

ARTHRITIS AND MUSCULOSKELETAL ALLIANCE

England & Wales · Charity number 1108851

Details

Other names ARMA

Status Registered

Legal form Charitable company

Company number [05380237](#)

Registered 2005-04-05

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

Contact

Address International House
109-111 Fulham Palace Road
London
W6 8JA

Phone 02038561978

Email projects@arma.uk.net

Website www.arma.uk.net

Activities

Objects: TO ADVANCE THE EDUCATION IN THE CAUSES, PREVENTION AND TREATMENT OF RHEUMATIC COMPLAINTS BY BRINGING TOGETHER ORGANISATIONS REPRESENTING PROFESSIONAL AND PATIENT GROUPS WHICH PROMOTES DEVELOPMENT OF AWARENESS, KNOWLEDGE AND THE MEANS OF PREVENTION, TREATMENT, REHABILITATION AND RELIEF OF RHEUMATIC COMPLAINTS.

Activities: The Arthritis and Musculoskeletal Alliance (ARMA) is an umbrella body representing the breadth of musculoskeletal conditions and professions. We focus on policy, delivery and practice. Our vision for musculoskeletal (MSK) health: the MSK health of the population is promoted throughout life; everyone with MSK conditions receives appropriate, high quality interventions to promote their health.

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£110,809	£104,808	-	-
2023-12-31	£123,780	£103,066	-	-
2022-12-31	£133,798	£93,193	-	-
2021-12-31	£107,430	£95,500	-	-
2020-12-31	£92,510	£88,325	-	-

Trustees

Name	Role	Appointed
Christopher James Martey		2020-06-17
Dr Dale Reginald Anthony Webb		2022-07-04
Jane Taylor		2020-07-17
John Williamson		2025-07-04
Olorunfunmi Ibatunde Odejayi		2026-02-28
Rupal Parikh		2025-07-04
Ruth Sephton		2022-07-04
Sally Pembery		2020-07-17
Zoe Chivers		2025-07-04

Accounts

Registered Charity Number 1108851
Registered Company Number 5380237

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

Report and Accounts

31 December 2024

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
LEGAL AND ADMINISTRATIVE INFORMATION
For the year ended 31 December 2024**

The Trustees (who are also Directors for the purposes of company law) present their report and the financial statements of the Arthritis and Musculoskeletal Alliance for the year ended 31 December 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity number: 1108851

Registered company number: 5380237

Principal address and registered office

International House
109 – 111 Fulham Palace Road
London
W6 8JA

Senior staff member

Sue Brown, Chief Executive

Independent Examiner

David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston-upon-Thames
KT1 4AS

Principal bankers

Unity Trust Bank
Four Brindleyplace
Birmingham
B1 2JB

Board of trustees

The trustees, who are also Directors of the company, have held office since 1 January 2022, as follows:

Noha Al Afifi (from July 2024)
Stephen Chew (until July 2024)
Chris Martey (Chair)

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Sarah North
Sally Pembery
Ruth Sephton
John Skinner
Jane Taylor
Dirk Vennix, Chair (until July 2024)
Zak Vora
Dale Webb (Vice Chair)
Debbie Wilson

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status and History

The Arthritis and Musculoskeletal Alliance (ARMA) is a registered charity, and a company limited by guarantee, not having share capital.

ARMA was established in 1972 under the name of the British League Against Rheumatism. It first registered as a charity on 22 April 1986. ARMA incorporated on 2 March 2005 and the Annual General Meeting of ARMA on 25 May 2005 resolved to wind-up the unincorporated charity. ARMA reregistered with the Charity Commission on 5 April 2005.

ARMA is governed by the rules and regulations set down in its company Memorandum and Articles of Association dated 1 August 2005.

Organisational Structure

ARMA's principal decision-making body is the Board of Trustees, who are elected from its membership. The Board meets three-monthly. There is also a Representatives' Forum to which all of its membership organisations are able to nominate a representative. The Board is also able to establish ad-hoc working groups that are accountable to the Board. The Board has a Finance and Risk Committee established during 2021 and an income generation working group. The Board takes account of the views of member organisations through three-monthly members meetings.

Method of Recruitment, Appointment, Election, Induction and Training of Trustees

The charity recruits its trustees from its member organisations through a process of election. An elected trustee will retire at the close of the AGM at the end of the last year of the trustee's term of office.

The Board from time to time will co-opt trustees to fill gaps in expertise or experience that it has identified within its membership.

Appointment and Election

Trustees are elected for a period of three years and may stand for a second term of three years. If selected by the Board to be its Chair, a trustee's term of office can be extended by a further three years. The appointment of a Trustee may be extended by a unanimous decision of the Board to ensure adequate Board continuity and trustee rotation. The

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For the year ended 31 December 2024

extension of the term of office for a Trustee would normally be limited to a single extension of up to one year.

To stand for a post, candidates must be nominated by a designated representative from an ARMA member organisation. If candidates are nominated in excess of the number of vacancies then there is a ballot of the organisations who are members of ARMA. The elected candidates are confirmed at the Annual General Meeting of the charity.

Induction and Training of Trustees

There is a written induction pack for trustees setting out how the organisation is run, key duties of trustees and links to documents for trustees on the Charity Commission website. All members of the Board have received copies of the new Charity Governance Code and the ACEVO guide to charity finance for non-financial trustees. New trustees are offered a buddy from amongst existing trustees.

Risk and Corporate Governance Matters

The Board has conducted its review of the major risks to which the charity is exposed and has established systems to mitigate those risks. Loss of members was identified as the most significant risk and mitigation was discussed by the Board. The other major risk is inability to undertake basic functions, e.g. due to loss of staff or cyber-attack. Other risks identified, which would severely impact upon the charity, include loss of reputation, financial mismanagement/fraud, and conflicts of interest. Systems have been put in place to monitor and address these risks, and procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The Board will attend to risk on a six monthly basis and has resolved to review its risk register at alternate meetings. The Finance and Risk Committee consider the risk register quarterly and make recommendations for changes to risks identified and management.

There were no serious incidents which required reporting to the Charity Commission during 2024.

The Board has a Conflict of Interest Policy to manage conflicts of interest.

Trustees' Responsibilities in the Preparation of Financial Statements

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and regulations.

The provisions of charity law require 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 FRS102 and the charity SORP (FRS102). The financial statements are required by law to give a true and fair view of the state of affairs of the charity as at the balance sheet date, and of the incoming resources and application of resources for that period, and must not be approved by the trustees unless they are satisfied that this is the case. In preparing those financial statements, the trustees are required to:

- a. select suitable accounting policies and then apply them consistently;
- b. make judgements and estimates that are reasonable and prudent; and

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For the year ended 31 December 2024

- c. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue on that basis.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the requirements of the Charities Act 2011. They are also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011) and that an independent examination is needed. Accordingly, David Howard Chartered Accountants, has been appointed as Independent Examiner.

OBJECTIVES AND ACTIVITIES

Charitable Objectives

The principal objective of the charity is to advance education in the causes, prevention and treatment of rheumatic complaints by bringing together organisations representing professional and patient groups, which promotes the development of awareness, knowledge and the means of prevention, treatment, rehabilitation and relief of rheumatic complaints.

Public Benefit

In setting our objectives and planning our activities the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit. The Trustees consider that the charity complies with the duty to have due regard to the public benefit guidance published by the Commission.

Charitable activities

In 2021 the Board agreed a revised strategy in collaboration with the membership. The strategy aims to focus activities on those issues where collaboration is essential to impact in order to make best use of resources. In general the previous strategy was felt to continue to be fit for purpose with some small amendments. The most significant change was the addition of a limited role for ARMA in workforce issues, as set out below. Key headlines of this strategy:

ARMA is an umbrella body representing the breadth of musculoskeletal conditions and professions.

Our vision for musculoskeletal (MSK) health:

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TRUSTEES REPORT
For the year ended 31 December 2024**

- The MSK health of the population is promoted throughout life;
- Everyone with MSK conditions receives appropriate, high quality interventions to promote their health and well-being in a timely manner.

We engage with:

Public Policy

Desired impact:

- Integrated approaches to MSK are included in all policy.

Services (or commissioning):

Desired impact:

- Evidence-informed MSK pathways are in place
- MSK health is recognised and prioritised.

Service delivery and practice

Desired impact:

- Evidence based Interventions are being delivered
- Person-centred, integrated MSK care is being delivered.
- There is an improvement focus, with innovation, spread of good practice and quality improvement at the heart of provision.

Workforce

Desired impact:

- Appropriate level of suitably competent multi-disciplinary workforce to meet needs

ARMA Members

Arthritis Action

Back Care

British Association of Sport and Exercise Medicine (BASEM)

British Association of Sport Rehabilitators and Therapists (BASRAT)

British Dietetic Association

British Chiropractic Association

British Orthopaedic Association

British Society of Rehabilitation Medicine

CCAA Kids with Arthritis

Chartered Society of Physiotherapy

Cornwall Arthritis Trust

Ehlers-Danlos Support UK

Faculty of Sports and Exercise Medicine

Fibromyalgia Action UK

Gloucestershire Arthritis Trust

Hypermobility Syndrome Association

The Institute of Osteopathy

LUPUS UK

McTimoney Chiropractic Association

Musculoskeletal Association Chartered Physiotherapists

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National Axial Spondyloarthritis Society
National Rheumatoid Arthritis Society
National Spine Network
Orthopaedic Research UK
Pain Concern
Physiotherapy Pain Association
Podiatry Rheumatic Care Association
Primary Care Rheumatology Society
Psoriasis Association
RCN - Rheumatology Forum
Rheumatology Pharmacy Network
Royal College of Chiropractors
Royal Osteoporosis Society
Scleroderma & Raynaud's UK
Society of Musculoskeletal Medicine
Society of Sports Therapists
UK Gout Society
Versus Arthritis

Associate members

AbbVie
Freehab
getUBetter
Good Boost
Grünenthal
National Orthopaedic Alliance
PhysioFast Online
UCB Pharma

ACHIEVEMENTS AND PERFORMANCE

In 2024 our focus has been on delivering work to improve MSK services, in line with members' priorities. The priorities set by our members were improving services for people with MSK conditions and tackling health inequalities. We continue to make the best use of ARMA's strengths in collaboration and focus on cross cutting issues which require multi-disciplinary working.

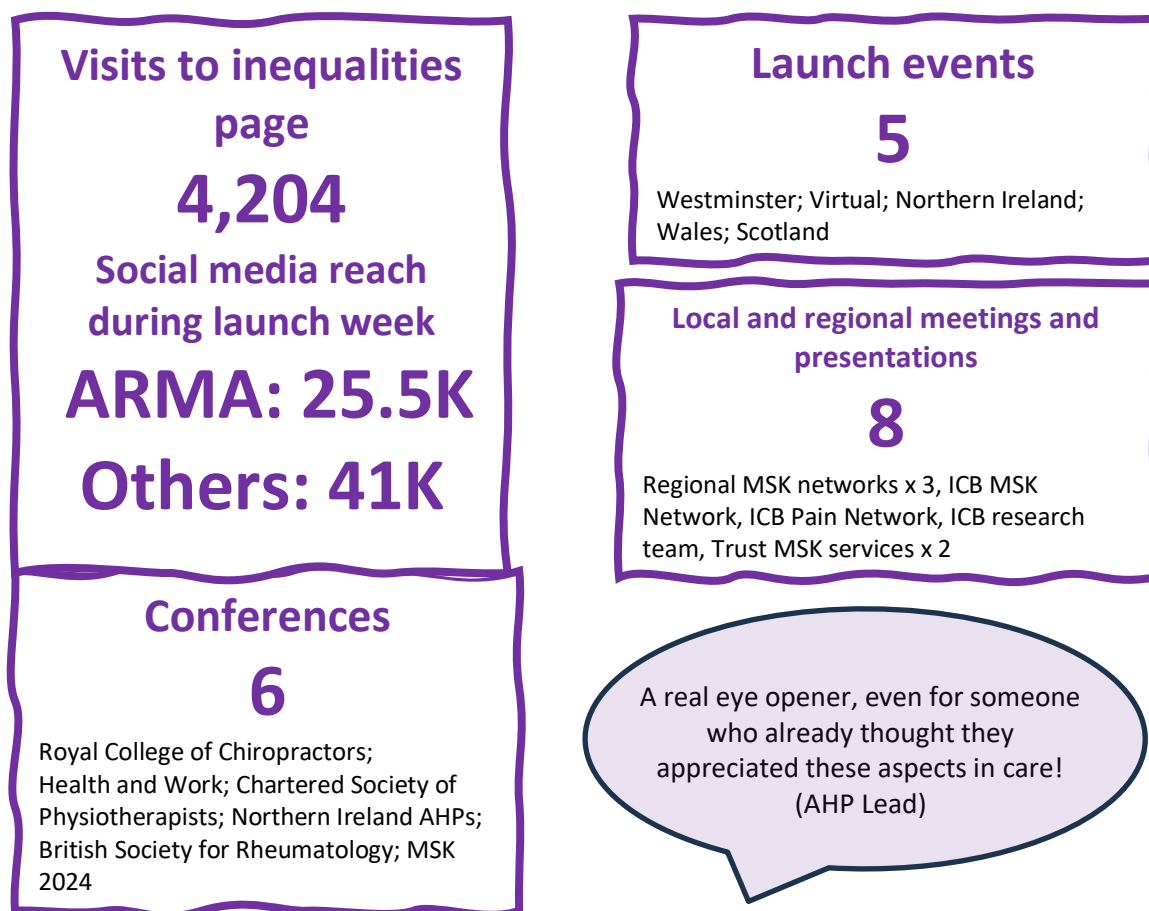
The charity has made significant impact in 2024, with the publication of our inequalities report and subsequent dissemination activity driving local action. Our Freedom of Information Act report was timely and has had impact at a national level in relation to the Government's ten year health plan. Our health inequalities report is getting widespread traction – see below. Our impact is becoming widely recognised. **“... thank you for all that you do in the MSK world - it's both appreciated and impactful.” (Consultant MSK Clinician)** Throughout 2024 the charity has worked closely with NHS England and NHS Wales to influence their delivery of MSK services.

ARMA Act Now inquiry impact 2024

The aim of the inquiry

- To increase understanding of the underlying drivers of MSK health inequality related to deprivation and how NHS services can address this.
- To encourage local services and individual healthcare practitioners to take action to address inequalities.

Increase understanding



How would you describe the Act Now report?



Encouraging action

I will look at ways to feed this into our JSNAA narrative. (Local Authority Public Health Consultant)

We're doing a project around Chronic Pain at the moment so this report is extremely timely. (Council Public Health Specialist)

[I will] share the report findings and recommendations with the team during in-service training. (Virtual launch attendee)

Some examples we are aware of

- Identifying patient groups not accessing our service and reaching out to those communities.
- Engage with local schools to work on supporting them to boost children's MSK health e.g. through being more active.
- Engaged with the ICB about collaborating on a multi disciplinary weight management service including physios for people with MSK conditions and obesity.
- Outreach in primary schools for prevention
- Support to transition to self management after treatment tailored to needs of local community
- Community back pain prevention workshops
- MSK prevention support to local employers
- Using the report in the research phase of a comprehensive look at health inequalities for an MSK service

How do you feel about taking this work forward?



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Below we set out some of our other key activities and achievements throughout the year.

FOI Request report

- Published report analysing our FOI requests to ICBs showing significant numbers do not prioritise MSK at a strategic level. Sent to all ICB Chairs. *“I will share the report with [ICB CEO] for his consideration and to discuss and agree the steps we as an ICB need to take.”*
- Widely used at a national level to argue for a higher priority for MSK in the NHS Ten Year Plan by a number of people involved in the process. *“This should prove very useful to support what we have been saying anecdotally re the need for greater system level leadership, focus and opportunity.”*

Health inequalities – see above for impact report

- Published the report of the inquiry carried out in 2023 along with summaries for each nation and one for rheumatology.
- Five launch events, numerous local and regional speaking and 6 conferences. *“Your session was one of my highlights of the conference.”*
- Many local services and systems looking to address inequalities as a result.

