be made. A report is provided for informational purposes.

Outreach

Representatives from the charity have attended a number of community health events. Working in the community helps to increase public awareness and understanding about osteoporosis and also about the charity's services. Volunteers are able to give information and advice about how to look after bones and also to share their own experiences about managing this disease. These events also provide the opportunity to network with other groups and collect relevant information to add to the resources at the Centre.

Exercise Classes

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

The Osteoporosis 2000 exercise classes are a large part of the charity's support services. The classes are well attended by both men and women. Exercise simulates bone turnover, strengthens muscles, increases flexibility, improves coordination and balance. Currently the charity provides seven classes throughout Sheffield including three Falls prevention classes. The general classes provide a variety of exercise routines delivered by a qualified instructor. Participants are encouraged to work at their own pace and alternative exercises can be given so that everyone is able to take part. The Falls classes offer a more specific type of exercise which follows the OTAGO programme. This programme is designed to prevent falls and improve balance, strength and confidence.

Information about the classes is circulated to the community physiotherapist team, staff at the falls clinic and other local health workers so that they can refer patients to them. In addition to the physical benefits the classes also encourage social interaction and friendship.

Website

The charity has its own website www.osteoporosis2000.org. The website is a helpful source of information for those who search for osteoporosis support via the internet.

Chiropody

The chiropody service is very popular and well attended by members. Maintaining healthy feet is important for stability and mobility and care should be taken on a regular basis to look after them. Those who attend the chiropody service receive a full half hour treatment in which any foot problems can be identified. Foot deformities, infections and injuries limit mobility and can have a detrimental affect on knees, hips, and other parts of the body. Chiropody can help with these problems and can benefit so many people. Foot health problems, such as pain or deformity, will often lead to an older person avoiding activity. The avoidance of physical activity and exercise over the long term causes a reduction in strength and balance, which in turn leads to an increased risk of falls. There has been a growing body of research behind feet and footwear risk factors, interventions for those with foot pain and an emerging consensus on best practice. Appointments are available every second Tuesday of each month.

Covid

The year 2020 has been a very strange year for Osteoporosis 2000 and one that most people will never forget. The impact of the Covid 19 pandemic has been felt in every walk of life and charities have been no different. In March 2020 Osteoporosis 2000 had to temporally close its doors in line with Government Guidelines. During this time the Government furlough scheme provided financial help towards staff salaries and a successful bid to Sheffield City Council secured funds to help with rent. Whilst the nearly new sales have not been operational some of our volunteers have continued to raise funds in whatever way they could. Our Patron the Duchess of Devonshire kindly supported a project undertaken by one of our volunteers.

The trustees have kept a close eye on the charity's investment which has been affected by the fluctuating markets. There were some uncertain times but the value has now significantly improved.

Our Centre remained closed for quite some time but once some of the restrictions were lifted we started to plan and prepare our premises to make them as safe as possible for opening to visitors. With limited space this has meant that the number of people allowed in the Centre has at times been restricted so that social distancing could be followed for everyone's safety. Extra cleaning has been carried out and sanitising facilities are in place.

During our closed period we were unable to process membership renewals. Those that were due, we renewed automatically. We were very grateful to members for their continued support and understanding during this difficult time and really appreciated the donations we received.

During the month of August 2020 a few of our volunteers came into the office one day a week to help deal with essential admin work. At all times Covid safety was a priority, with no public access allowed to our Drop In Centre.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

Our regular exercise classes are an important part of the work of Osteoporosis 2000 . We have run classes to improve and maintain bone strength for many years, and in the last three years we have established three Falls Prevention classes. Both types of classes are available to members and non members and take place in a number of different venues/community halls in Sheffield. These have been badly affected by Covid restrictions. Venues where some of our classes were held have been closed. It has required a great deal work to find new and suitable venues, undertake Covid Risk Assessments to ensure Covid safety regulations are met, and to allow participants to return with confidence. This has meant there are changes to some of the venues and times and days when the classes are held.

The opening of all our services has been a gradual process because of the changing restrictions and all the new safety measures that have had to be put in place to make sure everyone is safe.

Our Drop in Centre, Nearly New fundraising activities and exercise classes are gradually opening but we need to continue to take precautions to ensure the safety of us all. As we move forward we are able to reflect on the challenges we have faced and how the loyalty of our volunteers, members and local community have helped us to open our Centre and support services again.

