



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 'A pilot study to determine</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	<p>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.</p>

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	N/A
Contribution made by volunteers	Para 1.38	N/A
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 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.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	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.
Performance of fundraising activities against objectives set	Para 1.41	N/A
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	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,
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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	£20,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
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 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	N/A
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 (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	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

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
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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
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BACK TO BACK
Financial statements
31 December 2022

Income and Expenditure

INCOME	2022	2021
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
TOTAL INCOME	£ 62,254.32	£ 51,489.06
EXPENDITURE	2022	2021
Meeting expenses	£ 913.25	£ -
Running expenses	£ 651.20	£ -
Research grant funding	£ 3,039.53	£ -
Donations	£ -	£ 100.00
TOTAL EXPENDITURE	£ 4,603.98	£ 100.00
SURPLUS	£ 57,650.34	£ 51,389.06

Balance Sheet

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

Bank Reconciliation

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

**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, 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).

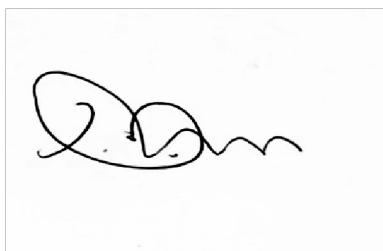
I report in respect of my examination of the Charity's accounts carried out under Section 145 of the 2011 Act; and in carrying out my examination I have followed the applicable Directions given by the Charity Commissioners under Section 145 (5) (b) of the Act.

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