NHS Engagement

- Our monthly update meetings enabling ARMA members to directly gain information and raise questions and issues with national leads on MSK continue. They are now attended by the new National Clinical Director for MSK, Lesley Kay, Andrew Bennett in his new role of GIRFT lead for community MSK, Chloe Stewart from Personalised Care and Rob Letchford lead for MSK in Wales.
- Inclusion on GIRFT MSK Board.
- Engagement with the Major Conditions Strategy team, who were particularly interested in our work on inequalities.
- Ongoing positive engagement with NHS in both England and Wales.
- Input to NHS England workstreams on digital (on the advisory group), MSK hubs, (ad hoc meetings with team) Employment advisors in MSK pathways (commented on the training materials).
- Responded to consultation on MSK Framework for Wales and ongoing engagement with NHS Wales, including on Women’s Health Strategy.
- Our input has impact. *“Thanks for your contributions to date, they have been a helpful course direction”*

Health Ten Year Plan

- This has been a priority for ARMA since the process began. Convening meetings of members to co-ordinate input and inform ARMA response.
- Response to Darzi Review.
- Response to consultation on behalf of ARMA and one on behalf of the MSK conference.
- Engagement with Partners Council

Bone and Joint Week

- ARMA’s posts generated 14.5k impressions, 195% increase in impressions 112% increase in engagements and 227% increase in ARMA profile visits.

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For the year ended 31 December 2024**

- Posts by members and others using the hashtag had a reach of over 36,500 views.

Publications and resources

- Our newsletter, website and resources are well used and receive positive feedback

FINANCIAL REVIEW

Financial Results of Activities and Events

The detailed financial results of the charity's activities and events are set out in the Statement of Financial Activities on page 14. Total incoming resources for the year were £110,809 (£123,780 in 2023) and total resources expended were £104,808 (£103,066 in 2023) resulting in net movement of funds of £6,001 positive (£20,714 positive in 2023). £5,000 of this income is restricted.

Pharmaceutical funding for 2024 represented 24% of the charity's total income. This is made up of 20% of core unrestricted income and 100% of restricted project income.

This is made up of:

Grunenthal: £11,095 - £2690 (core) and £5,000 (project)

UCB - £8,740 (core)

AbbVie £7,000 (core)

Reserves Policy

The trustees have identified a risk relating to the charities financial sustainability and seek to mitigate that risk through the application of a reserves policy.

The Board reviewed the policy in 2024 and agreed that the target was adequate to ensure that we continue to have reserves sufficient to address any sudden reduction in income. At the year end the free reserves were at £88,198 (£69,296 in 2023) slightly above the Board reserves target.

We also hold restricted reserves to deliver projects in 2025.

Investments Policy

The trustees are empowered to invest the monies of ARMA in accordance with its memorandum of association (clause 4.1 j).

The Board Agreed to make a moderate level of investment with the aim of generating a higher return on some of the reserves. The process of investing £20,000 over ten months began in February 2025.

PLANS FOR FUTURE PERIODS

The Board developed an operational plan for 2025 identifying priority activities to deliver the strategy. All aspects of this plan were developed in collaboration with the membership and

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2024**

are in line with the charitable objectives of ARMA. The Board agreed a focused plan for 2025 continuing the two priority areas of activity for 2024:

- MSK health service improvement – using the ongoing work in England and the work in Wales to promote our key messages and press for MSK services in line with our vision. This will include publishing a report on the MSK content of the Integrated Care Boards' Joint Forward Plans.
- Health Inequalities – we have plans to continue encouraging people to take action on the recommendations in the inequalities report including starting a community of practice for healthcare professionals and MSK services wishing to take action. We will also hold a roundtable to explore possible activity ARMA could take to address inequalities in MSK conditions for women.

We will also deliver Bone and Joint Week and, where resources allow, any webinars, events or publications which will support these two priorities.

We will continue our role of networking, signposting, connecting and co-ordinating to link ARMA, our members and other key stakeholders and providing support for our members.

Impact of Future Activities and Events

The trustees will continue to measure the charity's success by assessing the outcomes of our activities in line with our desired outcomes in the strategy.

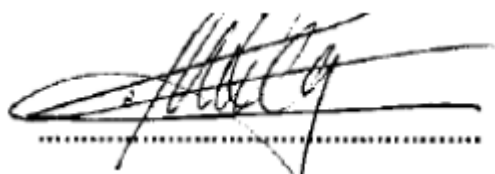
FUNDS HELD AS CUSTODIAN

Although the charity maintains restricted funds to deal with incoming resources that are earmarked for a particular purpose by donors, sponsors and other funders, the charity does not hold, and the trustees do not anticipate that it will in future hold, any funds as custodian for any third party.

Small company provisions

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

This report was approved by the trustees on 17 May 2025 and was signed for and on behalf of the board by

A handwritten signature in black ink, appearing to read 'Chris Martey', is written over a horizontal line. Below the line, there is a row of small, illegible text, likely a printed name or title.

Chair

Chris Martey

Date: **17 May 2025**

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
Independent Examiner's Report to the trustees of the charity

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 December 2024, which are set out on pages 14 to 22.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the '2006 Act').

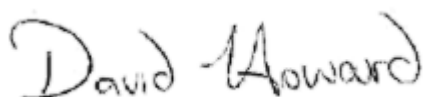
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination. I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matter have come to my attention in connection with the examination giving me cause to believe:

- (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 these accounting 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 (FRS102)].

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.



David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston upon Thames
Surrey
KT1 4AS

Date: 17 May 2025

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)
For the year ended 31 December 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
INCOME					
Income from generated funds					
Income from investment	2	3,683	-	3,683	930
Income from charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	3	102,126	5,000	107,126	122,850
TOTAL INCOME		105,809	5,000	110,809	123,780
EXPENDITURE					
Expenditure on charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	4	86,908	17,900	104,808	103,066
TOTAL RESOURCES EXPENDED		86,908	17,900	104,808	103,066
Transfers between funds	9	-	-	-	-
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR		18,901	(12,900)	6,001	20,714
RECONCILIATION OF FUNDS					
Fund balances at 1 January 2024	9	69,297	39,380	108,677	87,963
Fund balances at 31 December 2024	9	88,198	26,480	114,678	108,677

The net movement in funds for the above periods arises from the charity's continuing operations.

No separate Statement of Total Recognised Gains and Losses has been presented as all such gains and losses are dealt with in the Statement of Financial Activities.

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BALANCE SHEET
31 December 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Furniture & fittings	7	-	-
Computer equipment	7	-	386
		<u>-</u>	<u>386</u>
CURRENT ASSETS			
Trade debtors		1,369	19,265
Other debtors		420	997
Cash at bank and in hand		125,999	106,568
		<u>127,788</u>	<u>126,830</u>
LIABILITIES			
Creditors: Amounts falling due within one year	8	13,110	18,539
		<u>-</u>	<u>-</u>
NET CURRENT ASSETS		114,678	108,291
TOTAL ASSETS LESS CURRENT LIABILITIES & NET ASSETS		<u>114,678</u>	<u>108,677</u>
THE FUNDS OF THE CHARITY			
Restricted income funds			
Local Networks Fund	9	664	664
Projects Sponsorship Fund	9	25,816	38,716
Unrestricted income funds			
General Fund	9	88,198	69,297
		<u>-</u>	<u>-</u>
TOTAL CHARITY FUNDS	10	<u>114,678</u>	<u>108,677</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477(2) of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts:

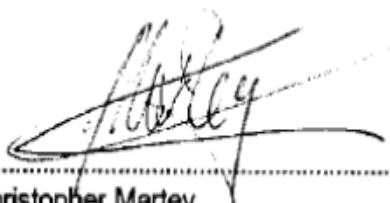
- (i) to keep accounting records in accordance with section 386;
- (ii) to prepare accounts which give a true and fair view of the state of affairs of the company in accordance with section 393, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements are prepared in accordance with the special provisions of the Companies Act 2006 and section 138 of the Charities Act 2011. These accounts are prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2024

The financial statements on pages 14 to 22 were approved by the Board of Directors and authorised for issue on 17 May 2025 and signed on their behalf by


..... **Chair**
Christopher Martey


..... **Treasurer**
Zakiruddin Vora

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

1. ACCOUNTING POLICIES

a) Basis of accounting

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 2019) - Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic Ireland (FRS 102) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Charity has taken advantage of the provisions in the SORP for charities applying FRS102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

b) Income

Grants, donations and other similar types of voluntary income are brought into account when received, except that donated income is included gross of any attributable tax recoverable, where relevant. Donations given for specific purposes are treated as restricted income. Investment income is accounted on a receivable basis once the dividend has been declared, or the interest earned. Credit is taken in the accounts for the proportion of subscriptions, which are receivable in the financial period. All other types of income are also accounted for on an accruals basis.

c) Expenditure

Expenditure is allocated to the charity's principal activity where the costs can be identified as being directly related to that activity. All costs that cannot be identified as relating directly to the charity's principal activity are categorised as either support costs or governance costs. Any costs that cannot be specifically categorised are allocated in proportions based upon a suitable ratio applicable to the nature of the cost involved.

d) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its useful life, as follows:

Furniture & fittings - 15% per annum

Computer equipment - over 3 years

e) Fund accounting

The general fund comprises the accumulated surpluses of unrestricted incoming resources over resources expended. They are available for use in furtherance of the general objectives of the charity.

Designated funds are a particular form of unrestricted funds consisting of amounts, which have been allocated or designated for specific purposes by the trustees. The use of designated funds remains at the discretion of the trustees.

Restricted funds are funds subject to specific conditions imposed by donors. The purpose and use of the restricted funds are set out in the notes to the accounts. Amounts unspent at the year end are carried forward in the balance sheet.

f) Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The charity was incorporated in England and Wales on 2 March 2005, with Company no. 5380237, and UK Charity no. 1108851, registered on 5 April 2005. The registered office is International House, 107-111 Fulham Palace Road, London, W6 2JA.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Going concern

The Charity's activities, together with the factors likely to affect its future development, its financial position, financial risk management objectives and derivative activities, and its exposures to liquidity and cash flow risk are described in this Trustee Directors' Report.

The charity has significant reserves and sufficient cash resources, with no debt, which will make it possible to fund the Charity activities. Expenses are also managed, where possible, in line with contributions received. As a consequence, the Trustee Directors believe that the Charity is well placed to manage its business risks successfully given the current economic outlook.

After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and accounts.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

2 INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Bank interest receivable on short term cash deposits	3,683	-	3,683	930

3. INCOME FROM OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Subscriptions	98,752	-	98,752	88,547
Grants - other	-	5,000	5,000	26,850
Donations	424	-	424	1,459
Other	2,950	-	2,950	5,994
	102,126	5,000	107,126	122,850

4 COSTS OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Advocacy	17,500	-	17,500	16,500
Members workshop	-	378	378	460
	17,500	378	17,878	16,960
Equality project costs	-	12,996	12,996	10,167
Staff costs	-	1,624	1,624	6,885
Meeting costs	-	1,407	1,407	-
Stationery, telephone and postage	-	59	59	-
Best MSK Health project	-	1,436	1,436	622
Support costs (see note 5)	59,969	-	59,969	59,194
Governance costs (see note 5)	9,439	-	9,439	9,238
	86,908	17,900	104,808	103,066

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

5 SUPPORT AND GOVERNANCE COSTS

	Support Costs	Governance costs	Total 2024	Total 2023
	£	£	£	£
Staff costs	49,688	5,521	55,209	53,362
Recruitment	-	-	-	419
Staff development	319	35	354	474
Admin support	579	64	643	-
Meeting costs	889	786	1,675	2,233
Stationery, telephone and postage	615	68	684	811
Computer and software	995	111	1,106	903
Sundries	12	1	13	13
Subscriptions	449	50	499	530
Website management	2,057	229	2,286	2,837
Conferences	89	10	99	162
Insurance	902	100	1,002	992
Accountancy	2,808	312	3,120	3,090
Independent Examiners Fees	-	2,088	2,088	2,040
Bank charges	220	25	245	180
Depreciation	347	39	386	386
	59,969	9,439	69,408	68,432

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

6. TRUSTEE AND STAFF COSTS

a) Trustee information

The trustees and company directors received no remuneration for their services during the current or previous year, except as noted below

During the year 4 trustees (2023: 5 trustees) were reimbursed for meeting expenses incurred on behalf of the charity totalling £1,272 (2023: £622).

b) Staff information

	Total 2024	Total 2023
The average number of staff employed by the charity during the year was as follows:		
Bringing the community together to improve quality	<u>2</u>	<u>2</u>
Staff costs for the above persons:	£	£
Salaries and wages	53,333	56,313
Social security costs	2,195	2,357
Pension costs	1,305	1,577
	<u>56,833</u>	<u>60,247</u>

During the year no employees (2023: none) received emoluments over £60,000.

The charity director Susan Brown, who is not a Trustee, was paid £51,132 for the year ended 31st December 2024.

7 TANGIBLE FIXED ASSETS

	Furniture & fittings	Computer equipment	Total
COST	£	£	£
1 January 2024	1,119	2,484	3,603
Additions	-	-	-
Disposals	-	-	-
31 December 2024	<u>1,119</u>	<u>2,484</u>	<u>3,603</u>
DEPRECIATION			
1 January 2024	1,119	2,098	3,217
Disposals	-	-	-
Charges for the period	-	386	386
31 December 2024	<u>1,119</u>	<u>2,484</u>	<u>3,603</u>
NET BOOK VALUE			
31 December 2024	<u>-</u>	<u>-</u>	<u>-</u>
1 January 2024	<u>-</u>	<u>386</u>	<u>386</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

8 CREDITORS

Amounts falling due within one year:	2024	2023
	£	£
Trade creditors	1,015	1,510
Taxation & social security costs	1,738	1,898
Other creditors	257	257
Accruals and deferred income	10,100	14,874
Total	13,110	18,539

9 THE FUNDS OF THE CHARITY

	At 1 January 2024	Incoming Resources	Resources expended	Transfers between funds	At 31 December 2024
	£	£	£	£	£
Restricted income funds:					
Local Networks Fund	664	-	-	-	664
Projects Sponsorship Fund	38,716	5,000	(17,900)	-	25,816
Unrestricted income funds:					
General Fund	69,297	105,810	(86,909)	-	88,198
	108,677	110,810	(104,809)	-	114,678

Local Networks Fund

The Local Networks Fund was set up to develop Local Networks with the support of the Department of Health's Section 64 grant scheme and to receive other grants for use by individual ARMA local groups. The balance on the fund at the year end includes £664 (2023: £664) for use by ARMA Dorset.

Projects Sponsorship Fund

A fund for specific projects undertaken by ARMA in partnership with its members.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2024

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Current assets	Current liabilities	Total	
Restricted income funds:	£	£	£	£	£
Local Networks Fund	-	664	-	664	
Projects Sponsorship Fund	-	25,816	-	25,816	
Unrestricted income funds:					
General Fund	-	101,308	(13,110)	88,198	
	-	127,788	(13,110)	114,678	

11. CONTROL

The company is limited by guarantee and as such has no share capital. The company is controlled by its members who are the 38 member organisations which subscribe to the Arthritis and Musculoskeletal Alliance. Every member organisation of the company undertakes to contribute such amounts as may be required not exceeding £1 to the assets of the company if it should be wound up whilst the organisation is a member or within one year after the organisation ceases to be a member.

12. RELATED PARTY TRANSACTIONS

There were no disclosable related party transactions during the year (2023 - none).

13. TAXATION

The charity is exempt from tax on income and gains falling within section 506 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Accounts

Registered Charity Number 1108851
Registered Company Number 5380237

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

Report and Accounts

31 December 2023

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
LEGAL AND ADMINISTRATIVE INFORMATION
For the year ended 31 December 2023**

The Trustees (who are also Directors for the purposes of company law) present their report and the financial statements of the Arthritis and Musculoskeletal Alliance for the year ended 31 December 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity number: 1108851

Registered company number: 5380237

Principal address and registered office

International House
109 – 111 Fulham Palace Road
London
W6 8JA

Senior staff member

Sue Brown, Chief Executive

Independent Examiner

David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston-upon-Thames
KT1 4AS

Principal bankers

Unity Trust Bank
Four Brindleyplace
Birmingham
B1 2JB

Board of trustees

The trustees, who are also Directors of the company, have held office since 1 January 2023, as follows:

Stephen Chew
Chris Martey (Vice Chair)
Sarah North
Sally Pembery
Ruth Sephton
John Skinner
Jane Taylor
Dirk Vennix (Chair)
Zak Vora
Dale Webb
Debbie Wilson

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status and History

The Arthritis and Musculoskeletal Alliance (ARMA) is a registered charity, and a company limited by guarantee, not having share capital.

