

THE DYSTONIA SOCIETY

**Report of the Trustees for the year ended 31 March 2023
(incorporating the Directors' Report)**

THE DYSTONIA SOCIETY

**A company limited by guarantee
Financial Statements
31 March 2023**

THE DYSTONIA SOCIETY

Report of the Trustees for the year ended 31 March 2023 (incorporating the Directors' Report)

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Reference and administrative information

Patron

Tully Kearney MBE

Trustees and Directors

Daniel Berry

Christopher Bradshaw

Timothy Gannicliffe

Nick Morgan

Penny Ritchie Calder MBE

Andrew Russell

Robert Semple

Katie Wells

James Wishart

Ross Grant

Chair

Resigned 6th June 2023

From 23rd October 2022

Secretary

Roger Edmonds FCA

Independent Examiner

Michael Williams ACA

30 Retford Drive

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Medical Advisers

Prof. Mark Edwards

Mr. Daniel Ezra

Ms. Lucy Hicklin

Dr Jean-Pierre Lin

Dr. Marie-Helene Marion

Dr. Kathryn Peall

Prof. Tom Warner

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Report of the Trustees for the year ended 31 March 2023 (incorporating the Directors' Report)

The trustees, who are also the directors of the company, submit their report and the financial statements of The Dystonia Society ("the Society") for the year ended 31 March 2023 on the basis of the accounting policies set out in Note 1 to the financial statements, and comply with the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial reporting Standard in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) (Charities SORP, FRS102). The reference and administrative information on the previous page forms part of this report.

Principal Objective

The Society was established to promote the welfare of people who live with any form of the neurological movement disorder known as dystonia. Under our operating name of Dystonia UK, we aim to do this by providing information and support, promoting awareness of the disorder and by supporting research. It does this on a national level and through its network of local support groups.

Review of Activity

We exist to give hope and support to those living with dystonia. Creating UK and worldwide awareness.

We are the only national charity dedicated to supporting people with dystonia throughout the UK. During the last year we have continued development of the charity to meet the needs of both members and the wider dystonia community. This has included:

- Providing support and information to the dystonia community
- Developing our website, especially to include a section on Frequently Asked Questions
- Working with partners in the neurological and disability communities so that clinical and support services meet the needs of people living with dystonia
- Developing our 'Reach Out, Reach All' programme with webinars, podcasts and a further episode of Dystonia Animated for children
- Creating mutually beneficial relationships with the major providers of pharmaceuticals and medical devices for the treatment of dystonia
- Enhancing online fundraising and awareness raising
- Ensuring that the voice of the dystonia community is heard as part of policy developments in the NHS and other public services

Ensuring Dystonia Matters

As the only UK-wide charity representing people living with dystonia, Dystonia UK uses its influence to get the best possible support, care and treatment, and to make their voice heard. Our policy work and medical network are an important part of helping to raise awareness of dystonia at governmental and national level.

- Your Voice was Heard – 8510 people took part in the Neurological Alliance's 'My Neuro Survey' including 753 people living with dystonia.
- The report from the National Neuro Advisory Group on 'Neurology Outcomes' published following our involvement in their 2021 event.
- We responded to the Department of Health and Social Care's consultation on the acquired brain injury strategy.
- Dystonia UK took part in the 'Mind You Listen' campaign with the Neurological Alliance of Scotland focussed on people living with neurological conditions and the one thing they wished people understood about their condition.