We look forward to opening our doors and welcoming back our visitors, patients and donors.

FINANCIAL REVIEW

Principal funding sources

The principal funding sources for the charity are raised through membership, donations, local businesses, charitable trusts and fundraising events including an Annual Dinner and the London Marathon. Regular Nearly New sales have also been introduced by a group of our volunteers.

Investment policy and objectives

Capital not required for short term use has been invested in a portfolio administered by Investec. The initial investment was made in November 2010 and a further investment in February 2014 and is included in the accounts at market value. It has generated £4,826 of dividend income and £907 from investment sales during the year ended 31 March 2021. There has been an increase in the market value of the investments at 31 March 2021 of £39,547. The trustees are continually monitoring the investments to ensure the best return for the charity.

Reserves policy

The Management Committee has established a policy whereby the unrestricted funds held by the charity should aim to be equivalent to six months of the resources expended, equating to approximately £22,000. At this level the Management Committee feel that they would be able to continue the current activities of the charity in the event of a drop in funding. At present the free reserves don't quite reach this target level but will continue to be monitored by the Management Committee.

Finances

The surplus for the year was £32,361 (2020: £30,822 deficit). The surplus includes an increase in the market value of the investments of £39,547 (2020: loss of £20,331). The Management Committee are working hard to ensure that future incoming resources will more than meet future expenditure. The free reserves amounted to £19,635 (net of fixed assets) at 31 March 2021. The balance on restricted funds at 31 March 2021 was £120 (2020: £120) and £218,609 on unrestricted funds (2020: £186,128).

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

FUTURE PLANS

Osteoporosis 2000 will work to further enhance the charity's existing services and also to develop new projects to support a wider spectrum within the local population of Sheffield and surrounding districts.

Briefly, these include:

- a) Expand the provision of suitable exercise classes including falls prevention programmes.
- b) Greater interaction with support groups for other diseases (e.g. epilepsy, inflammatory bowel disease, asthma, inflammatory arthritis, HIV/Aids, breast cancer) which can be associated with increased risks of osteoporosis.
- c) More interaction with GPs and Practice Nurses to examine issues related to poor long-term adherence to treatments used for osteoporosis.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a company limited by guarantee. It incorporated on 9 January 1995 and registered as a charity in January 1995.

The company was established under the Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

Recruitment and appointment of new trustees

The directors of the company are also the charity trustees for the purpose of charity law and under the company's Articles are known as members of the Management Committee.

Under the requirements of the Memorandum and Articles of association the members of the Management Committee are elected at the AGM to serve a term of office of either 3 or 4 years depending on position, subject to ratification at each AGM. At the Annual General Meeting at which s/he should retire Members of the Management Committee are eligible for re-election for a further term.

The Management Committee are recruited and selected from varied backgrounds to achieve a broad mix of skills. Members of the Committee with osteoporosis provide valuable information about the condition ensuring that patients are represented on the Committee. Members with medical, business and financial skills also form part of the Management Committee.

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Management Committee of Osteoporosis 2000 should consist of at least 7 members who meet at regular intervals (usually two-monthly) during the year. Further members are currently being recruited to ensure the minimum number of members is met. The Management Committee is comprised of professional members, patients and others. There are two sub committees with some members drawn from within the Management Committee but also with input from other charity members; the Patients Sub Committee addresses the needs and services provided by the charity and the Fundraising Sub Committee oversees the planning and execution of major fund-raising events throughout the year. These sub committees meet as necessary and report back to the Main Committee.

The company secretary attends all Management Committee meetings but has no voting rights.

The Centre Manager Natalie Shillito, has responsibility for the day to day running of the Drop in Centre and the provision of services. Supervision of the Centre Manager is undertaken by the Chair/Vice Chair of the Management Committee.

Volunteers

Once again this year a huge contribution has been made by our volunteers especially with organising the nearly new sales. We are extremely grateful for the many hours volunteers have given to carry out the charity's work. Their time, advice, knowledge and expertise is invaluable. Without their continued help the charity would not have been able to achieve so much. We would also like to acknowledge the support given to the charity by members of the local community. We look forward to working together to develop our future plans.

