

# BACK TO BACK (INTERVERTEBRAL DISC BIOLOGY AND DISEASE STUDY GROUP)

England & Wales · Charity number 1079089

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2000-01-25

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 3 Squitchey Lane  
Oxford  
OX2 7LB

**Phone** 0186558209

**Email** [Secretary.BacktoBack@gmail.com](mailto:Secretary.BacktoBack@gmail.com)

**Website** <https://www.backtoback.info>

## Activities

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**Objects:** THE RELIEF OF SICKNESS BY THE PROMOTION OF RESEARCH INTO ALL MATTERS RELATING TO INTERVERTEBRAL DISC DISEASE AND THE DISSEMINATION OF THE USEFUL RESULTS OF SUCH RESEARCH

**Activities:** B2B organises scientific meetings which provide a forum for discussion for both researchers from different disciplines and for clinicians working in any area of spine with an interest in any area of intervertebral disc biology. These meetings are held twice yearly and are advertised on its website. It also administers scientific grants in the area of disc biology.

## Classification

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- **How:** Makes Grants To Individuals, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,652	£29,720	-	-
2023-12-31	£1,166	£22,478	-	-
2022-12-31	£62,254	£4,604	-	-
2021-12-31	£51,389	£100	-	-
2020-12-31	£29,243	£10,127	-	-

## Trustees

Name	Role	Appointed
<b>JEREMY CT FAIRBANK MA MD FRCS</b>	Chair	
DR Jude Meakin		2018-10-01
Dr JOCELYN PENELOPE GILLIAN URBAN		
Dr VALERIE SPARKES		2018-09-18
PROFESSOR CHARLES PETER WINLOVE PHD		
PROFESSOR SALLY ROBERTS PHD		
PROFESSOR VICTOR DUANCE PHD		

**BACK TO BACK (INTERVERTEBRAL DISC BIOLOGY AND DISEASE STUDY GROUP)**

England & Wales - Charity number 1079089

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# Accounts

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**Trustees' Annual Report for the period**

**From 1/01/2022 Period start date: To 31/12/2022 Period end date**

**Charity name: Back to Back (Intervertebral Disc Biology and Disease Study Group)**

**Charity registration number: 1079089**

**Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of sickness by the promotion of research into all matters relating to the intervertebral disc disorders and the dissemination of results of such research
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>With the gradual waning of the Covid-19 pandemic, the charity slowly returned to activity in 2022.</p> <p>The delayed two-day B2B meeting at St Anne's College Oxford, was held April 2022. It was the first in-person meeting post-Covid lock-downs for many present. However as some, particularly those from Japan, were not able to attend because of Covid restrictions still in place, the meeting also allowed for distance participation. Scientists from Germany and Japan were thus able to participate. Around 25 people were present in person, including some from Norway and Denmark. The meeting followed the usual B2B format of short talks on work in progress followed by extensive free and friendly discussion. There were very positive comments about the content of the meeting and its format from many of those present.</p> <p>B2B is now funding two research support awards. Research was hindered by closure of research laboratories over much of 2021 and otherwise hindered by social distancing restrictions; laboratory work only gradually returned during 2022. Progress in the study funded by B2B in 2021 ' <i>A pilot study to determine</i></p>

		<p><i>if analysis of MRI, serum and urine biomarkers can be used to aid stratification of low back pain patients'</i>- was delayed by the effects of Covid on outpatient clinics and staffing, so recruitment of patients has so far been much lower than expected. The grant to Dr Rebecca Hemmings, Cardiff University, for her project entitled '<i>Exploring Dynamic Vertebral Movement Using Spinal Fluoroscopy: Establishing Protocols for Innovative Spinal Studies</i>' started in 2022. It is funded in two parts; the initial part, a study of methods to enable an application for ethical approval, is progressing; once ethics has been obtained, funding will be provided for the second part, viz measurements on human subjects.</p> <p>Two new research support grant applications were received in 2022.</p> <p>(i) '<i>Correlating internal bone and disc strains with mechanisms of vertebral bone fracture</i>' from Drs Newell and Tavena, Dept of Bioengineering, Imperial College London</p> <p>(ii) '<i>Forecast+ - factors predicting the transition from acute to persistent pain in people with sciatica</i>' from Drs Schmid, Probert, Ridgeway and Kouresh, Nuffield Dept of Clinical Neurosciences, University of Oxford. In order to avoid conflict of interest and as agreed when setting up details of the B2B grant award scheme, none of the referees of this grant were from the home institution of the applicants viz University of Oxford.</p> <p>In accordance with recommendations from referees, both the grants were awarded, with research starting in 2023.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees of Back to Back have had regard to the Guidance of the Charity Commission on public benefit in noting the purpose of the charity is to work towards understanding and treating the enormous problem of low back pain affecting a large proportion (80%) of the population at some time, and ending in chronic disability for around 10% of sufferers.