ARMA was established in 1972 under the name of the British League Against Rheumatism. It first registered as a charity on 22 April 1986. ARMA incorporated on 2 March 2005 and the Annual General Meeting of ARMA on 25 May 2005 resolved to wind-up the unincorporated charity. ARMA reregistered with the Charity Commission on 5 April 2005.

ARMA is governed by the rules and regulations set down in its company Memorandum and Articles of Association dated 1 August 2005.

Organisational Structure

ARMA's principal decision-making body is the Board of Trustees, who are elected from its membership. The Board meets three-monthly. There is also a Representatives' Forum to which all of its membership organisations are able to nominate a representative. The Board is also able to establish ad-hoc working groups that are accountable to the Board. The Board has a Finance and Risk Committee established during 2021 and an income generation working group. The Board takes account of the views of member organisations through three-monthly members meetings.

Method of Recruitment, Appointment, Election, Induction and Training of Trustees

The charity recruits its trustees from its member organisations through a process of election. An elected trustee will retire at the close of the AGM at the end of the last year of the trustee's term of office.

The Board from time to time will co-opt trustees to fill gaps in expertise or experience that it has identified within its membership.

Appointment and Election

Trustees are elected for a period of three years and may stand for a second term of three years. If selected by the Board to be its Chair, a trustee's term of office can be extended by a further three years. The appointment of a Trustee may be extended by a unanimous decision of the Board to ensure adequate Board continuity and trustee rotation. The extension of the term of office for a Trustee would normally be limited to a single extension of up to one year.

To stand for a post, candidates must be nominated by a designated representative from an ARMA member organisation. If candidates are nominated in excess of the number of vacancies then there is a ballot of the organisations who are members of ARMA. The elected candidates are confirmed at the Annual General Meeting of the charity.

Induction and Training of Trustees

There is a written induction pack for trustees setting out how the organisation is run, key duties of trustees and links to documents for trustees on the Charity Commission website. All members of the Board have received copies of the new Charity Governance Code and the ACEVO guide to charity finance for non-financial trustees. New trustees are offered a buddy from amongst existing trustees.

Risk and Corporate Governance Matters

The Board has conducted its review of the major risks to which the charity is exposed and has established systems to mitigate those risks. Following the success of the new operating model for the charity implemented in 2022, the likelihood of significant loss of income was reduced. This remains a risk with critical impact. The other major risk is inability to undertake basic functions, e.g. due to loss of staff or cyber-attack. During 2023 the Board has worked on contingency plans and included a cyber security simulation exercise in the Board away day. Other risks identified, which would severely impact upon the charity, include loss of reputation, financial mismanagement/fraud, and conflicts of interest. Systems have been put in place to monitor and address these risks, and procedures are periodically reviewed to ensure that they still meet the needs of the charity.

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2023**

The Board will attend to risk on a six monthly basis and has resolved to review its risk register at alternate meetings. The Finance and Risk Committee consider the risk register quarterly and make recommendations for changes to risks identified and management.

There were no serious incidents which required reporting to the Charity Commission during 2023.

The Board has a Conflict of Interest Policy to manage conflicts of interest.

Trustees' Responsibilities in the Preparation of Financial Statements

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and regulations.

The provisions of charity law require 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 FRS102 and the charity SORP (FRS102). The financial statements are required by law to give a true and fair view of the state of affairs of the charity as at the balance sheet date, and of the incoming resources and application of resources for that period, and must not be approved by the trustees unless they are satisfied that this is the case. In preparing those financial statements, the trustees are required to:

- a. select suitable accounting policies and then apply them consistently;
- b. make judgements and estimates that are reasonable and prudent; and
- c. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue on that basis.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the requirements of the Charities Act 2011. They are also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011) and that an independent examination is needed. Accordingly, David Howard Chartered Accountants, has been appointed as Independent Examiner.

OBJECTIVES AND ACTIVITIES

Charitable Objectives

The principal objective of the charity is to advance education in the causes, prevention and treatment of rheumatic complaints by bringing together organisations representing professional and patient groups, which promotes the development of awareness, knowledge and the means of prevention, treatment, rehabilitation and relief of rheumatic complaints.

Public Benefit

In setting our objectives and planning our activities the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit. The Trustees consider that the charity complies with the duty to have due regard to the public benefit guidance published by the Commission.

Charitable activities

In 2021 the Board agreed a revised strategy in collaboration with the membership. The strategy aims to focus activities on those issues where collaboration is essential to impact in order to make best use of resources. In general the previous strategy was felt to continue to be fit for purpose with some small

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2023**

amendments. The most significant change was the addition of a limited role for ARMA in workforce issues, as set out below. Key headlines of this strategy:

ARMA is an umbrella body representing the breadth of musculoskeletal conditions and professions.

Our vision for musculoskeletal (MSK) health:

- The MSK health of the population is promoted throughout life;
- Everyone with MSK conditions receives appropriate, high quality interventions to promote their health and well-being in a timely manner.

We engage with:

Public Policy

Desired impact:

- Integrated approaches to MSK are included in all policy.

Services (or commissioning):

Desired impact:

- Evidence-informed MSK pathways are in place
- MSK health is recognised and prioritised.

Service delivery and practice

Desired impact:

- Evidence based Interventions are being delivered
- Person-centred, integrated MSK care is being delivered.
- There is an improvement focus, with innovation, spread of good practice and quality improvement at the heart of provision.

Workforce

Desired impact:

- Appropriate level of suitably competent multi-disciplinary workforce to meet needs

ARMA Members

Arthritis Action
Back Care
British Association of Sport and Exercise Medicine (BASEM)
British Association of Sport Rehabilitators and Therapists (BASRAT)
British Dietetic Association
British Chiropractic Association
British Orthopaedic Association
British Society of Rehabilitation Medicine
CCAA Kids with Arthritis
Chartered Society of Physiotherapy
Cornwall Arthritis Trust
Ehlers-Danlos Support UK
Faculty of Sports and Exercise Medicine
Fibromyalgia Action UK
Gloucestershire Arthritis Trust
Hypermobility Syndrome Association
The Institute of Osteopathy
McTimoney Chiropractic Association
Musculoskeletal Association Chartered Physiotherapists
National Axial Spondyloarthritis Society
National Rheumatoid Arthritis Society
Orthopaedic Research UK
Pain Concern
Physiotherapy Pain Association
Podiatry Rheumatic Care Association
Primary Care Rheumatology Society
Psoriasis Association

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2023**

RCN - Rheumatology Forum
Rheumatology Pharmacy Network
Royal College of Chiropractors
Royal College of Podiatry
Royal Osteoporosis Society
Scleroderma & Raynaud's UK
Society of Musculoskeletal Medicine
Society of Sports Therapists
UK Gout Society
Versus Arthritis

Associate members

Freehab
Galapagos UK
getUBetter
Good Boost
Grünenthal
National Orthopaedic Alliance
PhysioFast Online

ACHIEVEMENTS AND PERFORMANCE

In 2023 our focus has been on delivering work to improve MSK services, in line with members' priorities. The priorities set by our members were improving services for people with MSK conditions and tackling health inequalities. Throughout 2023 the charity has worked closely with NHS England and NHS Wales to influence their delivery of MSK services. We began a project to influence services at a local level in England.

In February 2023 the charity launched an inquiry into MSK health inequalities and deprivation. By the end of 2023 the inquiry was complete and report was in draft. The report was published in March 2024.

Below we set out some of our key activities and achievements throughout the year.

NHS Engagement England and Wales

- Monthly meetings of ARMA members with Andy Bennett and Chloe Stewart enabling members to directly gain information and raise questions and issues with the two key leads on MSK. The lead in Wales will be joining the December meeting.
- Ongoing engagement with NHS England.
- Ongoing national engagement with Wales NHS on the new Framework for MSK, including speaking at the launch event. This work has been carried out in collaboration with Versus Arthritis colleagues in Wales.
- ARMA's input is valued and listened to. *"Great perspectives that we will respond to - will be in touch."*

Local/regional NHS engagement

- Delivered 4 ARMA regional meetings. Outcomes include new collaboration in an area with very poor ICB engagement with MSK. Community service wait times and lack of an FLS are issues people wanted to target. *"It was brilliant and a very useful start to connect with others passionate in driving local MSK implementation."*
- Delivering these meetings is also giving us new intelligence and contacts locally and regionally which can inform our work next year.
- Increasing requests to present ARMA's work to local and regional MSK networks and groups is raising the profile of our work and resources.

Major Conditions Strategy

- Submitted response to the Major Conditions Strategy consultation.

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2023**

- Ongoing engagement with the team working on the MSK aspects of the Major Conditions Strategy including signposting and introducing relevant members' work.

Health inequalities

- Launched a health inequality inquiry with the report now nearly complete. It has already begun raising awareness amongst healthcare professionals. *"To be honest I don't know when I am treating people in the 10% more deprived areas of Didcot! I will check it out and be more aware now."*
- Four public oral evidence sessions. Both the Major Conditions Strategy team, and the leads in Wales have attended them all. The presenters of the supported self-management session were asked to support with training Wales to enable this approach.
- We continue to update our MSK inequalities website resource as we find new resources.
- Kings Fund conference on women's health - ARMA involved in developing a session on MSK health with speakers from ARMA, NASS, NHSE and a local ICB. This raised the profile of MSK to an audience with little or no awareness.

Publications, resources and events

- ARMA Lecture recording is the most watched ARMA lecture and the only ARMA event ever to get 100% excellent or good rating. Feedback described the session as *amazing, insightful, thought provoking, refreshing, inspiring and innovative.*
- Delivered a webinar for people with lived experience about being involved in co-production.
- Our website and resources are well used. *"I find your website a really useful resource."* (FCP)
- Bone and Joint Week focused on the theme of linking MSK with other conditions – heart disease, mental health and social care were chosen. We had good engagement from members, and from the mental health partners.

FINANCIAL REVIEW

Financial Results of Activities and Events

The detailed financial results of the charity's activities and events are set out in the Statement of Financial Activities on page 10. Total incoming resources for the year were £123,780 (£133,798 in 2022) and total resources expended were £103,066 (£93,193 in 2022) resulting in positive net movement of funds of £20,714 positive (£40,605 positive in 2022).

£39,380 of this income is restricted to projects which will be delivered in 2024.

Pharmaceutical funding for 2023 represented 26.7% of the charity's total income. This is made up of 6.4% of core unrestricted income and 100% of restricted project income.

This is made up of:

Grunenthal: £6,245 (core)

Novartis: £14,850 (project)

Pfizer: £12,000 (project)

Reserves Policy

The trustees have identified a risk relating to the charities financial sustainability and seek to mitigate that risk through the application of a reserves policy.

The Board reviewed the policy in 2023 taking into account the level of inflation and our new operating model, and increased the target slightly to ensure that we continue to have reserves sufficient to address any sudden reduction in income. At the year end the free reserves were at £69,296 (£57,299 in 2022) slightly above the Board reserves target. In 2024 the trustees will agree how to ensure that reserves above the agreed level are used to further the objects of the charity.

We also hold restricted reserves to deliver projects in 2024.

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2023**

Investments Policy

The trustees are empowered to invest the monies of ARMA in accordance with its memorandum of association (clause 4.1 j).

The Board continued to review appropriate investments to deliver returns on reserves without putting capital at risk. At present a low risk, lower return option was selected which has generated some income. The Board will continue to review this in 2024.

PLANS FOR FUTURE PERIODS

The Board developed an operational plan for 2024 identifying priority activities to deliver the strategy. All aspects of this plan were developed in collaboration with the membership and are in line with the charitable objectives of ARMA. The Board agreed a focused plan for 2024 continuing the two priority areas of activity for 2023:

- MSK health service improvement – using the ongoing work in England and the work in Wales to promote our key messages and press for MSK services in line with our vision. This will include completing the work to support local engagement we have received funding for.
- Health Inequalities – we have a number of activities planned to support reductions in MSK health inequalities, including ensuring maximum impact for the major inquiry carried out in 2023.

We will also deliver Bone and Joint Week, the annual lecture and, where resources allow, any webinars, events or publications which will support these two priorities.

We will continue our role of networking, signposting, connecting and co-ordinating to link ARMA, our members and other key stakeholders and providing support for our members.

Impact of Future Activities and Events

The trustees will continue to measure the charity's success by assessing the outcomes of our activities in line with our desired outcomes in the strategy.

FUNDS HELD AS CUSTODIAN

Although the charity maintains restricted funds to deal with incoming resources that are earmarked for a particular purpose by donors, sponsors and other funders, the charity does not hold, and the trustees do not anticipate that it will in future hold, any funds as custodian for any third party.

Small company provisions

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

This report was approved by the trustees on 17 May 2024 and was signed for and on behalf of the board by



Chair

Dirk Vennix

12 July 2024

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
Independent Examiner's Report to the trustees of the charity

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 December 2023, which are set out on pages 10 to 18.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the '2006 Act').

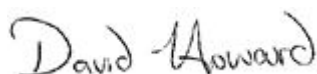
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination. I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matter have come to my attention in connection with the examination giving me cause to believe:

- (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 these accounting 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 (FRS102)].

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.



David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston upon Thames
Surrey
KT1 4AS

26-07-2024

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)
For the year ended 31 December 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
INCOME					
Income from generated funds					
Income from investment	2	930	-	930	-
Income from charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	3	96,000	26,850	122,850	133,798
TOTAL INCOME		96,930	26,850	123,780	133,798
EXPENDITURE					
Expenditure on charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	4	84,932	18,134	103,066	93,193
TOTAL RESOURCES EXPENDED		84,932	18,134	103,066	93,193
Transfers between funds	9	-	-	-	-
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR		11,998	8,716	20,714	40,605
RECONCILIATION OF FUNDS					
Fund balances at 1 January 2023	9	57,299	30,664	87,963	47,358
Fund balances at 31 December 2023	9	69,297	39,380	108,677	87,963

The net movement in funds for the above periods arises from the charity's continuing operations.

No separate Statement of Total Recognised Gains and Losses has been presented as all such gains and losses are dealt with in the Statement of Financial Activities.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Furniture & fittings	7	-	-
Computer equipment	7	386	772
		<u>386</u>	<u>772</u>
CURRENT ASSETS			
Trade debtors		19,265	1,716
Other debtors		997	1,014
Cash at bank and in hand		106,568	99,447
		<u>126,830</u>	<u>102,177</u>
LIABILITIES			
Creditors: Amounts falling due within one year	8	18,539	14,986
		<u>18,539</u>	<u>14,986</u>
NET CURRENT ASSETS			
		108,291	87,191
TOTAL ASSETS LESS CURRENT LIABILITIES & NET ASSETS			
		<u>108,677</u>	<u>87,963</u>
THE FUNDS OF THE CHARITY			
Restricted income funds			
Local Networks Fund	9	664	664
Projects Sponsorship Fund	9	38,716	30,000
Unrestricted income funds			
General Fund	9	69,297	57,299
		<u>69,297</u>	<u>57,299</u>
TOTAL CHARITY FUNDS			
	10	<u>108,677</u>	<u>87,963</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477(2) of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts:

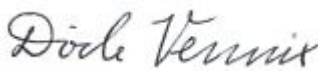
- (i) to keep accounting records in accordance with section 386;
- (ii) to prepare accounts which give a true and fair view of the state of affairs of the company in accordance with section 393, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

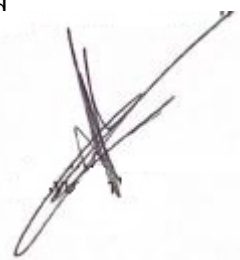
The financial statements are prepared in accordance with the special provisions of the Companies Act 2006 and section 138 of the Charities Act 2011. These accounts are prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2023

The financial statements on pages 10 to 18 were approved by the Board of Directors and authorised for issue on 12 July 2024 and signed on their behalf by


..... **Chair**
Dirk Vennix

..... **Treasurer**
Zakyuddin Vora



THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

1. ACCOUNTING POLICIES

a) Basis of accounting

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 2019) - Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Charity has taken advantage of the provisions in the SORP for charities applying FRS102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

b) Income

Grants, donations and other similar types of voluntary income are brought into account when received, except that donated income is included gross of any attributable tax recoverable, where relevant. Donations given for specific purposes are treated as restricted income. Investment income is accounted on a receivable basis once the dividend has been declared, or the interest earned. Credit is taken in the accounts for the proportion of subscriptions, which are receivable in the financial period. All other types of income are also accounted for on an accruals basis.

c) Expenditure

Expenditure is allocated to the charity's principal activity where the costs can be identified as being directly related to that activity. All costs that cannot be identified as relating directly to the charity's principal activity are categorised as either support costs or governance costs. Any costs that cannot be specifically categorised are allocated in proportions based upon a suitable ratio applicable to the nature of the cost involved.

d) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its useful life, as follows:

Furniture & fittings - 15% per annum

Computer equipment - over 3 years

e) Fund accounting

The general fund comprises the accumulated surpluses of unrestricted incoming resources over resources expended. They are available for use in furtherance of the general objectives of the charity.