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- We promoted and signed the petition asking UK governments #BackThe1in6 and set up a neuro taskforce – the petition has been supported by over 19,000 people affected by neurological disorders and 100 organisations and was presented to the Department of Health and Social Care in June 2023.
- We participated in a workshop to help form a response with the Neurological Alliance to the Health and Care Select Committee inquiry into Integrated Care Systems autonomy and accountability. Our focus was to highlight less-common conditions like dystonia and make sure these don't get missed in representation.
- We provided feedback to the Neurological Alliance of Scotland for a response to the Mental Health Wellbeing Strategy.
- In response to the 'My Neuro Survey' findings, the Welsh Governments' Neurological Conditions Implementation Group has incorporated the key themes into their priorities and pledged to set up several working groups on improving early diagnosis, service delivery, neuro-rehabilitation and neuro-psychiatry.
- We shared the findings of the 'My Neuro Survey' with over 100 clinicians at the British Neurotoxin Network highlighting the gaps in service for people living with dystonia.
- We co-signed letters with partner charities to the Chancellor on the need for urgent action to support people affected by neurological conditions such as dystonia due to the cost of living crisis.
- A new Optimal Clinical Pathway for Movement Disorders including dystonia has been developed by the National Neurosciences Advisory Group and Association of British Neurologists with input from Dystonia UK and many members of our medical network.
- Our annual Awareness Month in September 2023 continued to raise awareness of Dystonia through a variety of events across the UK from landmark light ups, webinars, podcasts, and picnics.

Raising the voice of the dystonia community is of vital importance. Too often we hear that delays in diagnosis and treatment or support in education and employment are due to a lack of knowledge and understanding of the condition in its many forms. Our members provide valuable support by responding to surveys and giving their personal stories to provide evidence for the need for change. Throughout the year, we have publicised over 15 surveys and policy related events. We are members of more than 10 organisations working together on issues that will improve lives for people living with dystonia.

'Reach Out, Reach All'

Our programme to improve and modernise the information and advice available for people with dystonia continues to grow and develop. We aim to make information as accessible as possible to people by using a variety of different channels – online, in print and in person.

Our updated website has become the primary source of information for people looking for information about dystonia. It provides a platform on which people are able to search for information, see videos and listen to podcasts. The section of 'Frequently Asked Questions' makes it much easier for people looking for information to find exactly what they need. We continue to add information to the website based on new clinical insights and in response to enquiries that people make to us.

Our webinars enable people to access up to date information without the need to attend conferences or in-person events. Where people can access these in real time there is also an opportunity to put questions to our experts. They are also available on our website and YouTube channel to view later. Series 2 included topics on sleep and dystonia, mental health issues when living with dystonia, as well as Q&A sessions with medical professionals.

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In our **Dystonia Matters Podcasts**, people with dystonia and their families can share their stories in their own words as well as offering useful tips for their listeners. We are now into Season 3 with 14 podcasts in total available on our website. These are publicised both through our social media and e-newsletter with more still to come.

We have continued to develop the acclaimed 'Dystonia Animated' series, a new animation for children about dystonia, treatment in childhood and transitioning to adulthood for both treatment and educational support. Episode 3, 'Sam's Surgery Story', was launched in January 2023 at Alder Hey Children's Hospital in Liverpool and describes the journey to receiving deep brain stimulation (DBS) surgery. All the animations in this series have been sponsored by our pharmaceutical and medical industry partners, the latest being thanks to funding from Boston Scientific.

Work is continuing on new booklets for distribution to clinics as well as supporting our awareness raising activities. Like other clinical information, these are all reviewed by our medical advisers before publication. The first of these has already been issued. The booklets help people living with dystonia at different stages of their journey:

- What Is Dystonia? includes an overview of dystonia symptoms, causes, and the different forms and types of dystonia.
- Just Diagnosed with Dystonia offers practical information for those who have been recently diagnosed including where to find support.
- Treatments For Dystonia provides an overview of the main treatments used to help manage dystonia.

Raising awareness and fundraising

We continue to be supported by many loyal members and donors along with several charitable trusts and foundations. This support creates a base on which we can build our other fundraising initiatives. Fundraising not only provides the essential funds to enable us to operate but also enables us to increase awareness of dystonia.

Fundraising continues to be challenging for charities like Dystonia UK. Although many of the challenge events that were paused due to coronavirus constrictions have resumed, levels of giving have been affected by the impact of cost of living increases. The small team of staff also limits the amount of direct support that we can give to fundraisers.

Much of our fundraising efforts have been centred on Dystonia Awareness Month in September which we try to give a festival vibe with activities including Dystonia Around the World, the first national Dystonia UK Awards, and the team on tour around the UK to promote our activities.