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Thanks to the generous grant from MAPI, Back to Back is currently able to award funds for research support into work that fosters its aims. Applications are invited from those based at UK Universities or research organisations and are advertised on social media and through relevant scientific societies. Applications are refereed by scientists and clinicians with relevant expertise and with no conflict of interest. Grants are administered by the host institution of the successful applicants.
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<b>N/A</b>
Other		

### **Achievements and Performance**

	SORP reference	

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Over the years, by holding small informal discussion meetings on work in progress, Back to Back has fostered research into the biology and pathology of the intervertebral disc. The meetings have been particularly helpful for young scientists, by enabling them to present and discuss their research work informally in a friendly, non-competitive environment, and have lead to many collaborations which have significantly furthered knowledge in this neglected field.</p>
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### Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Collaborations fostered by Back to Back have (i) led to a number of publications relating to back pain and spinal disorders, three of which have won major international prizes (ii) been involved development of 'SpineNet', an aid to radiologists as it provides a rapid (seconds) automated means of analysing a clinical spinal MRI.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p><b>N/A</b></p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p><b>N/A</b></p>
<p>Other</p>		

### Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>At 31.12.2022 the charity had a balance of £162,177 in the bank. In 2022, its income , from MAPI, a donation, and bank interest, was £62,254. Its expenditure on meetings' expenses,</p>
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		running expenses (website, independent examiner, postage) and funding of research grants was £4604. It has liabilities of £31,240 arising from projected payments for research grants running in 2022. The charity's net assets were thus £130,937.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity holds funds in reserve to pay for at least two large future meetings. The remainder of its funds will go to supporting small informal meetings and grants.
Amount of reserves held	Para 1.22	<b>£20,000</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None</b>

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal source of funding has been from MAPI organisation, a non-profit organization based in France and dedicated to improving patients' quality of life by facilitating access to Patient-centred Outcome (PCO). Fees from licencing the Oswestry Disability Index (ODI), widely used for assessing function and quality of life in patients with low back pain, were directed to Back to Back, where they will be used to fund research projects and scientific meetings.
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	The pandemic was an unexpected risk, and completely halted the major activity of Back to Back, viz. holding scientific meetings. It also halted laboratory research work, and hence application for research awards. Otherwise, the charity has no financial risks; grants are awarded and meetings held according to funds available.
Other		

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## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	A constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected by personal recommendation.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	Back to Back ( <b>Intervertebral Disc Biology and Disease Study Group</b> )
Other name the charity uses	B2B

Registered charity number	<b>1079089</b>
Charity's principal address	B2B Secretary, 3 Squitchey Lane, Oxford OX2 7LB.

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Prof Jeremy Fairbank	Chairman		
2	Dr Judith Meakin	Treasurer		
3	Dr Jocelyn Urban	Secretary		
4	Prof Victor Duance			
5	Prof Sally Roberts			
6	Prof Valerie Sparkes			
7	Prof Peter Winlove			
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		
<b>N/A</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
<b>N/A</b>		


**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

**Additional information (optional)****Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
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**Name of chief executive or names of senior staff members (Optional information)**

N/A
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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

N/A
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**Other optional information**

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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	J. Urban.	
<b>Full name(s)</b>	Jocelyn Urban	
<b>Position (eg Secretary, Chair, etc)</b>	Secretary	

**Date** 28<sup>th</sup> October, 2022

BACK TO BACK  
Financial statements  
31 December 2022

Income and Expenditure

<b>INCOME</b>	<b>2022</b>		<b>2021</b>	
Donations	£	3,000.00	£	50.00
Bank interest	£	104.45	£	2.15
Gift aid from HMRC	£	-	£	5,549.65
ODI royalties from MAPI trust	£	59,149.87	£	45,887.26
<b>TOTAL INCOME</b>	<b>£</b>	<b>62,254.32</b>	<b>£</b>	<b>51,489.06</b>
<hr/>				
<b>EXPENDITURE</b>	<b>2022</b>		<b>2021</b>	
Meeting expenses	£	913.25	£	-
Running expenses	£	651.20	£	-
Research grant funding	£	3,039.53	£	-
Donations	£	-	£	100.00
<b>TOTAL EXPENDITURE</b>	<b>£</b>	<b>4,603.98</b>	<b>£</b>	<b>100.00</b>
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<b>SURPLUS</b>	<b>£</b>	<b>57,650.34</b>	<b>£</b>	<b>51,389.06</b>