Designated funds are a particular form of unrestricted funds consisting of amounts, which have been allocated or designated for specific purposes by the trustees. The use of designated funds remains at the discretion of the trustees.

Restricted funds are funds subject to specific conditions imposed by donors. The purpose and use of the restricted funds are set out in the notes to the accounts. Amounts unspent at the year end are carried forward in the balance sheet.

f) Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The charity was incorporated in England and Wales on 2 March 2005, with Company no. 5380237, and UK Charity no. 1108851, registered on 5 April 2005. The registered office is International House, 107-111 Fulham Palace Road, London, W6 2JA.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Going concern

The Charity's activities, together with the factors likely to affect its future development, its financial position, financial risk management objectives and derivative activities, and its exposures to liquidity and cash flow risk are described in this Trustee Directors' Report.

The charity has significant reserves and sufficient cash resources, with no debt, which will make it possible to fund the Charity activities. Expenses are also managed, where possible, in line with contributions received. As a consequence, the Trustee Directors believe that the Charity is well placed to manage its business risks successfully given the current economic outlook.

After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and accounts.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

2 INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Bank interest receivable on short term cash deposits	930	-	930	-

3. INCOME FROM OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Subscriptions	88,547	-	88,547	89,695
Grants - Government	-	-	-	-
Grants - other	-	26,850	26,850	37,950
Donations	1,459	-	1,459	2,663
Other	5,994	-	5,994	3,490
Seminars and conferences	-	-	-	-
	96,000	26,850	122,850	133,798

4 COSTS OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
	£	£	£	£
Advocacy	16,500	-	16,500	18,000
Members workshop	-	460	460	4,314
	16,500	460	16,960	22,314
Website management	-	-	-	85
Design	-	-	-	924
Equality project costs	-	10,167	10,167	780
Staff costs	-	6,885	6,885	-
Best MSK Health project	-	622	622	-
Support costs (see note 5)	59,194	-	59,194	60,437
Governance costs (see note 5)	9,238	-	9,238	8,653
	84,932	18,134	103,066	93,193

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

5 SUPPORT AND GOVERNANCE COSTS

	Support Costs	Governance costs	Total 2023	Total 2022
	£	£	£	£
Staff costs	48,026	5,336	53,362	54,402
Recruitment	377	42	419	576
Staff development	427	47	474	403
Meeting costs	1,450	783	2,233	1,200
Stationery, telephone and postage	730	81	811	1,175
Computer and software	813	90	903	1,053
Sundries	12	1	13	43
Subscriptions	477	53	531	44
Website management	2,553	284	2,837	2,762
Conferences	146	16	162	235
Insurance	893	99	992	1,103
Accountancy	2,781	309	3,090	3,046
Independent Examiners Fees	-	2,040	2,040	1,800
Legal and professional fees	-	-	-	-
Seminars and conferences	-	-	-	531
Bank charges	162	18	180	103
Depreciation	347	39	386	614
Bad Debts	-	-	-	-
	59,194	9,238	68,432	69,090

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

6. TRUSTEE AND STAFF COSTS

a) Trustee information

The trustees and company directors received no remuneration for their services during the current or previous year, except as noted below

During the year 5 trustees (2022: 3 trustees) were reimbursed for meeting expenses incurred on behalf of the charity totalling £622 (2022: £304).

b) Staff information

	Total 2023	Total 2022
The average number of staff employed by the charity during the year was as follows:		
Bringing the community together to improve quality	<u>2</u>	<u>2</u>
Staff costs for the above persons:	£	£
Salaries and wages	56,313	50,688
Social security costs	2,357	2,175
Pension costs	1,577	1,539
	<u>60,247</u>	<u>54,402</u>

During the year no employees (2022: none) received emoluments over £60,000.

The charity director Susan Brown, who is not a Trustee, was paid £53,811 for the year ended 31st December 2023.

7 TANGIBLE FIXED ASSETS

	Furniture & fittings	Computer equipment	Total
COST	£	£	£
1 January 2023	1,119	2,484	3,603
Additions	-	-	-
Disposals	-	-	-
31 December 2023	<u>1,119</u>	<u>2,484</u>	<u>3,603</u>
DEPRECIATION			
1 January 2023	1,119	1,712	2,831
Disposals	-	-	-
Charges for the period	-	386	386
31 December 2023	<u>1,119</u>	<u>2,098</u>	<u>3,217</u>
NET BOOK VALUE			
31 December 2023	<u>-</u>	<u>386</u>	<u>386</u>
1 January 2023	<u>-</u>	<u>772</u>	<u>772</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

8 CREDITORS

Amounts falling due within one year:	2023	2022
	£	£
Trade creditors	1,510	1,122
Taxation & social security costs	1,898	972
Other creditors	257	230
Accruals and deferred income	14,874	12,662
Total	18,539	14,986

9 THE FUNDS OF THE CHARITY

	At 1 January 2023	Incoming Resources	Resources expended	Transfers between funds	At 31 December 2023
	£	£	£	£	£
Restricted income funds:					
Local Networks Fund	664	-	-	-	664
Projects Sponsorship Fund	30,000	26,850	(18,134)	-	38,716
Unrestricted income funds:					
General Fund	57,299	96,930	(84,932)	-	69,297
	87,963	123,780	(103,066)	-	108,677

Local Networks Fund

The Local Networks Fund was set up to develop Local Networks with the support of the Department of Health's Section 64 grant scheme and to receive other grants for use by individual ARMA local groups. The balance on the fund at the year end includes £664 (2022: £664) for use by ARMA Dorset.

Projects Sponsorship Fund

A fund for specific projects undertaken by ARMA in partnership with its members.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2023

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Current assets	Current liabilities	Total	
Restricted income funds:	£	£	£	£	£
Local Networks Fund	-	664	-	664	
Projects Sponsorship Fund	-	38,716	-	38,716	
Unrestricted income funds:					
General Fund	386	87,450	(18,539)	69,298	
	386	126,830	(18,539)	108,677	

11. CONTROL

The company is limited by guarantee and as such has no share capital. The company is controlled by its members who are the 37 member organisations which subscribe to the Arthritis and Musculoskeletal Alliance. Every member organisation of the company undertakes to contribute such amounts as may be required not exceeding £1 to the assets of the company if it should be wound up whilst the organisation is a member or within one year after the organisation ceases to be a member.

12. RELATED PARTY TRANSACTIONS

There were no disclosable related party transactions during the year (2022 - none).

13. TAXATION

The charity is exempt from tax on income and gains falling within section 506 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Accounts

Registered Charity Number 1108851
Registered Company Number 5380237

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

Report and Accounts

31 December 2022

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
LEGAL AND ADMINISTRATIVE INFORMATION
For the year ended 31 December 2022

The Trustees (who are also Directors for the purposes of company law) present their report and the financial statements of the Arthritis and Musculoskeletal Alliance for the year ended 31 December 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity number: 1108851

Registered company number: 5380237

Principal address and registered office

International House
24 Holborn Viaduct
London
EC1A 2BN

Senior staff member

Sue Brown, Chief Executive

Independent Examiner

David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston-upon-Thames
KT1 4AS

Principal bankers

National Westminster Bank plc
P O Box 2021
10 Marylebone High Street
London WC1A 1FH

Board of trustees

The trustees, who are also Directors of the company, have held office since 1 January 2022, as follows:

Matthew Bennett (until July 2022)
Stephen Chew
Shantel Irwin (until July 2022)
Chris Martey (Vice Chair)
Sarah North
Sally Pembery
Ruth Sephton (from July 2022)
John Skinner
Jane Taylor
Dirk Vennix (Chair)
Zak Vora
Dale Webb (from July 2022)
Debbie Wilson (from July 2022)
Tony Woolf (until July 2022)
Rob Yeldham (until July 2022)

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status and History

The Arthritis and Musculoskeletal Alliance (ARMA) is a registered charity, and a company limited by guarantee, not having share capital.

ARMA was established in 1972 under the name of the British League Against Rheumatism. It first registered as a charity on 22 April 1986. ARMA incorporated on 2 March 2005 and the Annual General Meeting of ARMA on 25 May 2005 resolved to wind-up the unincorporated charity. ARMA reregistered with the Charity Commission on 5 April 2005.

ARMA is governed by the rules and regulations set down in its company Memorandum and Articles of Association dated 1 August 2005.

Organisational Structure

ARMA's principal decision-making body is the Board of Trustees, who are elected from its membership. The Board meets three-monthly. There is also a Representatives' Forum to which all of its membership organisations are able to nominate a representative. The Board is also able to establish ad-hoc working groups that are accountable to the Board. The Board has a Finance and Risk Committee established during 2021 and an income generation working group. The Board takes account of the views of member organisations through three-monthly members meetings.

Method of Recruitment, Appointment, Election, Induction and Training of Trustees

The charity recruits its trustees from its member organisations through a process of election. An elected trustee will retire at the close of the AGM at the end of the last year of the trustee's term of office.

The Board from time to time will co-opt trustees to fill gaps in expertise or experience that it has identified within its membership.

Appointment and Election

Trustees are elected for a period of three years and may stand for a second term of three years. If selected by the Board to be its Chair, a trustee's term of office can be extended by a further three years. The appointment of a Trustee may be extended by a unanimous decision of the Board to ensure adequate Board continuity and trustee rotation. The extension of the term of office for a Trustee would normally be limited to a single extension of up to one year.

To stand for a post, candidates must be nominated by a designated representative from an ARMA member organisation. If candidates are nominated in excess of the number of vacancies then there is a ballot of the organisations who are members of ARMA. The elected candidates are confirmed at the Annual General Meeting of the charity.

Induction and Training of Trustees

There is a written induction pack for trustees setting out how the organisation is run, key duties of trustees and links to documents for trustees on the Charity Commission website. All members of the Board have received copies of the new Charity Governance Code and the ACEVO guide to charity finance for non-financial trustees. New trustees are offered a buddy from amongst existing trustees.

Risk and Corporate Governance Matters

The Board has conducted its review of the major risks to which the charity is exposed and has established systems to mitigate those risks. The major risk during 2022 was the future financial sustainability of the charity, and new operating model for the charity was implemented which reduced this risk. The Board has undertaken work on increasing cybersecurity during 2022, which will continue during 2023. Other risks identified, which would severely impact upon the charity, include the loss of key personnel, loss of reputation, financial mismanagement/fraud, and conflicts of interest. Systems have been put in place to monitor and address these risks, and procedures are periodically reviewed to ensure that they still meet the needs of the charity.

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2022**

The Board will attend to risk on a six monthly basis and has resolved to review its risk register at alternate meetings. The Finance and Risk Committee consider the risk register quarterly and make recommendations for changes to risks identified and management.

There were no serious incidents which required reporting to the Charity Commission during 2021.

The Board has a Conflict of Interest Policy to manage conflicts of interest.

Trustees' Responsibilities in the Preparation of Financial Statements

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and regulations.

The provisions of charity law require 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 FRS102 and the charity SORP (FRS102). The financial statements are required by law to give a true and fair view of the state of affairs of the charity as at the balance sheet date, and of the incoming resources and application of resources for that period, and must not be approved by the trustees unless they are satisfied that this is the case. In preparing those financial statements, the trustees are required to:

- a. select suitable accounting policies and then apply them consistently;
- b. make judgements and estimates that are reasonable and prudent; and
- c. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue on that basis.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the requirements of the Charities Act 2011. They are also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011) and that an independent examination is needed. Accordingly, David Howard Chartered Accountants, has been appointed as Independent Examiner.

OBJECTIVES AND ACTIVITIES

Charitable Objectives

The principal objective of the charity is to advance education in the causes, prevention and treatment of rheumatic complaints by bringing together organisations representing professional and patient groups, which promotes the development of awareness, knowledge and the means of prevention, treatment, rehabilitation and relief of rheumatic complaints.

Public Benefit

In setting our objectives and planning our activities the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit. The Trustees consider that the charity complies with the duty to have due regard to the public benefit guidance published by the Commission.

Charitable activities

In 2021 the Board agreed a revised strategy in collaboration with the membership. The strategy aims to focus activities on those issues where collaboration is essential to impact in order to make best use of resources. In general the previous strategy was felt to continue to be fit for purpose with some small amendments. The most significant change was the addition of a limited role for ARMA in workforce issues, as set out below. Key headlines of this strategy:

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2022**

ARMA is an umbrella body representing the breadth of musculoskeletal conditions and professions.

Our vision for musculoskeletal (MSK) health:

- The MSK health of the population is promoted throughout life;
- Everyone with MSK conditions receives appropriate, high quality interventions to promote their health and well-being in a timely manner.

We engage with:

Public Policy

Desired impact:

- Integrated approaches to MSK are included in all policy.

Services (or commissioning):

Desired impact:

- Evidence-informed MSK pathways are in place
- MSK health is recognised and prioritised.

Service delivery and practice

Desired impact:

- Evidence based Interventions are being delivered
- Person-centred, integrated MSK care is being delivered.
- There is an improvement focus, with innovation, spread of good practice and quality improvement at the heart of provision.

Workforce

Desired impact:

- Appropriate level of suitably competent multi-disciplinary workforce to meet needs

ARMA Members

Arthritis Action

Back Care

British Association of Sport and Exercise Medicine (BASEM)

British Association of Sport Rehabilitators and Therapists (BASRAT)

British Dietetic Association

British Chiropractic Association

British Orthopaedic Association

British Society of Rehabilitation Medicine

CCAA Kids with Arthritis

Chartered Society of Physiotherapy

Cornwall Arthritis Trust

Ehlers-Danlos Support UK

Faculty of Sports and Exercise Medicine

Fibromyalgia Action UK

Gloucestershire Arthritis Trust

Hypermobility Syndrome Association

The Institute of Osteopathy

McTimoney Chiropractic Association

Musculoskeletal Association Chartered Physiotherapists

National Axial Spondyloarthritis Society

National Rheumatoid Arthritis Society

Orthopaedic Research UK

Pain Concern

Physio First

Physiotherapy Pain Association

Podiatry Rheumatic Care Association

Primary Care Rheumatology Society

Psoriasis Association

RCN - Rheumatology Forum

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2022**

Rheumatology Pharmacy Network
Royal College of Chiropractors
Royal College of Podiatry
Royal Osteoporosis Society
Scleroderma & Raynaud's UK
Society of Musculoskeletal Medicine
Society of Sports Therapists
UK Gout Society
Versus Arthritis

Associate members

AbbVie
Freehab
Galapagos UK
getUBetter
Good Boost
Grünenthal
National Orthopaedic Alliance
PhysioFast Online

ACHIEVEMENTS AND PERFORMANCE

In 2022 our focus has been on delivering work to improve MSK services, in line with members' priorities. The priorities set by our members were improving services for people with MSK conditions through the Best MSK Health programme and tackling health inequalities. NHS England and Improvement's MSK improvement programme, Best MSK Health, has now ended having created a number of resources indicating what local systems need to do to provide excellent MSK services. We now move from ensuring these resources reflect our policies to ensuring they are implemented locally.