We held our Dystonia Matters Live 2023 conference in Newcastle in June. High profile events like this are important in bringing together people living with dystonia, clinicians, corporate sponsors and other stakeholders. While many members and supporters are not able to attend in person, they provide material that can be published on our website or in other ways to disseminate information and raise awareness.

Research

As a small charity, our support of research is often based around patient recruitment, general guidance and support and dissemination activities. We do this to ensure that dystonia research can take place and to ensure that people with dystonia have opportunities to directly contribute to research as patients or by sharing their own experiences. In addition to this, when we have funds available, we will support projects with a financial contribution. We currently hold funds for research into blepharospasm will be reviewing how best to utilise these funds when resources allow.

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Every year we endeavour to support a wide range of support studies that focus on different aspects of dystonia, for example treatments, causes, types of dystonia and psychological elements of the condition. Some examples of activities we have supported are:

PRIME-VR2, a research project developing bespoke virtual reality controllers and games for people with dystonia or a hyperkinetic movement disorder that affects their hands and arms. The aim is to understand how well commercial VR controllers and games work for people with dystonia. It is led by the Global Disability Innovation Hub and the UCL Computer Science department.

Following a pilot study which we funded a couple of years ago, a full study is being conducted by Manchester Metropolitan University with a commercial sponsor. This study is developing computer machine-learning aided imaging of neck muscles to enable greater accuracy in targeting the correct muscles for botulinum toxin injections. Dystonia UK is supporting this study by publicising the study to recruit the volunteer patients needed for the project.

We have also awarded a discretionary grant to researchers at UCL for a study on the genetic predictors of efficacy of direct brain stimulation treatment (DBS). Although this can be a highly effective treatment, there is still a wide variability in response, and genetic factors are suspected of playing a role. The aim of this study is thus to evaluate the role of genetics in the efficacy of DBS.

We are also supporting a study investigating the lived experiences of psychological distress in neck dystonia. This study aims to look at the challenges faced by individuals with neck dystonia and to highlight the need for increased psychological support. This study is being conducted by a Doctoral clinical psychologist student at Lancaster University.

Staff and Trustees

The loyalty and commitment of our staff is greatly appreciated. They are a highly motivated team with dedication to the needs of people with dystonia. We have found that working from home is a viable and efficient way of working as it allows staff to work flexibly. However, we continue to use our office for administration and some meetings.

Senior staff report on a day-to-day basis to the Chair of Trustees, with other trustees being actively involved in supporting our work in responding to enquiries, engaging with strategic partners, supporting groups, fundraising and administration. Without this commitment, given the small number of employed staff, we could not achieve our objectives.

Future plans

Our aim is to continue building on what we have achieved over the last few years. However, we have limited resources so a priority is to increase income to a level that will enable us to increase our capacity. Meanwhile, we must ensure that our resources are used in the most efficient and effective way to achieve the maximum impact.

Awareness raising and campaigning for change – building on our collaboration with the neurological alliances of England, Scotland, Wales & Northern Ireland and other charities to ensure that the voice of people with dystonia is recognised by health commissioners, providers, government and other agencies.

'Reach Out, Reach All' – ensuring that our resources are relevant and accessible to the whole dystonia community. We will continue producing information in a variety of formats to support people with dystonia. This will include further webinars and podcasts, further printed information for use in hospital clinics as well as responding to enquiries and updating our website with additional information.

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Social networks - we will work with group leaders and coordinators so that they can support the charity's work better at a local level. We will continue the development of social media for networking and sharing information.

Research – we will look at ways in which the restricted funds that we have received can support clinicians undertaking research that has the greatest benefit to our community.

Financial Review

Our financial position for the year ending 31st March 2023 was a deficit of £8,363 compared to a surplus of £30,775 in the previous year. Income was £277,412 (2022: £293,052). Grant income from corporate sources increased but this was offset by lower funding from charitable trusts and lower legacy income. Expenditure of £285,775 (2022 £262,278) was increased due to higher level of activity as well as inflation.