Induction and training of new trustees

The trustees have volunteered because of their knowledge of and involvement with the work of the charity. They are provided with training in the requirements and responsibilities of trustees, including materials published by the Charity Commission.

Related parties

There are no related parties to disclose.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Management Committee has conducted its own risk review of the major risks to which the charity is exposed, including risks to external funding, and systems have been established to mitigate those risks. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are constantly reviewed to ensure that they still meet the needs of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03007662 (England and Wales)

Registered Charity number

1043657

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

Registered office

Unit 10, Learoyd Way
Hillsborough Barracks Shopping Centre
Sheffield
South Yorkshire
S6 2LR

Trustees

Dr E McCloskey Chair
A White Vice Chair
R Ward Treasurer
T Nunn
Miss J Magee
R Law
J Salisbury
Mrs C M Cudby (resigned 1.4.21)

Company Secretary

N Shillito

Independent Examiner

S C Fields
Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

Solicitors

Taylor & Emmet, 20 Arundel Gate, Sheffield, S21 2PP

Bankers

HSBC plc, P O Box 50, 17 Church Street, Sheffield, S1 1HH

Patrons

Professor John Kanis
The Duchess of Devonshire

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of Osteoporosis 2000 for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

**REPORT OF THE TRUSTEES
for the Year Ended 31 March 2021**

TRUSTEES' RESPONSIBILITY STATEMENT - continued

Company 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 23 November 2021 and signed on its behalf by:

Miss J Magee - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OSTEOPOROSIS 2000

Independent examiner's report to the trustees of Osteoporosis 2000 ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

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.

S C Fields
Hodgson & Oldfield
20 Paradise Square
Sheffield
S1 2DE

24 November 2021

OSTEOPOROSIS 2000

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) for the Year Ended 31 March 2021

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.21 Total funds £ | 31.3.20 Total funds £ |
|------------------------------------|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 28,134 | - | 28,134 | 4,433 |
| Charitable activities | | | | | |
| Mobility classes | 5 | 1,003 | - | 1,003 | 14,430 |
| Other trading activities | 3 | 3,859 | - | 3,859 | 22,126 |
| Investment income | 4 | 5,733 | - | 5,733 | 9,117 |
| Total | | 38,729 | - | 38,729 | 50,106 |
| EXPENDITURE ON | | | | | |
| Raising funds | | | | | |
| Raising donations and legacies | 6 | 6,854 | - | 6,854 | 3,215 |
| Investment management costs | 7 | 2,328 | - | 2,328 | 2,637 |
| | | 9,182 | - | 9,182 | 5,852 |
| Charitable activities | | | | | |
| Advice, information and training | 8 | 28,348 | - | 28,348 | 37,614 |
| Mobility classes | | 6,655 | - | 6,655 | 15,746 |
| Other | | 1,730 | - | 1,730 | 1,385 |
| Total | | 45,915 | - | 45,915 | 60,597 |
| Net gains/(losses) on investments | | 39,547 | - | 39,547 | (20,331) |
| NET INCOME/(EXPENDITURE) | | 32,361 | - | 32,361 | (30,822) |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 186,128 | 120 | 186,248 | 217,070 |
| TOTAL FUNDS CARRIED FORWARD | | 218,489 | 120 | 218,609 | 186,248 |

The notes form part of these financial statements

BALANCE SHEET
31 March 2021

| | Notes | Unrestricted fund £ | Restricted funds £ | 31.3.21 Total funds £ | 31.3.20 Total funds £ |
|--|-------|---------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 11 | - | 11 | 11 |
| Investments | 15 | 198,963 | - | 198,963 | 178,143 |
| | | <u>198,974</u> | <u>-</u> | <u>198,974</u> | <u>178,154</u> |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 1,254 | - | 1,254 | 229 |
| Cash at bank and in hand | | 31,521 | 120 | 31,641 | 12,424 |
| | | <u>32,775</u> | <u>120</u> | <u>32,895</u> | <u>12,653</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | (13,260) | - | (13,260) | (4,559) |
| | | <u>19,515</u> | <u>120</u> | <u>19,635</u> | <u>8,094</u> |
| NET CURRENT ASSETS | | | | | |
| | | <u>218,489</u> | <u>120</u> | <u>218,609</u> | <u>186,248</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>218,489</u> | <u>120</u> | <u>218,609</u> | <u>186,248</u> |
| NET ASSETS | | | | | |
| | | <u>218,489</u> | <u>120</u> | <u>218,609</u> | <u>186,248</u> |
| FUNDS | | | | | |
| | 18 | | | | |
| Unrestricted funds | | | | 218,489 | 186,128 |
| Restricted funds | | | | 120 | 120 |
| | | | | <u>218,609</u> | <u>186,248</u> |
| TOTAL FUNDS | | | | | |
| | | | | <u>218,609</u> | <u>186,248</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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.