The pandemic has continued to impact our members and people with MSK conditions. Reducing the backlog of NHS treatment remains a challenge. People who are immunosuppressed continue to be more impacted by COVID-19 than others although community treatments are now available. We have continued to support our patient member organisations to respond to the needs of their members by keeping them updated on national policy in relation to COVID vaccinations and treatments, and relaying their members' experiences to NHS England and Department of Health.

Below we set out some of our key activities and achievements throughout the year.

Improving services

- Active engagement with Best MSK Health throughout the year, particularly the Programme Board, supported self-management workstream and primary and community services workstream.
- We have also engaged with a range of other NHS England teams including ongoing work on support for people with chronic pain and community services restoration.
- Now that Best MSK Health has ceased to be part of the pathway improvement programme we continue to engage with work as it progresses.
- We have secured some funding to support ARMA members local engagement with Best MSK Health work and begun to deliver.
- Engagement with the two MSK clinical leads in Wales and joined the MSK Network they have established.

Health equalities

- Set up and continually update our MSK Health Equalities resource page, which is enabling people to find resources to deliver work on equalities.
- A well received presentation to the NHS England Health Inequalities Improvement Board on the importance of MSK health which has opened the door for further discussions in 2023.

**THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2022**

- Held our annual lecture face to face for the first time since 2019 on the subject of health inequalities.
- Convened meetings of ARMA members with an interest in health inequalities issues for patient organisations and for the professional members enabling them to share ideas and intelligence. This is enabling mutual support where members are grappling with similar issues.

Publications

- Published a guide for social prescribing services on supporting people with MSK conditions. This has been well received by the MSK and social prescribing communities.
- Published a resource for people with lived experience getting involved in MSK services coproduction on how to be effective in this work.

Membership

We are delighted to welcome Gloucestershire Arthritis Trust, Orthopaedic Research UK and Pain concern as members and getUbetter and Freehab as associate members.

FINANCIAL REVIEW

Financial Results of Activities and Events

The detailed financial results of the charity's activities and events are set out in the Statement of Financial Activities on page 10. Total incoming resources for the year were £133,798 (2021: £107,430), and total resources expended were £93,193 (2021: £95,500), resulting in positive net movement of funds of £40,605 positive (£11,930 positive in 2021).

£23,000 of this income is restricted to projects which will be delivered in 2023.

Reserves Policy

The trustees have identified a risk relating to the charities financial sustainability and seek to mitigate that risk through the application of a reserves policy.

At the year end the free reserves were at £ 57,299 (2021: 39,694) slightly above the Board reserves target. The Board plans to review the policy in 2023 taking into account the level of inflation and our new operating model to ensure that we continue to have reserves sufficient to address any sudden reduction in income.

We also hold restricted reserves to deliver projects in 2023.

Investments Policy

The trustees are empowered to invest the monies of ARMA in accordance with its memorandum of association (clause 4.1 j).

During 2022 the economic situation made it difficult to identify an appropriate vehicle to deliver returns on reserves without putting capital at risk. This will be reviewed in 2023 depending on the economic situation.

PLANS FOR FUTURE PERIODS

The Board developed an operational plan for 2023 identifying priority activities to deliver the strategy. All aspects of this plan were developed in collaboration with the membership and are in line with the charitable objectives of ARMA. The Board agreed a focused plan for 2023 continuing the two priority areas of activity for 2022:

- MSK health service improvement – using the ongoing work in England and the work in Wales to promote our key messages and press for MSK services in line with our vision. This will include delivery of the work to support local engagement we have received funding for.
- Health Inequalities – we have a number of activities planned to support reductions in MSK health inequalities, including the delivery of a major inquiry.

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
TRUSTEES REPORT
For the year ended 31 December 2022

We will also deliver Bone and Joint Week, the annual lecture and, where resources allow, any webinars, events or publications which will support these two priorities.

We will continue our role of networking, signposting, connecting and co-ordinating to link ARMA, our members and other key stakeholders and providing support for our members.

Impact of Future Activities and Events

The trustees will continue to measure the charity's success by assessing the outcomes of our activities in line with our desired outcomes in the strategy.

FUNDS HELD AS CUSTODIAN

Although the charity maintains restricted funds to deal with incoming resources that are earmarked for a particular purpose by donors, sponsors and other funders, the charity does not hold, and the trustees do not anticipate that it will in future hold, any funds as custodian for any third party.

Small company provisions

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

This report was approved by the trustees on 28 April 2023 and was signed for and on behalf of the board by

Dirk Vennix

Chair

Dirk Vennix

26 May.....2023

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
Independent Examiner's Report to the trustees of the charity

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 December 2022, which are set out on pages 09 to 18.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the '2006 Act').

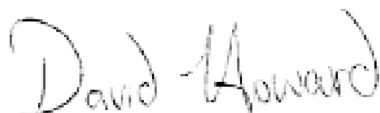
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination. I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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:

- (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 accounting 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.



David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston upon Thames
Surrey
KT1 4AS

.....26th May 2023

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)
For the year ended 31 December 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
INCOME					
Income from generated funds					
Income from investment	2	-	-	-	3
Income from charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	3	100,848	32,950	133,798	107,427
TOTAL INCOME		100,848	32,950	133,798	107,430
EXPENDITURE					
Expenditure on charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	4	87,090	6,103	93,193	95,500
TOTAL RESOURCES EXPENDED		87,090	6,103	93,193	95,500
Transfers between funds	9	3,847	(3,847)	-	-
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR		17,605	23,000	40,605	11,930
RECONCILIATION OF FUNDS					
Fund balances at 1 January 2022	9	39,694	7,664	47,358	35,428
Fund balances at 31 December 2022	9	57,299	30,664	87,963	47,358

The net movement in funds for the above periods arises from the charity's continuing operations.

No separate Statement of Total Recognised Gains and Losses has been presented as all such gains and losses are dealt with in the Statement of Financial Activities.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Furniture & fittings	7	-	-
Computer equipment	7	772	228
		<u>772</u>	<u>228</u>
CURRENT ASSETS			
Trade debtors		1,716	15,907
Other debtors		1,014	825
Cash at bank and in hand		99,447	62,868
		<u>102,177</u>	<u>79,600</u>
LIABILITIES			
Creditors: Amounts falling due within one year	8	14,986	32,470
		<u></u>	<u></u>
NET CURRENT ASSETS			
		87,191	47,130
TOTAL ASSETS LESS CURRENT LIABILITIES & NET ASSETS			
		<u>87,963</u>	<u>47,358</u>
THE FUNDS OF THE CHARITY			
Restricted income funds			
Local Networks Fund	9	664	664
Projects Sponsorship Fund	9	30,000	7,000
Unrestricted income funds			
General Fund	9	57,299	39,694
		<u></u>	<u></u>
TOTAL CHARITY FUNDS			
	10	<u>87,963</u>	<u>47,358</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477(2) of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts:

- (i) to keep accounting records in accordance with section 386;
- (ii) to prepare accounts which give a true and fair view of the state of affairs of the company in accordance with section 393, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

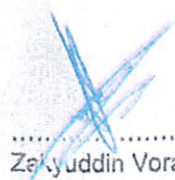
The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements are prepared in accordance with the special provisions of the Companies Act 2006 and section 138 of the Charities Act 2011. These accounts are prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2022

The financial statements on pages 9 to 18 were approved by the Board of Directors and authorised for issue on 2023 and signed on their behalf by


..... Chair
Dirk Vennix


..... Treasurer
Zakyuddin Vora

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 December 2022

1. ACCOUNTING POLICIES

a) Basis of accounting

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 2019) - Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

b) Income

Grants, donations and other similar types of voluntary income are brought into account when received, except that donated income is included gross of any attributable tax recoverable, where relevant. Donations given for specific purposes are treated as restricted income. Investment income is accounted on a receivable basis once the dividend has been declared, or the interest earned. Credit is taken in the accounts for the proportion of subscriptions, which are receivable in the financial period. All other types of income are also accounted for on an accruals basis.

c) Expenditure

Expenditure is allocated to the charity's principal activity where the costs can be identified as being directly related to that activity. All costs that cannot be identified as relating directly to the charity's principal activity are categorised as either support costs or governance costs. Any costs that cannot be specifically categorised are allocated in proportions based upon a suitable ratio applicable to the nature of the cost involved.

d) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its useful life, as follows:

Furniture & fittings - 15% per annum

Computer equipment - over 3 years

e) Fund accounting

The general fund comprises the accumulated surpluses of unrestricted incoming resources over resources expended. They are available for use in furtherance of the general objectives of the charity.

Designated funds are a particular form of unrestricted funds consisting of amounts, which have been allocated or designated for specific purposes by the trustees. The use of designated funds remains at the discretion of the trustees.

Restricted funds are funds subject to specific conditions imposed by donors. The purpose and use of the restricted funds are set out in the notes to the accounts. Amounts unspent at the year end are carried forward in the balance sheet.

f) Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The charity was incorporated in England and Wales on 2 March 2005, with Company no. 5380237, and UK Charity no. 1108851, registered on 5 April 2005. The registered office is 24 Holborn Viaduct, London, EC1A 2BN.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Going concern

The Charity's activities, together with the factors likely to affect its future development, its financial position, financial risk management objectives and derivative activities, and its exposures to liquidity and cash flow risk are described in this Trustee Directors' Report.

The charity has significant reserves and sufficient cash resources, with no debt, which will make it possible to fund the Charity activities. Expenses are also managed, where possible, in line with contributions received. As a consequence, the Trustee Directors believe that the Charity is well placed to manage its business risks successfully given the current economic outlook.

After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and accounts.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

2 INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Bank interest receivable on short term cash deposits	-	-	-	3

3. INCOME FROM OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Subscriptions	89,695	-	89,695	61,208
Grants - Government	-	-	-	5,321
Grants - other	5,000	32,950	37,950	19,720
Donations	2,663	-	2,663	4,552
Other	3,490	-	3,490	1,324
Seminars and conferences	-	-	-	15,302
	100,848	32,950	133,798	107,427

4 COSTS OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Advocacy	18,000	-	18,000	19,500
Members workshop	-	4,314	4,314	946
	18,000	4,314	22,314	20,446
Website management	-	85	85	-
Design	-	924	924	-
Equality project staffing	-	780	780	-
Support costs (see note 5)	60,437	-	60,437	65,963
Governance costs (see note 5)	8,653	-	8,653	9,091
	87,090	6,103	93,193	95,500

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

5 SUPPORT AND GOVERNANCE COSTS

	Support Costs	Governance costs	Total 2022	Total 2021
	£	£	£	£
Staff costs	48,962	5,440	54,402	58,516
Recruitment	518	58	576	-
Staff development	363	40	403	465
Meeting costs	878	322	1,200	-
Stationery, telephone and postage	1,057	118	1,175	781
Computer and software	948	105	1,053	1,162
Sundries	39	4	43	12
Subscriptions	40	4	44	217
Website management	2,486	276	2,762	4,170
Conferences	235	-	235	-
Insurance	993	110	1,103	754
Accountancy	2,741	305	3,046	3,000
Independent Examiners Fees	-	1,800	1,800	1,800
Legal and professional fees	-	-	-	3,500
Seminars and conferences	531	-	531	-
Bank charges	93	10	103	103
Depreciation	553	61	614	228
Bad Debts	-	-	-	346
	60,437	8,653	69,090	75,054

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

6. TRUSTEE AND STAFF COSTS

a) Trustee information

The trustees and company directors received no remuneration for their services during the current or previous year, except as noted below

During the year 3 trustees (2021: no trustees) were reimbursed for meeting expenses incurred on behalf of the charity totalling £304 (2021: £nil).

b) Staff information

	Total 2022	Total 2021
The average number of staff employed by the charity during the year was as follows:		
Bringing the community together to improve quality	<u>2</u>	<u>2</u>
Staff costs for the above persons:	£	£
Salaries and wages	50,688	53,341
Social security costs	2,175	3,543
Pension costs	1,539	1,632
	<u>54,402</u>	<u>58,516</u>

During the year no employees (2021: none) received emoluments over £60,000

The charity director Susan Brown, who is not a Trustee, was paid £50,959 for the year ended 31st December 2022.

7 TANGIBLE FIXED ASSETS

	Furniture & fittings	Computer equipment	Total
COST	£	£	£
1 January 2022	1,119	1,326	2,445
Additions	-	1,158	1,158
Disposals	<u>-</u>	<u>-</u>	<u>-</u>
31 December 2022	<u>1,119</u>	<u>2,484</u>	<u>3,603</u>
DEPRECIATION			
1 January 2022	1,119	1,098	2,217
Disposals	-	-	-
Charges for the period	<u>-</u>	<u>614</u>	<u>614</u>
31 December 2022	<u>1,119</u>	<u>1,712</u>	<u>2,831</u>
NET BOOK VALUE			
31 December 2022	<u>-</u>	<u>772</u>	<u>772</u>
1 January 2022	<u>-</u>	<u>228</u>	<u>228</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

8 CREDITORS

Amounts falling due within one year:	2022	2021
	£	£
Trade creditors	1,122	546
Taxation & social security costs	972	2,003
Other creditors	230	319
Accruals and deferred income	12,662	29,602
Total	14,986	32,470

9 THE FUNDS OF THE CHARITY

	At 1 January 2022	Incoming Resources	Resources expended	Transfers between funds	At 31 December 2022
	£	£	£	£	£
Restricted income funds:					
Local Networks Fund	664	-	-	-	664
Projects Sponsorship Fund	7,000	32,950	(6,103)	(3,847)	30,000
Unrestricted income funds:					
General Fund	39,694	100,848	(87,090)	3,847	57,299
	47,358	133,798	(93,193)	-	87,963

Local Networks Fund

The Local Networks Fund was set up to develop Local Networks with the support of the Department of Health's Section 64 grant scheme and to receive other grants for use by individual ARMA local groups. The balance on the fund at the year end includes £664 (2021: £664) for use by ARMA Dorset.

Projects Sponsorship Fund

A fund for specific projects undertaken by ARMA in partnership with its members.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2022

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Current assets	Current liabilities	Total	
Restricted income funds:	£	£	£	£	
Local Networks Fund	-	664	-	664	
Projects Sponsorship Fund	-	30,000	-	30,000	
Unrestricted income funds:					
General Fund	772	71,513	(14,986)	57,299	
	772	102,177	(14,986)	87,963	

11. CONTROL

The company is limited by guarantee and as such has no share capital. The company is controlled by its members who are the 38 member organisations which subscribe to the Arthritis and Musculoskeletal Alliance. Every member organisation of the company undertakes to contribute such amounts as may be required not exceeding £1 to the assets of the company if it should be wound up whilst the organisation is a member or within one year after the organisation ceases to be a member.

12. RELATED PARTY TRANSACTIONS

There were no disclosable related party transactions during the year (2021 - none).

13. TAXATION

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Accounts

Registered Charity Number 1108851
Registered Company Number 5380237

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

Report and Accounts

31 December 2021

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE

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THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

The Trustees (who are also Directors for the purposes of company law) present their report and the financial statements of the Arthritis and Musculoskeletal Alliance for the year ended 31 December 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum of Association, the Companies Act 2006 and "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 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity number: 1108851

Registered company number: 5380237

Principal address and registered office

International House
24 Holborn Viaduct
London
EC1A 2BN

Senior staff member

Sue Brown, Chief Executive

Independent Examiner

David Howard
1 Park Road
Hampton Wick
Kingston-upon-Thames
KT1 4AS

Principal bankers

National Westminster Bank plc
P O Box 2021
10 Marylebone High Street
London WC1A 1FH

Board of trustees

The trustees, who are also Directors of the company, have held office since 1 January 2019, as follows:

Matthew Bennett
Stephen Chew (from July 2021)
Lily Elizabeth Davies (until July 2021)
Shantel Irwin
Chris Martey
Sarah North
Sally Pembery
Ruth Sephton (until July 2021)
John Skinner
Jane Taylor
Dirk Vennix
Zak Vora
Anthony Woolf (Chair)
Rob Yeldham (Vice Chair)

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status and History

The Arthritis and Musculoskeletal Alliance (ARMA) is a registered charity, and a company limited by guarantee, not having share capital.