Fundraising continues to be challenging, but the impact that we have achieved from our new initiatives will, we hope, demonstrate the benefit of grants and donations. We will continue to promote the welfare of those living with the impact of dystonia and those who support them. To do this, we need to work to ensure that our income streams enable us to operate at break-even financially without reliance on legacy income. That said, the Charity has benefited from generous legacies in the past and in the next financial year and these are still essential in supporting our work. The trustees and staff have agreed a budget which assumes improvement in fundraising from charitable trusts, foundations and corporate sponsorship as well as the continued support of our many members and supporters, but also a level of legacy income. Nevertheless, they will continue to monitor this income closely and to take action to ensure that reserves are sufficient to ensure that the charity can meet its obligations as they fall due.

Reserves

The trustees feel it is prudent to maintain the Society's general unrestricted reserves at a level sufficient to cover commitments such as property rental, creditors and other liabilities and to reflect the relative uncertainty of income and potential restrictions on its use. The level of reserves is reviewed monthly in conjunction with the trustees' review of the financial position. The trustees have not designated any of the unrestricted reserves for specific future activities.

The level of unrestricted reserves at 31st March 2023 represented 97% of expenditure in the year (2022: 94%).

Certain grants and donations received by the Society are given for specific projects or initiatives. Funds held in respect of these activities are carried forward if they are unspent or uncommitted. At 31st March 2023, funds of £108,764 were carried forward (2022: £117,732) following receipt of a significant restricted legacy.

Investment Policy

The Society does not have currently sufficient resources to make long term investments. Surplus funds are held in deposit facilities so that they remain accessible to meet our operational needs.

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Structure, Governance and Management

The Society is a company limited by guarantee and is registered with the Charity Commission (Number 1062595) and with the Office of the Scottish Charity Regulator (SC042127). It is constituted by its Memorandum and Articles of Association. In the event of the insolvency of the Society, members can be asked to pay a maximum of £10 towards any unpaid debt.

Control of The Dystonia Society is vested in the trustees, each of whom is a member of the Society. All decisions are made by the board of trustees, and at the present time no sub-committees are in operation.

Existing trustees encourage potential trustees to stand for election to maintain an appropriate balance of skills and experience. Where specific skills are needed the recruitment of potential trustees may be expanded to look beyond the current membership. Where there are more candidates than vacancies, trustees are elected by the members at an AGM or by a postal ballot. Trustees serve for a three-year term and then stand for re-election. A minimum of a third of the trustees stand for re-election each year. If less than a third of the trustees are due for re-election, then those nearest to the expiry of their term stand for re-election. Trustees serve for a maximum of three terms. A trustee may be appointed by the Board if a vacancy becomes available during the financial year and the trustee would then stand for re-election at the year end. The maximum number of trustees is twelve and the minimum is three. We aim to give new trustees a programme of induction and training. Further training is available when required and relevant.

Risk

The trustees identify and review the major risks to which the Society is exposed and have established appropriate systems to anticipate further risks that may arise. The trustees consider that implementation of agreed actions and procedures will significantly reduce the probability and impact of these risks.

The most recent review identified the key risk to be its ability to achieve sufficient fundraising and therefore maintain financial sustainability. However, it was recognised that this will be mitigated by significant legacy income in the next financial year. The Society undertakes careful monitoring of its projected cash flows and levels of reserves so that it can meet its financial duties.

Public Benefit

The trustees have referred to the Charity Commission's guidance on public benefit, and the guidance "Meeting the Charity Test" published by the Office of the Scottish Charity Regulator, when reviewing their aims and objectives, and planning the Society's future activity.

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Report of the Trustees for the year ended 31 March 2023 (incorporating the Directors' Report)

Statement of trustees' responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with UK GAAP. Under company law, the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the surplus or deficit 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 Statement of Recommended Practice "Accounting and Reporting by Charities"
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- 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 adequate accounting records which are sufficient to show and explain the charitable company's transactions and which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 and the charity's constitution. 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.

In so far as the trustees are aware

- There is no relevant information of which the charitable company's independent examiner is unaware
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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Small company exemption

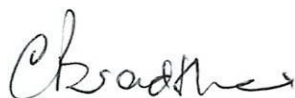
This report has been prepared in accordance with the special provisions for small companies under Section 15 of the Companies Act 2006.