The notes form part of these financial statements

OSTEOPOROSIS 2000 (REGISTERED NUMBER: 03007662)

BALANCE SHEET - continued
31 March 2021

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 23 November 2021 and were signed on its behalf by:

R Ward - Trustee

E McCloskey - Trustee

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 31 March 2021

1. 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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

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

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

- Donations and legacies are included in full in the Statement of Financial Activities when receivable.
- Investment income is included when receivable and the amount can be measured reliably by the charity.
- Income from government and other grants, whether capital or revenue, 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.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

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

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. per capita or estimated usage as set out in the notes to the accounts.

Tangible fixed assets

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

| | |
|-----------------------|---------------|
| Fixtures and fittings | - 33% on cost |
| Computer equipment | - 33% on cost |

Fixed assets are stated at cost less accumulated depreciation.

The costs of minor additions or those where the purchase price is below £250 are not capitalised.

Taxation

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

Fund accounting

Unrestricted Funds:

Unrestricted funds are donations, legacies and other incoming resources receivable or generated without further specified purpose and are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds:

Restricted funds are to be used for specific purposes imposed by the donor.

Designated Funds:

Designated funds are unrestricted funds earmarked by the management committee for particular purposes. The management committee can release these funds back to general funds at their discretion.

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

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Donated goods

Donated goods are recognised when they are sold and included in other trading activities in the Statement of Financial Activities. Estimating the fair value of donated goods for resale is impractical due to the volume of low-value items received and the absence of detailed stock control systems and records.

Investments

The investments are included in the balance sheet at market value. Gains and losses on investments during the year are recognised in the Statement of Financial Activities.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

2. DONATIONS AND LEGACIES

| | 31.3.21 | 31.3.20 |
|--------------------------|---------------|--------------|
| | £ | £ |
| Grants | 24,857 | - |
| Membership subscriptions | 456 | 985 |
| Membership donations | 1,006 | 801 |
| General donations | 1,815 | 2,647 |
| | <u>28,134</u> | <u>4,433</u> |

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

| | 31.3.21 | 31.3.20 |
|-----------------------------------|---------------|----------|
| | £ | £ |
| Local authority coronavirus grant | 10,000 | - |
| Job retention scheme grants | 14,857 | - |
| | <u>24,857</u> | <u>-</u> |

3. OTHER TRADING ACTIVITIES

| | 31.3.21 | 31.3.20 |
|--------------------|--------------|---------------|
| | £ | £ |
| Fundraising events | 2,290 | 11,424 |
| Nearly new sales | 1,569 | 10,702 |
| | <u>3,859</u> | <u>22,126</u> |

4. INVESTMENT INCOME

| | 31.3.21 | 31.3.20 |
|-------------------------------|--------------|--------------|
| | £ | £ |
| Profit on sale of investments | 907 | 2,700 |
| Investment income | 4,826 | 6,417 |
| | <u>5,733</u> | <u>9,117</u> |

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021**

5. INCOME FROM CHARITABLE ACTIVITIES

| | | 31.3.21 | 31.3.20 |
|------------------|------------------|--------------|---------------|
| | Activity | £ | £ |
| Mobility classes | Mobility classes | 1,003 | 14,430 |
| | | <u>1,003</u> | <u>14,430</u> |

6. RAISING DONATIONS AND LEGACIES

| | | 31.3.21 | 31.3.20 |
|-------------------|--|--------------|--------------|
| | | £ | £ |
| Fundraising costs | | 2,256 | 2,696 |
| Publicity | | 54 | 300 |
| Support costs | | 4,544 | 219 |
| | | <u>6,854</u> | <u>3,215</u> |