ARMA was established in 1972 under the name of the British League Against Rheumatism. It first registered as a charity on 22 April 1986. ARMA incorporated on 2 March 2005 and the Annual General Meeting of ARMA on 25 May 2005 resolved to wind-up the unincorporated charity. ARMA reregistered with the Charity Commission on 5 April 2005.

ARMA is governed by the rules and regulations set down in its company Memorandum and Articles of Association dated 1 August 2005.

Organisational Structure

ARMA's principal decision-making body is the Board of Trustees, who are elected from its membership. The Board meets three-monthly. There is also a Representatives' Forum to which all of its membership organisations are able to nominate a representative. The Board is also able to establish ad-hoc working groups that are accountable to the Board. The Board has a Finance and Risk Committee established during 2021 and an income generation working group. The Board takes account of the views of member organisations through three-monthly members meetings.

Method of Recruitment, Appointment, Election, Induction and Training of Trustees

The charity recruits its trustees from its member organisations through a process of election. An elected trustee will retire at the close of the AGM at the end of the last year of the trustee's term of office.

The Board from time to time will co-opt trustees to fill gaps in expertise or experience that it has identified within its membership.

Appointment and Election

Trustees are elected for a period of three years and may stand for a second term of three years. If selected by the Board to be its Chair, a trustee's term of office can be extended by a further three years. The appointment of a Trustee may be extended by a unanimous decision of the Board to ensure adequate Board continuity and trustee rotation. The extension of the term of office for a Trustee would normally be limited to a single extension of up to one year.

To stand for a post, candidates must be nominated by a designated representative from an ARMA member organisation. If candidates are nominated in excess of the number of vacancies then there is a ballot of the organisations who are members of ARMA. The elected candidates are confirmed at the Annual General Meeting of the charity.

Induction and Training of Trustees

There is a written induction pack for trustees setting out how the organisation is run, key duties of trustees and links to documents for trustees on the Charity Commission website. All members of the Board have received copies of the new Charity Governance Code and the ACEVO guide to charity finance for non-financial trustees. New trustees are offered a buddy from amongst existing trustees.

Risk and Corporate Governance Matters

The Board has conducted its review of the major risks to which the charity is exposed and has established systems to mitigate those risks. The major risk during 2021 is the future financial sustainability of the charity. Other risks identified, which would severely impact upon the charity, include the loss of key personnel, loss of reputation, financial mismanagement/fraud, and conflicts of interest. Systems have been put in place to monitor and address these risks, and procedures are periodically reviewed to ensure that they still meet the needs of the charity.

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

The Board will attend to risk on a six monthly basis and has resolved to review its risk register at alternate meetings. The finance and risks committee considered the risk register quarterly and makes recommendations for changes to risks identified and management.

There were no serious incidents which required reporting to the Charity Commission during 2021.

The Board has a Conflict of Interest Policy to manage conflicts of interest.

Trustees' Responsibilities in the Preparation of Financial Statements

The Trustees, who are also the directors of the Arthritis & Musculoskeletal Alliance for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year. 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 its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- a. select suitable accounting policies and then apply them consistently;
- b. observe the methods and principles in the Charities SORP;
- c. make judgements and estimates that are reasonable and prudent; and
- d. state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- e. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue on that basis.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the requirements of the Charities Act 2011. They are also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Independent Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011) and that an independent examination is needed. Accordingly, David Howard Chartered Accountants, has been appointed as Independent Examiner.

OBJECTIVES AND ACTIVITIES

Charitable Objectives

The principal objective of the charity is to advance education in the causes, prevention and treatment of rheumatic complaints by bringing together organisations representing professional and patient groups, which promotes the development of awareness, knowledge and the means of prevention, treatment, rehabilitation and relief of rheumatic complaints.

Public Benefit

In setting our objectives and planning our activities the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit. The Trustees consider that the charity complies with the duty to have due regard to the public benefit guidance published by the Commission.

Charitable activities

In 2021 the Board agreed a revised strategy in collaboration with the membership. The strategy aims to focus activities on those issues where collaboration is essential to impact in order to make best use of resources. In general the previous strategy was felt to continue to be fit for purpose with some small

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

amendments. The most significant change was the addition of a limited role for ARMA in workforce issues, as set out below. Key headlines of this strategy:

ARMA is an umbrella body representing the breadth of musculoskeletal conditions and professions.

Our vision for musculoskeletal (MSK) health:

- The MSK health of the population is promoted throughout life;
- Everyone with MSK conditions receives appropriate, high quality interventions to promote their health and well-being in a timely manner.

We engage with:

Public Policy

Desired impact:

- Integrated approaches to MSK are included in all policy.

Services (or commissioning):

Desired impact:

- Evidence-informed MSK pathways are in place
- MSK health is recognised and prioritised.

Service delivery and practice

Desired impact:

- Evidence based Interventions are being delivered
- Person-centred, integrated MSK care is being delivered.
- There is an improvement focus, with innovation, spread of good practice and quality improvement at the heart of provision.

Workforce

Desired impact:

- Appropriate level of suitably competent multi-disciplinary workforce to meet needs

ARMA Members

Arthritis Action
Back Care
British Association of Sport and Exercise Medicine (BASEM)
British Association of Sport Rehabilitators and Therapists (BASRAT)
British Dietetic Association
British Chiropractic Association
British Orthopaedic Association
British Society of Rehabilitation Medicine
CCAA Kids with Arthritis
Chartered Society of Physiotherapy
Cornwall Arthritis Trust
Ehlers-Danlos Support UK
Faculty of Sports and Exercise Medicine
Fibromyalgia Action UK
Hypermobility Syndrome Association
The Institute of Osteopathy
McTimoney Chiropractic Association
Musculoskeletal Association Chartered Physiotherapists
National Axial Spondyloarthritis Society
National Rheumatoid Arthritis Society
Physio First
Physiotherapy Pain Association
Podiatry Rheumatic Care Association
Primary Care Rheumatology Society
Psoriasis Association
RCN - Rheumatology Forum
Rheumatology Pharmacy Network

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

Royal College of Chiropractors
Royal College of Podiatry
Royal Osteoporosis Society
Scleroderma & Raynaud's UK
Society of Musculoskeletal Medicine
Society of Sports Therapists
UK Gout Society
Versus Arthritis

ACHIEVEMENTS AND PERFORMANCE

In 2021 our focus has been on delivering work to improve MSK services, in line with members' priorities. The pandemic has continued to impact our members and people with MSK conditions. We have seen an increasing backlog of NHS treatment and people who are immunosuppressed continue to be more impacted by COVID-19 than others. NHS England and Improvement launched a new MSK improvement programme, Best MSK Health, which has changed the context within which ARMA works by putting a greater focus on NHS MSK services. Below we set out some of our key activities and achievements throughout the year.

Key highlights from 2021 include the following activities and achievements.

- Continued regular support meetings for our members.
- Engagement with the Best MSK Health programme, particularly to enable input from our members and a focus on patient voice and health inequalities.
- Held a roundtable on MSK health inequalities.
- Held a successful on line conference.
- Held a successful Bone and Joint Week with high levels of engagement.

Activities and Events

COVID-19 response

- Our COVID catch up calls continued for the first three months of the year. We have continued to ensure we pick up on going COVID related issues throughout the year.
- Liaising with NHS England and MSK stakeholders to raise issues of vaccine response for people who are immunosuppressed.
- A range of activity to improve roll out of the third primary doses including a joint survey with RAIRDA to provide evidence of people's experiences.

NHS England engagement

- Active engagement with Best MSK Health throughout the year. Now represented on the Programme Board as well as some of the workstreams.
- Convened fortnightly meetings of ARMA members to update and share information on the programme.
- Engagement with a range of other NHS England programmes and teams including social prescribing team, My Planned Care programme and work on support for people with chronic pain.

Health equalities

- Convened meetings of ARMA members with an interest in health equalities issues for patient organisations and for the professional members enabling them to share ideas and intelligence.
- Convened meetings of ARMA members to discuss policy around health equalities and MSK.
- Held a round table on health equalities and MSK, chaired by NHS England's Director of Health Equalities.

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

Events

- Organised a day long on-line conference.
- Held a successful Bone and Joint Week with high levels of engagement.
- Virtual Bone and Joint Week launch event.
- Delivered webinars on pain services and on the role of patient organisations in rheumatology.
- Our annual lecture Partnerships for Best MSK Health was delivered on line giving a wider reach than our usual in person format.

Publications

- Published a pain policy position and a core offer for pain services with positive engagement with NHS England following these.
- Published a "What professions do" document setting out the breadth of different MSK professions and how they can contribute to MSK health.
- Published a report of the roundtable on MSK Health Inequalities.

Membership

- We are delighted to welcome 5 new/returning members: Physiotherapy Pain Association, CCAA Kids with Arthritis, Physio First, Royal Osteoporosis Society and the Cornwall Arthritis Trust.
- The Associate membership scheme is growing, including some larger organisations meaning that it is beginning to make a more significant contribution to our finances.

FINANCIAL REVIEW

Financial Results of Activities and Events

The detailed financial results of the charity's activities and events are set out in the Statement of Financial Activities on page 9. Total incoming resources for the year were £107,430 (2020: £100,010 2019: £91,739 2018: £69,585, 2017: £120,534 2016: £171,019, 2015: £110,618, 2014: £190,887, 2013: £177,210, 2012: £125,876), and total resources expended were £95,500 (2020: £90,280 2019: £126,171, 2018: £182,783, 2017: £133,896, 2016: £124,444, 2015: £181,708, 2014: £138,030, 2013: £128,417), resulting in positive net movement of funds of £11,930 (positive £9,730 in 2020).

Reserves Policy

The trustees have identified a risk relating to the charities financial sustainability and seek to mitigate that risk through the application of a reserves policy.

The Board of Trustees reviewed the reserves policy in 2021. With a relatively predictable income stream attainable from ARMA's members fees the Board seeks to hold reserves sufficient to cover the shortfall to maintain viability for a year, assuming an extreme of no other forms of income generation in a year. In 2021 this would be approximately £50,000. At the year end the free reserves were at £39,694 (2020: £34,764). Whilst this is still below the reserves target the Board is satisfied that their work on income generation is moving the organisation's financial situation firmly towards the level in the policy.

Investments Policy

The trustees are empowered to invest the monies of ARMA in accordance with its memorandum of association (clause 4.1 j).

In 2021 the Board decided to close the COIF account as the very small returns were outweighed by the cost. Higher returns are currently difficult to achieve without putting capital at risk.

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

PLANS FOR FUTURE PERIODS

The Board developed an operational plan for 2022 identifying priority activities to deliver the strategy. All aspects of this plan were developed in collaboration with the membership and are in line with the charitable objectives of ARMA. The Board agreed a focused plan for 2022 with just two priority areas of activity:

- Best MSK Health programme
- MSK Health Inequalities

Impact of Future Activities and Events

The trustees will continue to measure the charity's success by assessing the outcomes of our activities in line with our desired outcomes in the strategy.

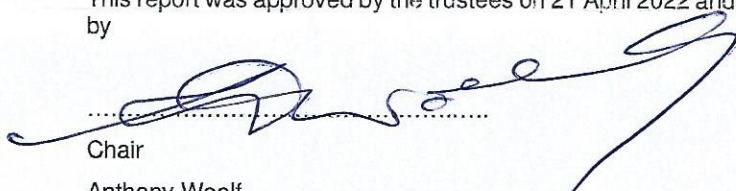
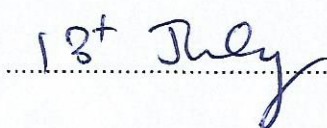
FUNDS HELD AS CUSTODIAN

Although the charity maintains restricted funds to deal with incoming resources that are earmarked for a particular purpose by donors, sponsors and other funders, the charity does not hold, and the trustees do not anticipate that it will in future hold, any funds as custodian for any third party.

Small company provisions

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

This report was approved by the trustees on 21 April 2022 and was signed for and on behalf of the board by


.....
Chair
Anthony Woolf

.....2022

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
Independent Examiner's Report to the trustees of the charity

The report on the accounts of the charity for the year ended 31 December 2021 set out on pages 9 to 17.

Responsibilities and basis of report

The charity's trustees 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 section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

It is my responsibility to:

- (i) examine the accounts under section 145 of the Charities Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission, under section 145(5)(b) of the Charities Act; and
- (iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in, any material respect:

- (i) accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- (ii) the accounts do not accord with such records; or
- (iii) the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- (iv) the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no 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.



Philip Lane FCCA
David Howard

1 Park Road
Hampton Wick
Kingston upon Thames
Surrey
KT1 4AS

..... 18 July 2022

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)
For the year ended 31 December 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
INCOME					
Income from generated funds					
Income from investment	2	3	-	3	55
Income from charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	3	87,707	19,720	107,427	99,955
TOTAL INCOME		87,710	19,720	107,430	100,010
EXPENDITURE					
Expenditure on charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	4	94,554	946	95,500	90,280
TOTAL RESOURCES EXPENDED		94,554	946	95,500	90,280
Transfers between funds	9	11,774	(11,774)	-	-
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR		4,930	7,000	11,930	9,730
RECONCILIATION OF FUNDS					
Fund balances at 1 January 2021	9	34,764	664	35,428	25,698
Fund balances at 31 December 2021	9	39,694	7,664	47,358	35,428

The net movement in funds for the above periods arises from the charity's continuing operations.

No separate Statement of Total Recognised Gains and Losses has been presented as all such gains and losses are dealt with in the Statement of Financial Activities.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

BALANCE SHEET

31 December 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Furniture & fittings	7	-	-
Computer equipment	7	228	456
		<u>228</u>	<u>456</u>
CURRENT ASSETS			
Trade debtors		15,907	3,500
Other debtors		825	825
Cash at bank and in hand		62,868	57,495
		<u>79,600</u>	<u>61,820</u>
LIABILITIES			
Creditors: Amounts falling due within one year	8	32,470	26,848
		<u></u>	<u></u>
NET CURRENT ASSETS			
		47,130	34,972
TOTAL ASSETS LESS CURRENT LIABILITIES & NET ASSETS			
		<u>47,358</u>	<u>35,428</u>
THE FUNDS OF THE CHARITY			
Restricted income funds			
Local Networks Fund	9	664	664
Projects Sponsorship Fund	9	7,000	-
Unrestricted income funds			
General Fund	9	39,694	34,764
		<u></u>	<u></u>
TOTAL CHARITY FUNDS			
	10	<u>47,358</u>	<u>35,428</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477(2) of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts:

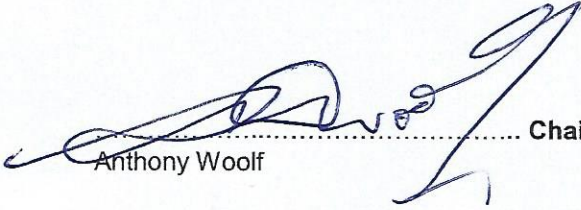
- (i) to keep accounting records in accordance with section 386;
- (ii) to prepare accounts which give a true and fair view of the state of affairs of the company in accordance with section 393, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

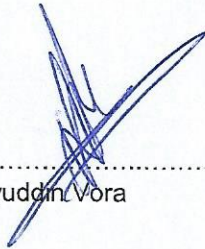
The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements are prepared in accordance with the special provisions of the Companies Act 2006 and section 138 of the Charities Act 2011. These accounts are prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2021

The financial statements on pages 9 to 17 were approved by the Board of Directors and authorised for issue on 21 April..... 2022 and signed on their behalf by

..... **Chair**
Anthony Woolf

..... **Treasurer**
Zakyuddin Vora

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 December 2021

1. ACCOUNTING POLICIES

a) Basis of accounting

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 2019) - Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic Ireland (FRS 102) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The principal accounting policies adopted in the preparation of the financial statements are set out below.

b) Income

Grants, donations and other similar types of voluntary income are brought into account when received, except that donated income is included gross of any attributable tax recoverable, where relevant. Donations given for specific purposes are treated as restricted income. Investment income is accounted on a receivable basis once the dividend has been declared, or the interest earned. Credit is taken in the accounts for the proportion of subscriptions, which are receivable in the financial period. All other types of income are also accounted for on an accruals basis.

c) Expenditure

Expenditure is allocated to the charity's principal activity where the costs can be identified as being directly related to that activity. All costs that cannot be identified as relating directly to the charity's principal activity are categorised as either support costs or governance costs. Any costs that cannot be specifically categorised are allocated in proportions based upon a suitable ratio applicable to the nature of the cost involved.

d) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its useful life, as follows:

Furniture & fittings - 15% per annum

Computer equipment - over 3 years

e) Fund accounting

The general fund comprises the accumulated surpluses of unrestricted incoming resources over resources expended. They are available for use in furtherance of the general objectives of the charity.