Thanks

We are very grateful indeed to the Society's staff team, volunteers, donors and fundraisers, to the charitable trusts and corporate partners that have given grant funding, and to clinicians and other professionals who have attended meetings or provided advice and guidance during the year, donating their time and expertise. Their support is very much appreciated.

Approval

This report was approved by the Board of Trustees on 8 December 2023 and signed on its behalf by



Chris Bradshaw

Chair of Trustees

Independent Examiner's Report to the trustees of The Dystonia Society ('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 the Charities Act 2011, s145 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under s145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in s145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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 that:

- (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.



Michael A Williams ACA.
Chartered Accountant
30 Retford Drive
Sutton Coldfield
West Midlands
B76 1DG

8th December 2023

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Statement of financial activities for the year ended 31 March 2023

	Notes	Restricted funds £	General funds £	Total 2022/23 £	Restricted funds £	General funds £	Total 2021/22 £
Income from							
Donations and subscriptions		423	136,571	136,994	670	142,364	143,034
Grants	14	47,000	33,274	80,274	20,000	44,800	64,800
Legacies and in memoriam gifts		-323	57,950	57,627	66,488	16,055	82,543
Total donations, subscriptions, grants and legacies	3	47,100	227,795	274,895	87,158	203,219	290,377
Other trading activities		0	1,134	1,134	0	2,644	2,644
Investments		0	1,383	1,383	0	31	31
Total income		47,100	230,312	277,412	87,158	205,895	293,052
Expenditure on							
Raising funds	4	0	50,961	50,961	0	54,210	54,210
Charitable activities	4,14	56,068	178,746	234,814	26,167	181,901	208,068
Total expenditure		56,068	229,707	285,775	26,167	236,111	262,278
Net income/(expenditure)	4	-8,968	605	-8,363	60,991	-30,217	30,774
Transfers between funds		0	0	0	0	0	0
Net movement in funds		-8,968	605	-8,363	60,991	-30,217	30,774
Reconciliation of funds							
Total funds brought forward		117,732	221,849	339,581	56,741	252,066	308,807
Total funds carried forward	12	108,764	222,454	331,218	117,732	221,849	339,580

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Balance sheet at 31 March 2023

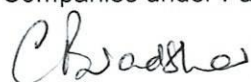
	Notes	31 March 2023	31 March 2022
		£	£
Non-current assets			
Tangible fixed assets	7	0	0
Investment in subsidiary company	7	1	1
Current assets			
Debtors	8	46,479	17,526
Cash at bank and in hand	9	306,082	341,905
		352,561	359,431
Creditors: amounts falling due within one year	10	-21,344	-19,851
Net current assets		331,217	339,580
Net assets		331,218	339,581
Represented by			
General funds		221,849	252,066
I&E		605	-30,216
Designated funds		0	0
Total unrestricted funds		222,454	221,849
Restricted funds	14	108,764	117,732
Total funds	12	331,218	339,581

The Trustees are satisfied that the Charitable Company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The Trustees acknowledge their responsibilities for

- (i) ensuring that the charitable company keeps adequate accounting records which comply with section 386 of the Act, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its results for the financial year in accordance with the requirements of sections 394 and 395, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions for Small Companies under Part 15 of the Companies Act 2006.



Chris Bradshaw
Chair



Robert Semple
Treasurer

Company Registration Number: 03309777

The notes on pages 14 to 20 form part of these financial statements

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Statement of cash flows for the year ended 31 March 2023

	2023 £	2022 £
Net income/(expenditure) as per the statement of financial activities	-8,363	30,774
Adjustments for		
Depreciation charges	0	0
Interest from investments	-1,383	-31
(Increase)/decrease in debtors	-28,953	17,252
Increase/(decrease) in creditors	1,493	-14,012
Net cash generated /(used) in operating activities	-37,206	33,983
Cash flows from investing activities		
Interest from investments	1,383	31
Purchase of equipment	0	0
Net cash provided by/(used in) investing activities	1,383	31
Net increase/(decrease) in cash and cash equivalents	-35,823	34,014
Cash and cash equivalents at the beginning of the year	341,905	307,891
Cash and cash equivalents at the end of the year	306,082	341,905
Check total	306,082	341,905