Balance Sheet

<b>ASSETS</b>	<b>2022</b>		<b>2021</b>	
Cash	£	162,176.94	£	104,526.60
<b>TOTAL ASSETS</b>	<b>£</b>	<b>162,176.94</b>	<b>£</b>	<b>104,526.60</b>
<hr/>				
<b>LIABILITIES</b>	<b>2022</b>		<b>2021</b>	
Research grant (2021 Fairbank)	£	11,297.47	£	14,337.00
Research grant (2022 Hemming)	£	19,942.61	£	-
<b>TOTAL LIABILITIES</b>	<b>£</b>	<b>31,240.08</b>	<b>£</b>	<b>14,337.00</b>
<hr/>				
<b>NET ASSETS</b>	<b>£</b>	<b>130,936.86</b>	<b>£</b>	<b>90,189.60</b>

Bank Reconciliation

Bank balance 01 Jan 2022	£	104,526.60
+ Income in 2022	£	62,254.32
- Expenditure in 2022	£	4,603.98
<b>Balance 31 Dec 2022</b>	<b>£</b>	<b>162,176.94</b>

**To the Trustees of Back to Back  
(Intervertebral Disc Biology and Disease Study Group)  
Charity No. 1079089**

I report to the trustees of Back to Back (Intervertebral Disc Biology and Disease Study Group) on my examination of the accounts of the charity for the year ended 31<sup>st</sup> December, 2022.

**Respective responsibilities and basis of report**

As the charity trustees you are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 (the 2011 Act).

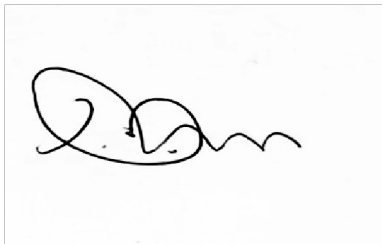
I report in respect of my examination of the Charity's accounts carried out under Section 145 of the 2011 Act; and in carrying out my examination I have followed the applicable Directions given by the Charity Commissioners under Section 145 (5) (b) of the Act.

**Independent Examiner's Statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the 2011 Act; or
- the accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Signed:

Date 22nd October, 2023

John Robert Eke  
Fellow of the Association of Charity Independent Examiners  
Soarview  
4 Stable Court  
Malborough, Devon, TQ7 3FB

**BACK TO BACK (INTERVERTEBRAL DISC BIOLOGY AND DISEASE STUDY GROUP)**

England & Wales - Charity number 1079089

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# Accounts

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## Trustees' Annual Report for the period

From 1/01/2021 Period start date: To 31/12/2021 Period end date

Charity name: Back to Back (Intervertebral Disc Biology and Disease Study Group)

Charity registration number: 1079089

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of sickness by the promotion of research into all matters relating to the intervertebral disc disease and the dissemination of results of such research
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>As as a result of the Covid-19 pandemic, the charity was inactive over the whole of 2021 and hence no Trustee meetings were held apart from the AGM.</p> <p>An international scientific meeting, initially organised for April 2020, with invited speakers from outside the UK, had to be cancelled again because of pandemic restrictions and travel problems. The meeting is now scheduled for April 2022.</p> <p>Research was hindered by closure of research laboratories over much of 2021 and otherwise hindered by social distancing restrictions. Only one research support grant application was received viz. A request for funding of £14337 to support a grant entitled <i>A pilot study to determine if analysis of MRI, serum and urine biomarkers can be used to aid stratification of low back pain patients'</i> from Prof Fairbank and Prof Taylor, University of Oxford. In order to avoid conflict of interest and as agreed when setting up details of the B2B grant award scheme, none of the referees of this grant were from the home institution of the applicants, viz. Oxford in this case. In accordance with recommendations from referees, the grant was awarded. Research started in October 2021.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public	Para 1.18	The trustees of Back to Back have had regard to the Guidance of the Charity Commission on public benefit in noting the purpose of the charity is to work towards understanding and treating the enormous

benefit		problem of low back pain affecting a large proportion (80%) of the population at some time, and ending in chronic disability for around 10% of sufferers.
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**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Thanks to the generous grant from MAPI, Back to Back is now able to award funds for research support into work that fosters its aims. Applications are invited from those based at UK Universities or research organisations and are advertised on social media and through relevant scientific societies. Applications are refereed by scientists and clinicians with relevant expertise, and administered by the host institution of the successful applicants.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