7. INVESTMENT MANAGEMENT COSTS

| | | 31.3.21 | 31.3.20 |
|----------------------|--|--------------|--------------|
| | | £ | £ |
| Portfolio management | | 2,328 | 2,637 |
| | | <u>2,328</u> | <u>2,637</u> |

8. CHARITABLE ACTIVITIES COSTS

| | | Direct Costs £ | Support costs (see note 9) £ | Totals £ |
|----------------------------------|--|----------------------|---------------------------------------|---------------|
| Advice, information and training | | 13,010 | 15,338 | 28,348 |
| Mobility classes | | 1,974 | 4,681 | 6,655 |
| | | <u>14,984</u> | <u>20,019</u> | <u>35,003</u> |

9. SUPPORT COSTS

| | Management £ | Finance £ | Office costs £ | Governance costs £ | Totals £ |
|----------------------------------|-----------------|--------------|----------------------|--------------------------|---------------|
| Raising donations and legacies | 4,409 | - | 135 | - | 4,544 |
| Other resources expended | - | 194 | 515 | 1,021 | 1,730 |
| Advice, information and training | 13,181 | - | 2,157 | - | 15,338 |
| Mobility classes | 4,411 | - | 270 | - | 4,681 |
| | <u>22,001</u> | <u>194</u> | <u>3,077</u> | <u>1,021</u> | <u>26,293</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

9. SUPPORT COSTS - continued

| | |
|------------------|---------------------|
| Activity | Basis of allocation |
| Management | Staff time |
| Finance | Usage |
| Office costs | Usage |
| Governance costs | Usage |

10. NET INCOME/(EXPENDITURE)

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

| | | |
|-----------------------|-------------------|-------------------|
| | 31.3.21 | 31.3.20 |
| | £ | £ |
| Rent & service charge | 11,430 | 9,313 |
| | <u> </u> | <u> </u> |

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

12. STAFF COSTS

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

| | | |
|--------------------------------|-------------------|-------------------|
| | 31.3.21 | 31.3.20 |
| Advice, information & training | 1 | 1 |
| | <u> </u> | <u> </u> |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 4,433 | - | 4,433 |
| Charitable activities | | | |
| Mobility classes | 14,430 | - | 14,430 |
| Other trading activities | 22,126 | - | 22,126 |
| Investment income | 9,117 | - | 9,117 |
| | <u> </u> | <u> </u> | <u> </u> |
| Total | 50,106 | - | 50,106 |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| EXPENDITURE ON | | | |
| Raising funds | | | |
| Raising donations and legacies | 3,215 | - | 3,215 |
| Investment management costs | 2,637 | - | 2,637 |
| | 5,852 | - | 5,852 |
| Charitable activities | | | |
| Advice, information and training | 37,614 | - | 37,614 |
| Mobility classes | 15,746 | - | 15,746 |
| Other | 1,385 | - | 1,385 |
| | 60,597 | - | 60,597 |
| Total | 60,597 | - | 60,597 |
| Net gains/(losses) on investments | (20,331) | - | (20,331) |
| | (30,822) | - | (30,822) |
| NET INCOME/(EXPENDITURE) | (30,822) | - | (30,822) |

RECONCILIATION OF FUNDS

| | | | |
|------------------------------------|----------------|------------|----------------|
| Total funds brought forward | 216,950 | 120 | 217,070 |
| | 186,128 | 120 | 186,248 |
| TOTAL FUNDS CARRIED FORWARD | 186,128 | 120 | 186,248 |

14. TANGIBLE FIXED ASSETS

| | Equipment £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------------------|----------------|----------------------------------|----------------------------|-------------|
| COST | | | | |
| At 1 April 2020 and 31 March 2021 | 2,000 | 5,104 | 1,584 | 8,688 |
| | 1,999 | 5,096 | 1,582 | 8,677 |
| DEPRECIATION | | | | |
| At 1 April 2020 and 31 March 2021 | 1,999 | 5,096 | 1,582 | 8,677 |
| | 1 | 8 | 2 | 11 |
| NET BOOK VALUE | 1 | 8 | 2 | 11 |
| At 31 March 2021 | 1 | 8 | 2 | 11 |
| | 1 | 8 | 2 | 11 |
| At 31 March 2020 | 1 | 8 | 2 | 11 |
| | 1 | 8 | 2 | 11 |

All fixed assets are used in direct furtherance of the charity's objects.

