



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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

Director name		
N/A		

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

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

## 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
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

## 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

Signature(s)	J. Urban.	
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)		



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## Financial Statements

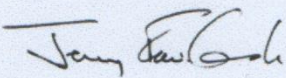
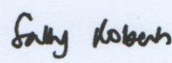
31st December 2020

INCOME:	2020	(2019)
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
Total Income	£29,242.69	£24,766.16

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

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

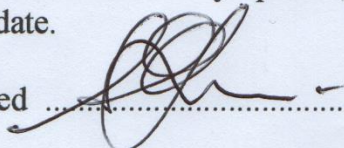
We confirm that to the best of our knowledge and belief the particulars set out in the Statement of Balances and Accounts are true and correct.

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



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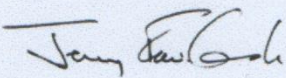
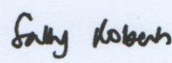
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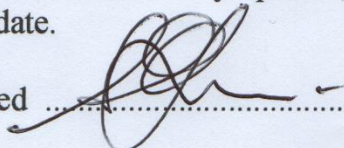
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Sarah Lewis  
Ex-Bank Manager, Barclays