**Achievements and Performance**

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Over the years, by holding small informal discussion meetings on work in progress, Back to Back had fostered research into the biology and pathology of the intervertebral disc. The meetings have been particularly helpful for young scientists, by enabling them to present and discuss their research work informally in a friendly, non-competitive environment, and have lead to many collaborations which have significantly furthered knowledge in this neglected field.</p>
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### Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

### Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>At 31.12.2021 the charity had a balance of £104,526.60 in the bank</p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>The charity holds funds in reserve to pay for at least two large future meetings. The remainder of its funds will go to supporting small informal meetings and grants.</p>
<p>Amount of reserves held</p>	<p>Para 1.22</p>	<p><b>£20,000</b></p>
<p>Reasons for holding zero reserves</p>	<p>Para 1.22</p>	<p><b>N/A</b></p>
<p>Details of fund materially in</p>	<p>Para 1.24</p>	<p><b>N/A</b></p>

deficit		
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None</b>

**Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal source of funding is from MAPI organisation, a non-profit organization based in France and dedicated to improving patients' quality of life by facilitating access to Patient-centred Outcome (PCO). Fees from licencing the Oswestry Disability Index (ODI), widely used for assessing function and quality of life in patients with low back pain, are now directed to Back to Back, where they will be used to fund research projects and scientific meetings.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	The pandemic was an unexpected risk, and completely halted the major activity of Back to Back, viz. holding scientific meetings. Otherwise, the charity has no financial risks; grants are awarded and meetings held according to funds available.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>A constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Unincorporated association</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Trustees are selected by personal recommendation.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	Back to Back ( <b>Intervertebral Disc Biology and Disease Study Group</b> )
Other name the charity uses	B2B
Registered charity number	<b>1079089</b>
Charity's principal address	B2B Secretary, 3 Squitchey Lane, Oxford OX2 7LB.

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Prof Jeremy Fairbank	Chairman		
2	Prof Sally Roberts	Treasurer		
3	Dr Jocelyn Urban	Secretary		
4	Prof Victor Duance			
5	Dr Neil Eisenstein			
6	Dr Judith Meakin			
7	Prof Valerie Sparkes			
8	Prof Peter Winlove			
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		
<b>N/A</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
<b>N/A</b>		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

N/A

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

## Other optional information

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>J. Urban.</i>	
Full name(s)	Jocelyn Urban	
Position (eg Secretary, Chair, etc)	Secretary	
Date	28 <sup>th</sup> October, 2022	



Charity Name <b>BACK TO BACK</b>	No (if any) 1079089
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## Receipts and payments accounts

For the period from	Period start date 01/01/21	To	Period end date 31/12/21
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
<b>A1 Receipts</b>				
Interest on bank accounts	2	-	-	2
Donations	50	-	-	50
ODI royalties from MAPI trust	45,887	-	-	45,887
Gift aid from HMRC	5,550	-	-	5,550
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>51,489</b>	<b>-</b>	<b>-</b>	<b>51,489</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>51,489</b>	<b>-</b>	<b>-</b>	<b>51,489</b>
<b>A3 Payments</b>				
Meeting expenses	-	-	-	-
Research grant payments	-	-	-	-
Unpresented cheques from 2019	-	-	-	-
Donation to British Heart Foundation	100	-	-	100
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>100</b>	<b>-</b>	<b>-</b>	<b>100</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>100</b>	<b>-</b>	<b>-</b>	<b>100</b>
<b>Net of receipts/(payments)</b>	<b>51,389</b>	<b>-</b>	<b>-</b>	<b>51,389</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>53,138</b>	<b>-</b>	<b>-</b>	<b>53,138</b>
<b>Cash funds this year end</b>	<b>104,527</b>	<b>-</b>	<b>-</b>	<b>104,527</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
<b>B1 Cash funds</b>	Coop current account	104,527	-
		-	-
		-	-
	<b>Total cash funds</b>	<b>104,527</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK

Unrestricted funds to nearest £	Restricted funds to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)
		-
		-
		-
		-
		-


**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)
		-
		-
		-
		-
		-
		-
		-
		-
		-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)
Research support ref: 2021 Fairbank		14,337
		-
		-
		-
		-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Judith R. Meakin

