



CHARITY COMMISSION
FOR ENGLAND AND WALES

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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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 lead to many collaborations which have significantly furthered knowledge in this neglected field.
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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 31.12.2021 the charity had a balance of £104,526.60 in the bank
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	£20,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in	Para 1.24	N/A

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

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	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 (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			
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

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

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 Urban	
Position (eg Secretary, Chair, etc)	Secretary	
Date	28 th October, 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name BACK TO BACK	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 £
A1 Receipts				
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
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	51,489	-	-	51,489
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	51,489	-	-	51,489
A3 Payments				
Meeting expenses	-	-	-	-
Research grant payments	-	-	-	-
Unpresented cheques from 2019	-	-	-	-
Donation to British Heart Foundation	100	-	-	100
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	100	-	-	100
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	100	-	-	100
Net of receipts/(payments)	51,389	-	-	51,389
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	53,138	-	-	53,138
Cash funds this year end	104,527	-	-	104,527

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Coop current account	104,527	-
		-	-
		-	-
	Total cash funds	104,527	-
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets			
			-
			-
			-
			-
			-
B4 Assets retained for the charity's own use			
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities			
	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

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 31st 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).

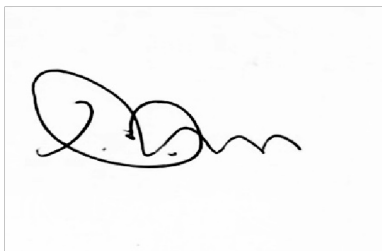
I report in respect of my examination of the Charity's accounts carried out under Section 145 of the 2011 Act; and in carrying out my examination I have followed the applicable Directions given by the Charity Commissioners under Section 145 (5) (b) of the Act.

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