

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

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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.

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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

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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.

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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.

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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

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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:

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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		<u>38,789</u>	<u>-</u>	<u>38,789</u>	<u>38,729</u>
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
		<u>9,875</u>	<u>-</u>	<u>9,875</u>	<u>9,182</u>
Charitable activities					
Advice, information and training	8	32,681	-	32,681	28,348
Mobility classes		14,536	120	14,656	6,655
Other		<u>1,530</u>	<u>-</u>	<u>1,530</u>	<u>1,730</u>
Total		<u>58,622</u>	<u>120</u>	<u>58,742</u>	<u>45,915</u>
Net gains on investments		<u>5,986</u>	<u>-</u>	<u>5,986</u>	<u>39,547</u>
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		<u>204,642</u>	<u>-</u>	<u>204,642</u>	<u>218,609</u>

The notes form part of these financial statements

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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
		<u>204,960</u>	<u>-</u>	<u>204,960</u>	<u>198,974</u>
CURRENT ASSETS					
Debtors	16	4,115	-	4,115	1,254
Cash at bank and in hand		11,724	-	11,724	31,641
		<u>15,839</u>	<u>-</u>	<u>15,839</u>	<u>32,895</u>
CREDITORS					
Amounts falling due within one year	17	(16,157)	-	(16,157)	(13,260)
		<u>(318)</u>	<u>-</u>	<u>(318)</u>	<u>19,635</u>
NET CURRENT ASSETS					
		<u>(318)</u>	<u>-</u>	<u>(318)</u>	<u>19,635</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>204,642</u>	<u>-</u>	<u>204,642</u>	<u>218,609</u>
NET ASSETS					
		<u>204,642</u>	<u>-</u>	<u>204,642</u>	<u>218,609</u>
FUNDS	18				
Unrestricted funds				204,642	218,489
Restricted funds				-	120
TOTAL FUNDS				<u>204,642</u>	<u>218,609</u>

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

- 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 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.

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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.

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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 Costs £	Support costs (see note 9) £	Totals £
Advice, information and training	14,340	18,341	32,681
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

	Management £	Finance £	Office costs £	Governance 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>

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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
	<u> </u>	<u> </u>	<u> </u>
Total	38,729	-	38,729

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
	<hr/>	<hr/>	<hr/>
	9,182	-	9,182
 Charitable activities			
Advice, information and training	28,348	-	28,348
Mobility classes	6,655	-	6,655
 Other	<hr/>	<hr/>	<hr/>
	1,730	-	1,730
Total	<hr/>	<hr/>	<hr/>
	45,915	-	45,915
 Net gains on investments	<hr/>	<hr/>	<hr/>
	39,547	-	39,547
 NET INCOME	<hr/>	<hr/>	<hr/>
	32,361	-	32,361
 RECONCILIATION OF FUNDS			
Total funds brought forward	186,128	120	186,248
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD	<hr/>	<hr/>	<hr/>
	218,489	120	218,609
	<hr/>	<hr/>	<hr/>

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
	<hr/>	<hr/>	<hr/>	<hr/>
DEPRECIATION				
At 1 April 2021 and 31 March 2022	1,999	5,096	1,582	8,677
	<hr/>	<hr/>	<hr/>	<hr/>
NET BOOK VALUE				
At 31 March 2022	1	8	2	11
	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2021	1	8	2	11
	<hr/>	<hr/>	<hr/>	<hr/>

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/>
At 31 March 2021	198,963
	<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/>

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>4,115</u>	<u>1,254</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>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)	-
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)
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

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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>

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