Designated funds are a particular form of unrestricted funds consisting of amounts, which have been allocated or designated for specific purposes by the trustees. The use of designated funds remains at the discretion of the trustees.

Restricted funds are funds subject to specific conditions imposed by donors. The purpose and use of the restricted funds are set out in the notes to the accounts. Amounts unspent at the year end are carried forward in the balance sheet.

f) Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The charity was incorporated in England and Wales on 2 March 2005, with Company no. 5380237, and UK Charity no. 1108851, registered on 5 April 2005. The registered office is 24 Holborn Viaduct, London, EC1A 2BN.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Going concern

The Charity's activities, together with the factors likely to affect its future development, its financial position, financial risk management objectives and derivative activities, and its exposures to liquidity and cash flow risk are described in this Trustee Directors' Report.

The charity has significant reserves and sufficient cash resources, with no debt, which will make it possible to fund the Charity activities. Expenses are also managed, where possible, in line with contributions received. As a consequence, the Trustee Directors believe that the Charity is well placed to manage its business risks successfully given the current economic outlook.

After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and accounts.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

2 INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Bank interest receivable on short term cash deposits	3	-	3	55

3. INCOME FROM OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Subscriptions	61,208	-	61,208	49,436
Consultancy work	-	-	-	2,300
Grants - Government	5,321	-	5,321	5,321
Grants - other	-	19,720	19,720	17,900
Donations	4,552	-	4,552	3,637
Other	1,324	-	1,324	132
Seminars and conferences	15,302	-	15,302	21,229
	<u>87,707</u>	<u>19,720</u>	<u>107,427</u>	<u>99,955</u>

4 COSTS OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Advocacy	19,500	-	19,500	18,950
Members workshop	19,500	946	20,446	1,955
Support costs (see note 5)	65,963	-	65,963	60,817
Governance costs (see note 5)	9,091	-	9,091	8,558
	<u>94,554</u>	<u>946</u>	<u>95,500</u>	<u>90,280</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

5 SUPPORT AND GOVERNANCE COSTS

	Support Costs	Governance costs	Total 2021	Total 2020
	£	£	£	£
Staff costs	52,664	5,852	58,516	56,839
Staff development	418	47	465	284
Meeting costs	-	-	-	20
Stationery, telephone and postage	703	78	781	902
Computer and software	1,046	116	1,162	1,034
Sundries	11	1	12	13
Subscriptions	195	22	217	245
Website management	3,753	417	4,170	3,652
Conferences	-	-	-	300
Insurance	679	75	754	792
Accountancy	2,700	300	3,000	2,960
Independent Examiners Fees	-	1,800	1,800	1,800
Legal and professional fees	3,150	350	3,500	-
Bank charges	93	10	103	92
Depreciation	205	23	228	442
Bad Debts	346	-	346	-
	65,963	9,091	75,054	69,375

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

6. TRUSTEE AND STAFF COSTS

a) Trustee information

The trustees and company directors received no remuneration for their services during the current or previous year, except as noted below

During the year no trustees (2020: no trustees) were reimbursed for meeting expenses incurred on behalf of the charity totalling £nil (2020: £nil).

b) Staff information

	Total 2021	Total 2020
The average number of staff employed by the charity during the year was as follows:		
Bringing the community together to improve quality	<u>2</u>	<u>2</u>
Staff costs for the above persons:	£	£
Salaries and wages	53,341	51,928
Social security costs	3,543	3,298
Pension costs	1,632	1,613
	<u>58,516</u>	<u>56,839</u>

During the year no employees (2020: none) received emoluments over £60,000.

The charity director Susan Brown, who is not a Trustee, was paid £55,880 for the year ended 31st December 2021.

7 TANGIBLE FIXED ASSETS

	Furniture & fittings	Computer equipment	Total
COST	£	£	£
1 January 2021	1,119	1,326	2,445
Additions	-	-	-
Disposals	-	-	-
31 December 2021	<u>1,119</u>	<u>1,326</u>	<u>2,445</u>
DEPRECIATION			
1 January 2021	1,119	870	1,989
Disposals	-	-	-
Charges for the period	-	228	228
31 December 2021	<u>1,119</u>	<u>1,098</u>	<u>2,217</u>
NET BOOK VALUE			
31 December 2021	<u>-</u>	<u>228</u>	<u>228</u>
1 January 2021	<u>-</u>	<u>456</u>	<u>456</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

8 CREDITORS

Amounts falling due within one year:	2021	2020
	£	£
Trade creditors	546	2,420
Taxation & social security costs	2,003	1,911
Other creditors	319	378
Accruals and deferred income	29,602	22,139
Total	32,470	26,848

9 THE FUNDS OF THE CHARITY

	At 1 January 2021	Incoming Resources	Resources expended	Transfers between funds	At 31 December 2021
	£	£	£	£	£
Restricted income funds:					
Local Networks Fund	664	-	-	-	664
Projects Sponsorship Fund	-	19,720	(946)	(11,774)	7,000
Unrestricted income funds:					
General Fund	34,764	87,710	(94,554)	11,774	39,694
	35,428	107,430	(95,500)	-	47,358

Local Networks Fund

The Local Networks Fund was set up to develop Local Networks with the support of the Department of Health's Section 64 grant scheme and to receive other grants for use by individual ARMA local groups. The balance on the fund at the year end includes £664 (2020: £664) for use by ARMA Dorset.

Projects Sponsorship Fund

A fund for specific projects undertaken by ARMA in partnership with its members.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2021

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Current assets	Current liabilities	Total	
Restricted income funds:	£		£	£	£
Local Networks Fund	-	664	-	664	
Projects Sponsorship Fund	-	7,000	-	7,000	
Unrestricted income funds:					
General Fund	228	71,936	(32,470)	39,694	
	228	79,600	(32,470)	47,358	

11. CONTROL

The company is limited by guarantee and as such has no share capital. The company is controlled by its members who are the 35 member organisations which subscribe to the Arthritis and Musculoskeletal Alliance. Every member organisation of the company undertakes to contribute such amounts as may be required not exceeding £1 to the assets of the company if it should be wound up whilst the organisation is a member or within one year after the organisation ceases to be a member.

12. TAXATION

As a charity, Arthritis & Musculoskeletal Alliance is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Association

Accounts

Registered Charity Number 1108851
Registered Company Number 5380237

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE

Report and Accounts

31 December 2020

The Trustees (who are also Directors for the purposes of company law) present their report and the financial statements of the Arthritis and Musculoskeletal Alliance for the year ended 31 December 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity number: 1108851

Registered company number: 5380237

Principal address and registered office

International House
24 Holborn Viaduct
London
EC1A 2BN

Senior staff member

Sue Brown, Chief Executive

Independent Examiner

Philip Lane
David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston-upon-Thames
KT1 4AS

Principal bankers

National Westminster Bank plc
P O Box 2021
10 Marylebone High Street
London WC1A 1FH

Board of trustees

The trustees, who are also Directors of the company, have held office since 1 January 2019, as follows:

Matthew Bennett
Emma Cowley (until July 2020)
Lily Elizabeth Davies
Shantel Irwin
Chris Martey (from July 2020)
Sarah North (from July 2019)
Sally Pembery (from July 2020)
Ruth Sephton
John Skinner
Jane Taylor (from July 2020)
Dirk Vennix
Zak Vora (from January 2020)
Anthony Woolf (Chair)
Rob Yeldham (Vice Chair)

STRUCTURE, GOVERNANCE AND MANAGEMENT

Status and History

The Arthritis and Musculoskeletal Alliance (ARMA) is a registered charity, and a company limited by guarantee, not having share capital.

ARMA was established in 1972 under the name of the British League Against Rheumatism. It first registered as a charity on 22 April 1986. ARMA incorporated on 2 March 2005 and the Annual General Meeting of ARMA on 25 May 2005 resolved to wind-up the unincorporated charity. ARMA reregistered with the Charity Commission on 5 April 2005.

ARMA is governed by the rules and regulations set down in its company Memorandum and Articles of Association dated 1 August 2005.

Organisational Structure

ARMA's principal decision-making body is the Board of Trustees, who are elected from its membership. The Board meets three-monthly. There is also a Representatives' Forum to which all of its membership organisations are able to nominate a representative. The Board is also able to establish ad-hoc working groups that are accountable to the Board.

Method of Recruitment, Appointment, Election, Induction and Training of Trustees

The charity recruits its trustees from its member organisations through a process of election. Trustees will be appointed for a term of three years and may serve a second term of three years if re-elected by the membership. An elected trustee will retire at the close of the AGM at the end of the last year of the trustee's term of office.

The Board from time to time will co-opt trustees to fill gaps in expertise or experience that it has identified within its membership.

Appointment and Election

Trustees are elected for a period of three years and may stand for a second term of three years. If selected by the Board to be its Chair, a trustee's term of office can be extended by a further three years. Co-opted members are selected for an initial period of one year. The appointment of a Trustee may be extended by a unanimous decision of the Board to ensure adequate Board continuity and trustee rotation. The extension of the term of office for a Trustee would normally be limited to a single extension of up to one year.

To stand for a post, candidates must be nominated by a designated representative from an ARMA member organisation. If candidates are nominated in excess of the number of vacancies then there is a postal ballot of the organisations who are members of ARMA. The elected candidates are confirmed at the Annual General Meeting of the charity.

Induction and Training of Trustees

There is a written induction pack for trustees setting out how the organisation is run, key duties of trustees and links to documents for trustees on the Charity Commission website. All members of the Board have received copies of the new Charity Governance Code and the ACEVO guide to charity finance for non-financial trustees. New trustees are offered a buddy from amongst existing trustees.

Risk and Corporate Governance Matters

The Board has conducted its review of the major risks to which the charity is exposed and has established systems to mitigate those risks. The major risk currently facing the charity is the future financial sustainability of the charity unless it develops a larger more diverse funding base. Other risks identified, which would severely impact upon the charity, include the loss of key personnel, loss of reputation, financial mismanagement/fraud, and conflicts of interest. Systems have been put in place to monitor and address these risks, and procedures are periodically reviewed to ensure that they still meet the needs of the charity.

The Board will attend to risk on a six monthly basis and has resolved to review its risk register at alternate meetings. In 2020 the Board also held a half day discussion of risk management and subsequently set up a finance and risk committee.

There were no serious incidents which required reporting to the Charity Commission during 2020.

The Board has a Conflict of Interest Policy to manage conflicts of interest.

Trustees' Responsibilities in the Preparation of Financial Statements

The trustees are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and regulations.

The provisions of charity law require 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 FRS102 and the charity SORP (FRS102). The financial statements are required by law to give a true and fair view of the state of affairs of the charity as at the balance sheet date, and of the incoming resources and application of resources for that period, and must not be approved by the trustees unless they are satisfied that this is the case. In preparing those financial statements, the trustees are required to:

- a. select suitable accounting policies and then apply them consistently;
- b. make judgements and estimates that are reasonable and prudent; and
- c. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue on that basis.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity, and to enable them to ensure that the financial statements comply with the requirements of the Charities Act 2011. They are also responsible for safeguarding the assets of the charity, and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Independent Examiner

The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011) and that an independent examination is needed. Accordingly, Philip Lane, David Howard Chartered Accountants, has been appointed as Independent Examiner.

OBJECTIVES AND ACTIVITIES

Charitable Objectives

The principal objective of the charity is to advance education in the causes, prevention and treatment of rheumatic complaints by bringing together organisations representing professional and patient groups, which promotes the development of awareness, knowledge and the means of prevention, treatment, rehabilitation and relief of rheumatic complaints.

Public Benefit

In setting our objectives and planning our activities the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit. The Trustees consider that the charity complies with the duty to have due regard to the public benefit guidance published by the Commission.

Charitable activities

The Board agreed a strategy for 2019 – 21, developed in collaboration with the membership. The strategy aims to focus activities on those issues where collaboration is essential to impact in order to make best use of resources. It also strengthened governance by clarifying the relationship between staff, Board and membership. Key headlines of this strategy:

ARMA is an umbrella body representing the breadth of musculoskeletal conditions and professions.

Our vision for musculoskeletal (MSK) health:

- The MSK health of the population is promoted throughout life;
- Everyone with MSK conditions receives appropriate, high quality interventions to promote their health and well-being in a timely manner.

We engage with:

Public Policy

Desired impact:

- Integrated approaches to MSK are included in all policy.

Services (or commissioning):

Desired impact:

- Evidence-informed MSK pathways are in place
- MSK health is recognised and prioritised.

Service delivery and practice

Desired impact:

- Evidence based Interventions are being delivered
- Person-centred, integrated MSK care is being delivered.
- There is an improvement focus, with innovation, spread of good practice and quality improvement at the heart of provision.

ARMA Members

Arthritis Action

Back Care

British Association of Sport and Exercise Medicine (BASEM)

British Association of Sport Rehabilitators and Therapists (BASRAT)

British Dietetic Association

British Chiropractic Association

British Orthopaedic Association

British Society of Rehabilitation Medicine

Chartered Society of Physiotherapy

College of Podiatry

Ehlers-Danlos Support UK

Faculty of Sports and Exercise Medicine

Fibromyalgia Action UK

Hypermobility Syndrome Association

The Institute of Osteopathy

McTimoney Chiropractic Association

Musculoskeletal Association Chartered Physiotherapists

National Axial Spondyloarthritis Society

National Rheumatoid Arthritis Society

PolyMyalgia Rheumatica and Giant Cell Arteritis (PMRGCA) UK

Podiatry Rheumatic Care Association

Primary Care Rheumatology Society

Psoriasis Association

RCN - Rheumatology Forum

Rheumatology Pharmacy Network

Royal College of Chiropractors

Scleroderma & Raynaud's UK

Society of Musculoskeletal Medicine

Society of Sports Therapists

UK Gout Society

Versus Arthritis

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

ACHIEVEMENTS AND PERFORMANCE

In common with most charities, 2020 has been a very different year from the one originally planned. The organisation had to adapt our plans and respond to the pandemic in ways which made the best use of ARMA's strengths in collaboration and focus on cross cutting issues which require multi-disciplinary working. People with MSK conditions were impacted by the fact that many NHS services were paused during the year and by the fact that many were taking treatments which put them at higher risk of COVID-19 and affected their likely response to the vaccine. ARMA members had to support people with MSK conditions to navigate these difficulties and professionals whose work was impacted by the pandemic.

ARMA supported our members to respond effectively to the pandemic and delivered on some work which was not related to COVID-19. We delivered our first ever tweet chat in partnership with NHS England and our first ever national conference. Both of these were successful and likely to be repeated in 2021.

Key highlights from 2020 include the following activities and achievements. ARMA:

- Weekly support meetings for our members from March – December
- Involvement in NHS England's response to the pandemic
- Enabling the voice of people with MSK conditions to influence NHS England's response to the pandemic
- Successfully transferred our planned conference to on line delivery
- Held a successful Bone and Joint Week with high levels of engagement and messaging relevant to the restoration of services after COVID.
- Delivered 6 webinars including our two most popular webinars ever

Activities and Events

COVID-19 response

Member support

- Weekly meetings to share intelligence and identify common issues have continued since late March.
- Fortnightly meetings of those members representing healthcare professionals in private practice to discuss issues of common concern such as PPE guidance and supporting the NHS response.
- Enabling joint activities such as letter to government.
- Supporting members to give consistent messaging around the vaccine.
- Supported lobbying on government funding for charities, including emphasising the importance of national support and helplines.