**CC16a**

**Last year  
to the nearest £**

34
50
29,158
-
-
-
-
-
29,243

-
-

29,243
--------

84
10,043
2,639
-
-
-
-
-
-
12,766

-
---

12,766
--------

16,476
-
36,661
53,138



**Endowment funds  
to nearest £**

-
-
-
-

OK

**Endowment funds  
to nearest £**

-
-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-

**Current value  
(optional)**

-
-
-
-
-
-
-
-
-

**When due  
(optional)**

2022-2023

**Date of approval**

06-Sep-22

**To the Trustees of Back to Back  
(Intervertebral Disc Biology and Disease Study Group)  
Charity No. 1079089**

I report to the trustees of Back to Back (Intervertebral Disc Biology and Disease Study Group) on my examination of the accounts of the charity for the year ended 31<sup>st</sup> December, 2021.

### **Respective responsibilities and basis of report**

As the charity trustees you are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's accounts carried out under Section 145 of the 2011 Act; and in carrying out my examination I have followed the applicable Directions given by the Charity Commissioners under Section 145 (5) (b) of the Act.

### **Independent Examiner's Statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the 2011 Act; or
- the accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Signed:

Date 26th October, 2022

John Robert Eke  
Fellow of the Association of Charity Independent Examiners  
Soarview  
4 Stable Court  
Malborough, Devon, TQ7 3FB

**BACK TO BACK (INTERVERTEBRAL DISC BIOLOGY AND DISEASE STUDY GROUP)**

England & Wales - Charity number 1079089

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# Accounts

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## Trustees' Annual Report for the period

From 1/01/2021 Period start date: To 31/12/2020 Period end date

Charity name: Back to Back (Intervertebral Disc Biology and Disease Study Group)

Charity registration number: 1079089

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of sickness by the promotion of research into all matters relating to intervertebral disc disease and the dissemination of results of such research
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	As a result of the Covid-19 pandemic, the charity was inactive over the whole of 2020. An international scientific meeting organised for April 2020, with invited speakers from outside the UK, had to be cancelled because of lock-down and travel problems. The meeting is now scheduled for April 2022. Research was hindered by closure of research laboratories over most of 2020 or hindered by social distancing restrictions; no research grants were applied for.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees of Back to Back have had regard to the Guidance of the Charity Commission on public benefit in noting the purpose of the charity is to work towards understanding and treating the enormous problem of low back pain affecting a large proportion (80%) of the population at some time, and ending in chronic disability for around 10% of sufferers.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Back to Back is now able to award funds for research support into work that fosters its aims. Applications are invited from those based at UK Universities or research organisations and are advertised on social media and through relevant scientific societies. Applications are refereed by scientists and clinicians with relevant expertise, and administered by the host institution of the successful applicants.

Policy on social investment including program related investment	Para 1.38N/A	
Contribution made by volunteers	Para 1.38	
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Over the years, by holding small informal discussion meetings on work in progress, Back to Back had fostered research into the biology and pathology of the intervertebral disc. The meetings have been particularly helpful for young scientists, by enabling them to present and discuss their research work informally in a friendly non-competitive environment and have led to many collaborations which have significantly furthered knowledge in this neglected field.

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At 31.12.2020, the charity had a balance of £53137 in the bank
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity will hold funds in reserve to pay for at least two large future meetings. The remainder of its funds will go to supporting grants.
Amount of reserves held	Para 1.22	<b>£30,000</b>
Reasons for holding zero reserves	Para 1.22	<b>N/A</b>
Details of fund materially in deficit	Para 1.24	<b>N/A</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The principal source of funding is from MAPI organisation, a non-profit organization based in France and dedicated to improving patients' quality of life by facilitating access to Patient-Centred Outcome (PCO). A proportion of fees from licencing the Oswestry Disability Index (ODI), widely used globally for assessing function and quality of life in patients with low back pain, are now directed to Back to Back, where they will be used to fund research projects and scientific meetings.
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	The pandemic was an unexpected risk, and completely halted all new activities of Back to Back. Otherwise, the charity has no financial risks, as grants are awarded according to funds available at the time of award.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	A constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected by personal recommendation.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<b>N/A</b>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<b>N/A</b>
Relationship with any related parties	Para 1.51	<b>N/A</b>
Other		<b>N/A</b>

### Reference and Administrative details

Charity name	Back to Back (Intervertebral Disc Biology and Disease Study Group)
Other name the charity uses	B2B
Registered charity number	1079089
Charity's principal address	B2B Secretary, 3 Squitchey Lane, Oxford OX2 7LB.