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021**

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-----------------------|----------------------------|
| MARKET VALUE | |
| At 1 April 2020 | 178,143 |
| Additions at cost | 4,075 |
| Disposals at cost | (22,802) |
| Net gains | 39,547 |
| | 198,963 |
| NET BOOK VALUE | |
| At 31 March 2021 | 198,963 |
| | 198,963 |
| At 31 March 2020 | 178,143 |
| | 178,143 |

All investments are carried at their fair value. Investment in equities and fixed interest securities are all traded in quoted public markets. The basis of fair value for quoted investments is equivalent to the market value. Asset sales and purchases are recognised at the date of trade at cost.

Cost or valuation at 31 March 2021 is represented by:

| | Listed investments £ |
|-------------------|----------------------------|
| Valuation in 2021 | 42,344 |
| Cost | 156,619 |
| | 198,963 |
| | 198,963 |

Investments are held primarily to provide an investment return for the charity.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.21 £ | 31.3.20 £ |
|--------------------------------|--------------|--------------|
| Prepayments and accrued income | 1,254 | 229 |
| | 1,254 | 229 |

OSTEOPOROSIS 2000

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2021**

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|---------------------------------|---------------|--------------|
| | 31.3.21 | 31.3.20 |
| | £ | £ |
| Social security and other taxes | 271 | 280 |
| Accrued expenses | 12,989 | 4,279 |
| | <u>13,260</u> | <u>4,559</u> |

18. MOVEMENT IN FUNDS

| | At 1.4.20 | Net movement in funds | At 31.3.21 |
|---------------------------|----------------|-----------------------------|----------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 186,128 | 32,361 | 218,489 |
| Restricted funds | | | |
| Fall prevention classes | 120 | - | 120 |
| | <u>186,248</u> | <u>32,361</u> | <u>218,609</u> |

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

| | Incoming resources | Resources expended | Gains and losses | Movement in funds |
|---------------------------|-----------------------|-----------------------|---------------------|----------------------|
| | £ | £ | £ | £ |
| Unrestricted funds | | | | |
| General fund | 38,729 | (45,915) | 39,547 | 32,361 |
| | <u>38,729</u> | <u>(45,915)</u> | <u>39,547</u> | <u>32,361</u> |

Comparatives for movement in funds

| | At 1.4.19 | Net movement in funds | At 31.3.20 |
|---------------------------|----------------|-----------------------------|----------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 216,950 | (30,822) | 186,128 |
| Restricted funds | | | |
| Fall prevention classes | 120 | - | 120 |
| | <u>217,070</u> | <u>(30,822)</u> | <u>186,248</u> |

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

18. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 50,106 | (60,597) | (20,331) | (30,822) |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>50,106</u> | <u>(60,597)</u> | <u>(20,331)</u> | <u>(30,822)</u> |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1.4.19 £ | Net movement in funds £ | At 31.3.21 £ |
|---------------------------|-------------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 216,950 | 1,539 | 218,489 |
| Restricted funds | | | |
| Fall prevention classes | 120 | - | 120 |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>217,070</u> | <u>1,539</u> | <u>218,609</u> |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 88,835 | (106,512) | 19,216 | 1,539 |
| | <u> </u> | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | <u>88,835</u> | <u>(106,512)</u> | <u>19,216</u> | <u>1,539</u> |

Unrestricted Funds

These are expended at the discretion of the Management Committee/Trustees to meet the general objectives of the charity.

Restricted Funds

Fall Prevention Classes - donations received to be used specifically for the cost of fall prevention classes.

OSTEOPOROSIS 2000

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 31 March 2021

19. EMPLOYEE BENEFIT OBLIGATIONS

The charitable company's pension scheme is a defined contribution scheme and all premiums paid are charged to the Statement of Financial Activities in the period that they are paid.

There were no outstanding or prepaid contributions at 31 March 2021.

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

21. ULTIMATE CONTROLLING PARTY

The charitable company is controlled by its trustees.

22. MEMBERS UNDERTAKING

The charitable company is limited by guarantee and, under paragraph 7 of the Memorandum of Association, every member of the company undertakes to contribute such amounts as may be required (not exceeding £1) to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.