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Notes to the financial statements for the year ended 31 March 2023

1 Accounting policies

a) Basis of preparation of financial statements

- The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Companies Act 2006 and the Charities and Trustees Investment (Scotland) Act 2005.
- The Charity constitutes a public benefit entity as defined by FRS 102.
- The accounts include the balances and transactions of 30 of the Society's support groups.
- The preparation of the financial accounts requires the Society's management to make reasonable and prudent judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for income and expenses during the year. These judgements are detailed in these accounting policies.

b) Income

Income is received by way of grants, donations and subscriptions. The income from fundraising ventures is shown gross in the period in which the event occurs, with the associated costs included in costs of raising funds. From time to time the Society receives donations of goods and services in kind and where there is a measurable material value to the Society, which can be ascertained with reliability, they are included as both income and expenditure. Equipment given for use by the Society is included as a donation at estimated value when received. Legacy income is included in the period in which it is received, or, if earlier, the period in which the Society receives confirmation of entitlement and amount. If there is uncertainty as to the amount and timing of payment, the legacy is not recognised as income, but disclosed as a contingent asset.

Subscriptions are included in the accounts in the year in which they are received.

Revenue grants are credited to incoming resources on the date they are received or when they are receivable, unless they relate to a specific period, in which case they are deferred.

c) Expenditure

Expenditure is recognised on an accruals basis and includes VAT which the charity cannot recover.

Direct expenditure on charitable activities is allocated to the Society's objectives in five streams of work.

Support costs are allocated to each of the charitable activities (and to the associated restricted funds) based on staff salary costs.

Costs of raising funds relate to expenditure incurred in approaching and facilitating people and organisations to contribute financially to the Society's work.

Grants payable are accounted for when paid or when the Society has, by communicating a commitment, created a valid expectation that it will make future payments.

Those costs shown as governance relate to the management of the Society's assets, organisational administration and compliance with constitutional and statutory requirements.

d) Pension contributions

The Society makes contributions to defined contribution personal pension schemes held by employees. Contributions are a percentage of gross salary and are charged to the same restricted or unrestricted funds, and in same the accounting periods, as the related salary costs.

e) Tangible fixed assets

Items of equipment are capitalised if their cost exceeds £1,000 and if they have an expected useful life of more than two years. Depreciation is then charged at a uniform rate over that life.

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Notes to the financial statements for the year ended 31 March 2023

f) Operating leases

Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor are reflected in the Statement of Financial Activities on a straight-line basis over the period of the lease.

g) Fund accounting

Restricted funds are to be used for specific purposes as stated by the donor. Expenditure which meets these criteria is charged to the fund.

Designated funds are unrestricted funds earmarked by the trustees for specific purposes.

Unrestricted funds are donations and other incoming resources receivable or generated for charitable purposes, in line with the objects of the Society, but not restricted to any specific activity.

h) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income and expenditure account

A separate income and expenditure account has not been prepared as the figures comprising net income for the year shown in the Statement of Financial Activities give the information required under the Companies Act 2006, together with details of other recognised gains and losses.

THE DYSTONIA SOCIETY

Notes to the financial statements for the year ended 31 March 2023

2	Analysis of income and expenditure by charitable activity	2023		2022	
		Income £	Expenditure £	Income £	Expenditure £
	Awareness and best practice		55,503		42,436
	Support and information	47,423	155,505	20,670	151,503
	Research	-323	0	66,488	0
	Restricted Income and Expenditure on Charitable Activities	47,100	211,008	87,158	193,939
	Unrestricted Income	227,795	74,766	205,894	68,339
	Fundraising Expenditure				
	Total Income and Expenditure	274,895	285,775	293,052	262,278
	Income is analysed according to restrictions imposed by donors and funders.				
3	Net incoming resources	2023		2022	
		£		£	
	Net incoming resources are stated after charging				
	Operating lease - land and buildings		20,553		21,230
	Independent examiner's fees		1,800		1,500
4	Total resources expended	2023		2022	
		Support costs £	Awareness & best practice £	Information & support £	Fundraising £
	Year to March 2023				
	Employment and training	25,383	30,814	63,213	38,056
	Premises and general overheads	39,014	-	-	3,551
	Printing and communications	6,468	3,683	28,686	1,152
	Independent examination and accountancy	2,272	-	-	-
	Conferences, meetings and travel	-	3,335	3,134	4,938
	Direct project costs	-	-	28,812	-
	Fundraising and prize draw expenses	-	-	-	3,264
	Grants awarded/(recovered)	-	-	-	-
	Apportioned support costs	73,137	17,672	31,660	23,805
	Total	0	55,503	155,505	74,766
					285,775