Engagement with NHS England

- Involvement in NHSE COVID MSK group enabling two-way flow of information between NHSE and members.
- Support for the NHS Change Challenge project.
- Supporting the development of patient self-management resources to support those who could not access services.

Patient voice

- Involvement in the NHSE MSK Lived Experience Group.
- Collaborating on the production of the *MSK Lived Experience Themes of What Matters* report on experiences of the first lockdown which included intelligence from ARMA member helplines.
- Hosting a tweet chat on MSK Coproduction.
- Ensured patient member organisations could respond to NICE rapid guidance on rheumatology and COVID-19.

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Shielding

- Engaging with DHSC on shielding guidance, pressing for better support to people shielding especially around employment.
- Supporting members to give consistent messaging about shielding including risks for people with MSK conditions, decisions about the pause in shielding and the second lockdown.

Non COVID work

Events

- Organised a day long on line conference – 2/3 of attendees described the conference as excellent, the rest as good.
- Held a successful Bone and Joint Week with high levels of engagement and messaging relevant to the restoration of services after COVID.

Policy

- Drafted a pain policy position statement and a document setting out what the different MSK professions do for publication at an appropriate time.
- Responded to the NICE Chronic Pain guidance draft.

Webinars

- Delivered 6 webinars, two aimed at the fitness industry, two paediatric webinars related to COVID and our two most popular webinars ever:
 - Cauda Equina (2,800 views)
 - Women and Axial Spondyloarthritis (1,000 views).

Membership

- We are delighted to welcome 4 new/returning members: British Association of Sport and Exercise Medicine, College of Podiatry, McTimoney Chiropractic Association and Psoriasis Association.

FINANCIAL REVIEW

Financial Results of Activities and Events

The detailed financial results of the charity's activities and events are set out in the Statement of Financial Activities on page 10. Total incoming resources for the year were £92,510 (2019: £91,739 2018: £69,585, 2017: £120,534 2016: £171,019, 2015: £110,618, 2014: £190,887, 2013: £177,210, 2012: £125,876), and total resources expended were £88,325 (2019: £91,738 2018: £126,171, 2017: £182,783, 2016: £133,896, 2015: £124,444, 2014: £181,708, 2013: £138,030, 2012: £128,417), resulting in positive net movement of funds of £9,730 (positive £1 in 2019).

Reserves Policy

The trustees have identified a risk relating to the charities financial sustainability and seek to mitigate that risk through the application of a reserves policy.

The Board of Trustees has established a policy with the aim of maintaining unrestricted funds (which are the free reserves of the charity) at a level which equates to approximately 12 months' worth of future core staffing costs (estimated at £72,000). This level of reserves would enable the charity to continue its current activities and achieve its planned work programme in the event of a significant drop in funding. At the year end the free reserves were at £35,428 (2019: £25,698), which is below the level set out in the reserves policy. In 2019 the trustees implemented a strategy to diversify income sources. This

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strategy took longer than anticipated to improve the charities income, but by the end of 2020 the financial situation had improved with no need to use reserves for general expenditure.

Investments Policy

The trustees are empowered to invest the monies of ARMA in accordance with its memorandum of association (clause 4.1 j).

In practice, the Board has considered that the most appropriate policy for investing funds is the COIF Charities Deposit Fund, which has been designed for the charity sector. This fund ensures the safekeeping of reserves, whilst meeting the requirements for short notice access with minimal risk of capital loss.

PLANS FOR FUTURE PERIODS

The Board developed an operational plan for 2019 identifying priority activities to deliver the strategy. All aspects of this plan were developed in collaboration with the membership and are in line with the charitable objectives of ARMA.

Long term objectives

- No health without MSK health – driving MSK up the agenda
- Access to pain services for everyone with significant chronic pain

Core strands of ARMA activity to deliver the overall aims

- Restart of MSK services post Covid-19
- MSK Health Inequalities
- Social prescribing services to understand MSK and chronic pain and include an appropriate offer
- Access to mental health support for people with MSK conditions
- Availability of community MDT services for pain
- Pediatrics
- Access to services

During 2021 we will also review our strategy and develop a new strategy for 2022 – 2024.

Impact of Future Activities and Events

The trustees will continue to measure the charity's success by assessing the outcomes of our activities in line with our desired outcomes in the strategy.

FUNDS HELD AS CUSTODIAN

Although the charity maintains restricted funds to deal with incoming resources that are earmarked for a particular purpose by donors, sponsors and other funders, the charity does not hold, and the trustees do not anticipate that it will in future hold, any funds as custodian for any third party.

Small company provisions

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

THE ARTHRITIS AND MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

This report was approved by the trustees on 26 April 2021 and was signed for and on behalf of the board by

A handwritten signature in blue ink, appearing to read 'A Woolf', written over a dotted line.

Chair

Anthony Woolf

A handwritten signature in blue ink, appearing to read '20 May', written over a dotted line.

2021

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
Independent Examiner's Report to the trustees of the charity

The report on the accounts of the charity for the year ended 31 December 2020 set out on pages 9 to 17.

Responsibilities and basis of report

The charity's trustees 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 section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

It is my responsibility to:

- (i) examine the accounts under section 145 of the Charities Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission, under section 145(5)(b) of the Charities Act; and
- (iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

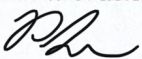
My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in, any material respect:

- (i) accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- (ii) the accounts do not accord with such records; or
- (iii) the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- (iv) the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have come across no 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.


Philip Lane FCCA
David Howard Chartered Accountants
1 Park Road
Hampton Wick
Kingston upon Thames
Surrey
KT1 4AS

20 May 2021

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)
For the year ended 31 December 2020

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
INCOME					
Income from generated funds					
Income from investment	2	55	-	55	118
Income from charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	3	92,455	7,500	99,955	91,621
TOTAL INCOME		92,510	7,500	100,010	91,739
EXPENDITURE					
Expenditure on charitable activities					
Bringing the community together to improve quality of life for people with musculoskeletal conditions	4	88,325	1,955	90,280	91,738
TOTAL RESOURCES EXPENDED		88,325	1,955	90,280	91,738
Transfers between funds	9	5,545	(5,545)	-	-
NET INCOME/(EXPENDITURE) AND NET MOVEMENT IN FUNDS FOR THE YEAR		9,730	-	9,730	1
RECONCILIATION OF FUNDS					
Fund balances at 1 January 2020	9	25,034	664	25,698	25,697
Fund balances at 31 December 2020	9	34,764	664	35,428	25,698

The net movement in funds for the above periods arises from the charity's continuing operations.

No separate Statement of Total Recognised Gains and Losses has been presented as all such gains and losses are dealt with in the Statement of Financial Activities.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2020

	Notes	2020 £	2019 £
FIXED ASSETS			
Furniture & fittings	7	-	-
Computer equipment	7	456	214
		<u>456</u>	<u>214</u>
CURRENT ASSETS			
Trade debtors		3,500	500
Other debtors		825	860
Cash at bank and in hand		57,495	74,322
		<u>61,820</u>	<u>75,682</u>
LIABILITIES			
Creditors: Amounts falling due within one year	8	26,848	50,198
		<u></u>	<u></u>
NET CURRENT ASSETS			
		34,972	25,484
TOTAL ASSETS LESS CURRENT LIABILITIES & NET ASSETS			
		<u>35,428</u>	<u>25,698</u>
THE FUNDS OF THE CHARITY			
Restricted income funds			
Local Networks Fund	9	664	664
Projects Sponsorship Fund	9	-	-
Unrestricted income funds			
General Fund	9	34,764	377
Designated Funds	9	-	24,657
		<u></u>	<u></u>
TOTAL CHARITY FUNDS			
	9	<u>35,428</u>	<u>25,698</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477(2) of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts:

- (i) to keep accounting records in accordance with section 386;
- (ii) to prepare accounts which give a true and fair view of the state of affairs of the company in accordance with section 393, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The financial statements are prepared in accordance with the special provisions of the Companies Act 2006 and section 138 of the Charities Act 2011. These accounts are prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)).

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
BALANCE SHEET
31 December 2020

The financial statements on pages 9 to 17 were approved by the Board of Directors and authorised for issue on 20 May..... 2021 and signed on their behalf by

.....Chair
Anthony Woolf

.....Treasurer
Zakyuddin Vera

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

1. ACCOUNTING POLICIES

a) Basis of accounting

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 2019) - Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The principal accounting policies adopted in the preparation of the financial statements are set out below.

b) Income

Grants, donations and other similar types of voluntary income are brought into account when received, except that donated income is included gross of any attributable tax recoverable, where relevant. Donations given for specific purposes are treated as restricted income. Investment income is accounted on a receivable basis once the dividend has been declared, or the interest earned. Credit is taken in the accounts for the proportion of subscriptions, which are receivable in the financial period. All other types of income are also accounted for on an accruals basis.

c) Expenditure

Expenditure is allocated to the charity's principal activity where the costs can be identified as being directly related to that activity. All costs that cannot be identified as relating directly to the charity's principal activity are categorised as either support costs or governance costs. Any costs that cannot be specifically categorised are allocated in proportions based upon a suitable ratio applicable to the nature of the cost involved.

d) Tangible fixed assets and depreciation

Tangible fixed assets are stated at historical cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its useful life, as follows:

Furniture & fittings - 15% per annum

Computer equipment - over 3 years

e) Fund accounting

The general fund comprises the accumulated surpluses of unrestricted incoming resources over resources expended. They are available for use in furtherance of the general objectives of the charity.

Designated funds are a particular form of unrestricted funds consisting of amounts, which have been allocated or designated for specific purposes by the trustees. The use of designated funds remains at the discretion of the trustees.

Restricted funds are funds subject to specific conditions imposed by donors. The purpose and use of the restricted funds are set out in the notes to the accounts. Amounts unspent at the year end are carried forward in the balance sheet.

f) Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The charity was incorporated in England and Wales on 2 March 2005, with Company no. 5380237, and UK Charity no. 1108851, registered on 5 April 2005. The registered office is 24 Holborn Viaduct, London, EC1A 2BN.

h) Debtors

Trade and other debtors are recognised at the settlement amount due.

i) Going concern

The Charity's activities, together with the factors likely to affect its future development, its financial position, financial risk management objectives and derivative activities, and its exposures to liquidity and cash flow risk are described in this Trustee Directors' Report.

The Charity has significant reserves and sufficient cash resources, with no debt, which will make it possible to fund the Charity activities. Expenses are also managed, where possible, in line with contributions received. As a consequence, the Trustee Directors believe that the Charity is well placed to manage its business risks successfully given the current economic outlook.

After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in preparing the annual report and accounts.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

2 INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Bank interest receivable on short term cash deposits	55	-	55	118

3. INCOME FROM OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Subscriptions	49,436	-	49,436	44,020
Consultancy work	2,300	-	2,300	-
Grants - Government	5,321	-	5,321	-
Grants - other	10,400	7,500	17,900	46,500
Donations	3,637	-	3,637	649
Other	132	-	132	452
Seminars and conferences	21,229	-	21,229	-
	<u>92,455</u>	<u>7,500</u>	<u>99,955</u>	<u>91,621</u>

4 COSTS OF BRINGING THE COMMUNITY TOGETHER TO IMPROVE QUALITY OF LIFE FOR PEOPLE WITH MUSCULOSKELETAL CONDITIONS

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Advocacy	18,950	-	18,950	18,130
Members workshop	-	1,955	1,955	3,916
	<u>18,950</u>	<u>1,955</u>	<u>20,905</u>	<u>22,046</u>
Support costs (see note 5)	60,817	-	60,817	60,257
Governance costs (see note 5)	8,558	-	8,558	9,435
	<u>88,325</u>	<u>1,955</u>	<u>90,280</u>	<u>91,738</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

5 SUPPORT AND GOVERNANCE COSTS

	Support Costs	Governance costs	Total 2020	Total 2019
	£	£	£	£
Staff costs	51,155	5,684	56,839	54,414
Staff development	255	29	284	-
Meeting costs	18	2	20	2,477
Stationery, telephone and postage	812	90	902	1,167
Computer and software	930	104	1,034	919
Sundries	12	1	13	13
Subscriptions	220	25	245	188
Website management	3,287	365	3,652	3,812
Conferences	270	30	300	660
Insurance	713	79	792	837
Accountancy	2,664	296	2,960	2,960
Independent Examiners Fees	-	1,800	1,800	1,800
Seminars and conferences	-	-	-	120
Bank charges	83	9	92	111
Depreciation	398	44	442	214
	60,817	8,558	69,375	69,692

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

6. TRUSTEE AND STAFF COSTS

a) Trustee information

The trustees and company directors received no remuneration for their services during the current or previous year, except as noted below

During the year no trustees (2019: five trustees) were reimbursed for meeting expenses incurred on behalf of the charity totalling £nil (2019: £779).

b) Staff information

	Total 2020	Total 2019
The average number of staff employed by the charity during the year was as follows:		
Bringing the community together to improve quality	<u>2</u>	<u>2</u>
Staff costs for the above persons:	£	£
Salaries and wages	51,928	49,012
Social security costs	3,298	3,829
Pension costs	1,613	1,573
	<u>56,839</u>	<u>54,414</u>

During the year no employees (2019: none) received emoluments over £60,000.

The charity director Susan Brown, who is not a Trustee, was paid £54,390 for the year ended 31st December 2020.

7 TANGIBLE FIXED ASSETS

	Furniture & fittings	Computer equipment	Total
COST	£	£	£
1 January 2020	1,119	2,172	3,291
Additions	-	684	684
Disposals	-	(1,530)	(1,530)
31 December 2020	<u>1,119</u>	<u>1,326</u>	<u>2,445</u>
DEPRECIATION			
1 January 2020	1,119	1,958	3,077
Disposals	-	(1,530)	(1,530)
Charges for the period	-	442	442
31 December 2020	<u>1,119</u>	<u>870</u>	<u>1,989</u>
NET BOOK VALUE			
31 December 2020	<u>-</u>	<u>456</u>	<u>456</u>
1 January 2020	<u>-</u>	<u>214</u>	<u>214</u>

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

8 CREDITORS

Amounts falling due within one year:	2020	2019
	£	£
Trade creditors	2,420	724
Taxation & social security costs	1,911	1,764
Other creditors	378	811
Accruals and deferred income	22,139	46,899
Total	26,848	50,198

9 THE FUNDS OF THE CHARITY

	At 1 January 2020	Incoming Resources	Resources expended	Transfers between funds	At 31 December 2020
	£	£	£	£	£
Restricted income funds:					
Local Networks Fund	664	-	-	-	664
Projects Sponsorship Fund	-	7,500	(1,955)	(5,545)	-
Unrestricted income funds:					
General Fund	377	92,510	(88,325)	30,202	34,764
Designated Future Development Fund	24,657	-	-	(24,657)	-
	25,698	100,010	(90,280)	-	35,428

Local Networks Fund

The Local Networks Fund was set up to develop Local Networks with the support of the Department of Health's Section 64 grant scheme and to receive other grants for use by individual ARMA local groups. The balance on the fund at the year end includes £664 (2019: £664) for use by ARMA Dorset.

Projects Sponsorship Fund

A fund for specific projects undertaken by ARMA in partnership with its members.

Designated Future Development Fund

The Board agreed at their meeting on 29 October 2020 that there was no longer a need to hold a Designated Future Development Fund and these should be transferred into General Funds.

THE ARTHRITIS & MUSCULOSKELETAL ALLIANCE
NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 December 2020

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Current assets	Current liabilities	Total	
Restricted income funds:	£		£	£	£
Local Networks Fund	-	664	-	664	
Projects Sponsorship Fund	-	-	-	-	
Unrestricted income funds:					
General Fund	456	61,156	(26,848)	34,764	
Designated Future Development Fund	-	-	-	-	
	456	61,820	(26,848)	35,428	

11. CONTROL

The company is limited by guarantee and as such has no share capital. The company is controlled by its members who are the 32 member organisations which subscribe to the Arthritis and Musculoskeletal Alliance. Every member organisation of the company undertakes to contribute such amounts as may be required not exceeding £1 to the assets of the company if it should be wound up whilst the organisation is a member or within one year after the organisation ceases to be a member.