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Prof Jeremy Fairbank	Chairman		
2	Prof Sally Roberts	Treasurer		
3	Dr Jocelyn Urban	Secretary		
4	Prof Victor Duance			
5	Dr Neil Eisenstein			
6	Dr Judith Meakin			
7	Prof Valerie Sparkes			
8	Prof Peter Winlove			
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		
<b>N/A</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
<b>N/A</b>		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

N/A

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

## Other optional information

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>J. Urban.</i>	
Full name(s)	Jocelyn Penelope Urban	
Position (eg Secretary, Chair, etc)	Secretary	
Date	27/10/2021	

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## Balance Sheet

31st December 2020

<b>Current Assets:</b>	<b>2020</b>	<b>2019</b>
Cash at bank and in Hand	£53,137.54	£36,661.27
Net Current Assets	£53,137.54	£36,661.27
<b>Current Liabilities</b>		
Creditors (Oxford meeting 2020/22)	£8,711.4	£8,711.4
Creditors – OSCLMRIC Project, Oxford	£0	£4,531.85
Creditors	£0	£0
Management charge	£200	£200
Unpresented cheques	£0	£2,639.20
Net Asset Value	£44,226.14	£20,578.82
<b>Capital and Reserves</b>	<b>£44,226.14</b>	<b>£20,578.82</b>
<b>Reconciliation of Bank Position:</b>		
Balance as at 1.1.2020	£36,661.27	
+ Income in 2020	£ 29,242.69	
	£65,903.96	
- expenditure in 2020	£10,127.22	
- unpresented cheques 2019	£2,639.20	
<b>Balance as at 31.12.2020</b>	<b>£53,137.54</b>	
(=44,644.48 + 8,493.06)		

# BACK TO BACK

## Financial Statements

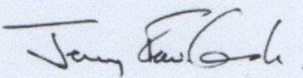
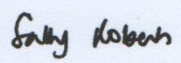
31st December 2020

<b>INCOME:</b>	<b>2020</b>	<b>(2019)</b>
Subscriptions	£0	£0
Interest	£34.47	£12.03
Donation/Misc	£50	£12,754.13
Meeting costs donated	£0	£12,000.00
Mapi	£29,158.22	
Transfer	£0	£0
<b>Total Income</b>	<b>£29,242.69</b>	<b>£24,766.16</b>

<b>EXPENDITURE:</b>		
Meeting Expenses	£83.82	£3,288.60
Research Projects (NOC)	£10,043.40	£0
Transfer	£0	£0
Website and Administration charge	£0	£0
<b>Total Expenditure</b>	<b>£10,127.22</b>	<b>£3,288.60</b>

**GROSS SURPLUS (LOSS)                      £19,115.47                      £21,477.56**

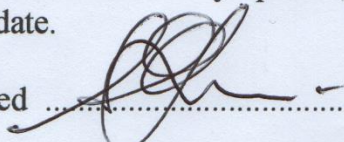
We confirm that to the best of our knowledge and belief the particulars set out in the Statement of Balances and Accounts are true and correct.

Chairman  Treasurer .....  .....

Date ..... 11<sup>th</sup> October 2021..... Date ..11<sup>th</sup> October 2021.....

### Auditor's Report

I have examined the foregoing Accounts and Statement of Balances, with the books and vouchers which in my opinion, portray a true and correct view of the financial position at that date.

Signed  ..... Date 19/11/21

Sarah Lewis  
Ex-Bank Manager, Barclays

# BACK TO BACK

## Balance Sheet

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# BACK TO BACK

## Financial Statements

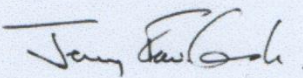
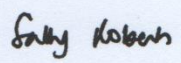
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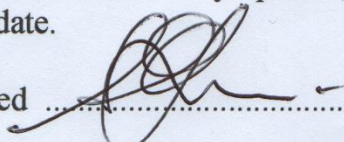
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Chairman  Treasurer .....  .....

Date ..... 11<sup>th</sup> October 2021..... Date ..11<sup>th</sup> October 2021.....

### Auditor's Report

I have examined the foregoing Accounts and Statement of Balances, with the books and vouchers which in my opinion, portray a true and correct view of the financial position at that date.

Signed  ..... Date 19/11/21

Sarah Lewis  
Ex-Bank Manager, Barclays