THE DYSTONIA SOCIETY

Notes to the financial statements for the year ended 31 March 2023

f) Operating leases

Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor are reflected in the Statement of Financial Activities on a straight-line basis over the period of the lease.

g) Fund accounting

Restricted funds are to be used for specific purposes as stated by the donor. Expenditure which meets these criteria is charged to the fund.

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h) Financial instruments

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2 Income and expenditure account

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THE DYSTONIA SOCIETY

Notes to the financial statements for the year ended

31 March 2023

5	Staff costs	2023	2022
		£	£
	Salaries and wages	133,537	138,856
	Social security costs	8,957	9,121
	Pension contributions	7,100	6,018
		149,594	153,995
	Staff employed under service contracts	-	-
	Other employment and training costs	-	-
	Total employment and training costs	149,594	153,995

The average number of employees during the year was 4.1 (2022: 4.1) of whom 3.1 were full-time. The full-time equivalent was 3.9. (2022: 3.9), No employee earned more than £60,000 during the year (2022: nil).

The Society contributes to defined contribution personal pension schemes. The assets of these schemes are held separately from those of the Society in independently administered funds. At 31st March 2023, the Society owed £827 (2022: £983) to these pension schemes.

6 Trustees' remuneration and expenses

The trustees received no remuneration for their services (2022: nil). Two trustees (2022: none) were reimbursed £249 for travel expenses and other costs (2022: nil).

7	Non-current assets	
	Office equipment and fixtures	
		£
	Cost at 1 April 2022	22,317
	Additions	-
	Cost at 31 March 2023	22,317
	Depreciation at 1 April 2022	22,317
	Charge for the year	
	Depreciation at 31 March 2023	22,317
	Net book value at 1 April 2022	-
	Net book value at 31 March 2023	-

THE DYSTONIA SOCIETY

Notes to the financial statements for the year ended

31 March 2023

8	Debtors	2023	2022	
		£	£	
	Prepayments	10,087	10,028	
	Other debtors and accrued income	36,392	7,498	
		46,479	17,526	
9	Cash at bank and in hand	2023	2022	
		£	£	
	Bank investment accounts	187,354	186,078	
	Other bank and building society accounts	117,039	153,679	
	Petty cash and groups	1,689	2,148	
		306,082	341,905	
10	Creditors: Amounts falling due within one year	2023	2022	
		£	£	
	Taxation and social security costs	3,122	3,406	
	Other creditors	12,426	13,403	
	Accruals	5,796	3,042	
		21,344	19,851	
11	Commitments under operating leases	2023	2022	
		£	£	
	Office Lease + Service Charge	21,690	14,363	
12	Analysis of net assets between funds			
		Restricted	General	Total
		funds	funds	funds
		£	£	£
	Fixed assets	-	1	1
	Current assets	108,764	243,797	352,561
	Creditors	-	21,344	-21,344
		108,764	222,454	331,218

THE DYSTONIA SOCIETY

Notes to the financial statements for the year ended 31 March 2023

13. Contingent liabilities

No contingent liabilities exist as of 31st March 2023 and the date of this Annual Report & Accounts.

14 Activity on restricted funds		Opening balance	Income	Transfers	Expenditure	Closing balance
		£	£	£	£	£
Awareness and best practice		3,000	-	-	-	3,000
Information and support		33,144	47,423	-	-56,068	24,499
Research		81,588	- 323	-	0	81,265
		117,732	47,100	0	-56,068	108,764

15 Related party transactions

There have been no related party transactions in the year ending 31st March 2023 (prior year nil).