



**Polymyalgia Rheumatica  
& Giant Cell Arteritis UK**

**Accounts  
and  
Annual Report  
2022 - 2023**

### **Message from Chair of trustees**

As the scale and urgency of the Covid-19 pandemic has subsided, I'm sure we all feel huge gratitude to the scientists, health professionals, organisers and volunteers who created and rolled out the immunisations that protected so many, particularly the vulnerable. And we can take stock of the pandemic's – on each of us, on families, and on the nation. In addition, Covid-19 has significantly altered the way organisations work, and we at PMRGCAuk have not been exempt from that. Paradoxically I feel we have emerged stronger from the health crisis, with new ways of working and a wider reach to our members, and also to others with or affected by PMR and GCA who are not members (though we hope they will become so!).

Central to that change of course has been the adoption of remote access and Zoom technology, most obviously affecting our Annual General Meeting. Although the face-to-face personal networking has been lost – and some members as well as our staff and trustees have missed that – many more people have participated, and so 2023 will also be by Zoom. Similarly, some of our larger support groups have stayed with remote meetings. However, at the same time we can all welcome the return of the chance to choose how and when our support groups can meet. For the future, PMRGCAuk will continue to help support groups to do whichever format they choose. Importantly, we will also continue to exploit Zoom to broadcast the regular webinars which are so popular.

Which leads me on to thank our experts who have 'zoomed' for us – Sarah Mackie (one of our patrons) and Jo Robson, Sarah Leyland from the Royal Osteoporosis Society, Sara Muller and Chetan Mukhtyar, during the year's AGM/Members' Day and PMRGCAuk week, and to all who helped fundraise during that week and at other times.

The annual report gives much more detail of each of our activities – particularly the telephone helpline, the support groups, and the HealthUnlocked forum. Each of these is totally dependent on our volunteers, who do this for no other reward than that of helping others. We are enormously grateful to them. But – importantly – we need to recruit more people to help, particularly for the helpline and as advisers on HealthUnlocked: please contact us if you would like to help – email [info@pmrgca.org.uk](mailto:info@pmrgca.org.uk). The report also outlines the research grant that we were enabled to give following a generous donation from one of our members, which will provide important information on how PMR is being managed 'in the real world'. This is an important step to becoming involved in research, and in the near future we have other research projects planned. As the charity representing the interests of people with PMR and GCA, we have an important role both in helping researchers, but also in helping drive the research agenda. I should also mention our website, and Newswire, which following their recent design and content upgrades have become even more informative and impressive.

We are also of course totally dependent on our staff – particularly Fran Benson, whose many responsibilities include the production of Newswire, and above all Candy Horsbrugh our director who keeps everything together; and I also want to thank my fellow trustees who make such a major contribution.

Humphrey Hodgson  
**Chair of Trustees**

*PMRGCAuk is an absolute lifeline with information about a condition that very few people understand.*

## **Membership**

### **Membership - our driving force**

Our members are vital to the work we do, from shaping our services and strategy to acting as ambassadors and fundraisers for the charity.

Our membership fee is still only £15 a year and by the end of March 2023 we had 1585 members. This includes patient, friend and professional members of which 370 were new members during 2022/2023.

While members come and go as people go into remission, 25% of our membership have been with us for five years or more.

*"The support that I have received as a member of PMRGCAuk has been invaluable – the magazine, webinars, website, staff, volunteers. I found it difficult to understand what had happened to me, how my life had changed so suddenly, and you made me feel less alone and more able to sort myself out. Thank you."*

*"Really appreciate the charity doing the webinars and making them available to the members."*

*"It's great feeling involved, that I'm part of a wider community of people suffering from the same disease."*

## **Members' Day**

Our Members' Day and AGM 2022 took place online. Our expert speakers from the medical and research community, who all took the time to answer some of our members' questions, were Dr Sarah Mackie and Dr Jo Robson

Dr Sarah Mackie, Associate Professor and Consultant Rheumatologist at the University of Leeds spoke about the PMR Voices project that she led during the winter of 2021 which was a patient involvement project in PMR and included two patients (Lorna Neill, Margaret Grover) and two Leeds-based patient and public involvement specialists (Amy Rebane, Hanif Ismail), as well as Zoom discussions with many of our own members and clinicians.

Dr Jo Robson, Associate Professor in Rheumatology, UWE Bristol and Bristol Royal Infirmary's talk was on the development of a patient reported outcome measure (PROM) questionnaire to measure the impact on quality of life from having giant cell arteritis. Patient and clinician feedback was pretty positive about making joint decisions and improved communication. Clinicians acknowledged that it enabled patients to discuss their anxieties and concerns. Patients said that they felt it helped to manage the GCA.

### **Feedback from attendees:**

- *The whole thing was excellent.*
- *Personally, the fact that my husband watched from beginning to end and that he was extremely impressed with the high level of support available for PMR/GCA patients. The quality of content enabled greater understanding for him. Everything was described in terms easily understood by those of us who have little/no scientific background.*
- *Another chance to learn a little more.*
- *Just a very big thank you for providing such informative and enjoyable sessions they are really helping me understand my conditions (GCA & PMR & Osteoarthritis). Comprehension of the conditions and the ongoing research gives me hope that I can recover from GCA and hopefully PMA and reduce/ stop Prednisolone and Methotrexate at some point.*
- *Just -Thank you so much for all the support you give The Webinar lectures and the magazine and of course the Forum*
- *Gratitude, that is my comment. Gratitude for the charity, forum, the wise-old hands fielding people's concerns so well....without giving medical advice. Especially in the states, we have so very much to learn about GCA...the more I know, the better patient I can be.*

## **PMRGCAuk Week 6 – 12 June 2022**

### **PMRGCAUK WEEK**

PMRGCAuk week 2022 celebrations remained online and took place in June. We were delighted to welcome our three guest speakers and more than 200 members and guests to our PMRGCAuk Week webinars.

Sarah Leyland from the Royal Osteoporosis Society (ROS) spoke about **osteoporosis, steroids and PMR**. She gave a detailed explanation of what osteoporosis is, its symptoms and causes, the impact of steroids and what patients can do to help themselves.

The second webinar, with our trustee Sara Muller. Sara spoke about the **long-term use of glucocorticoids for PMR**, which was a follow-up of a PMR Cohort Study undertaken at Keele University

The third webinar was with Dr Chetan Mukhtyar whose talk was **GCA: A Giant Update**. He spoke in depth about GCA, explaining what it actually is and the range of symptoms someone might experience as well as the treatment and care they should expect.

We also launched our 2023 calendar photo competition after the success of our previous year's calendars photo competition. This year we had over twenty-two entrants and 75 photos to choose from. Thank you to everyone who sent in a photo.

Thank you to all our members who gave donations for PMRGCAuk Week and for the lovely messages of thanks. We raised over £250 in donations from PMRGCAuk Week and £1,400 from the sale of calendars and Christmas cards. Thank you to Pat Fedi, our volunteer who sent out the Christmas cards and to Sue Beesty who sent out the calendars.

### **Feedback from attendees:**

*"Thank you for a very clear presentation, very helpful."*

*"PMRGCA UK website provides comprehensive information and help I will now also use ROS website too."*

*"Thanks, Sarah. This has been an excellent session. Very professional manner and content while answering the questions of a reasonably well-informed audience!"*

*"thanks to all, appreciated - great work by both organisations."*

*"excellent presentation - very informative. Thank you"*

*"Thank you very much. Very helpful to me as a relative newbie to PMR and GCA"*

*"Thanks very interesting & informative"*

*"Thank you it answered all my questions and more. Very useful."*

*" Brilliant, so much information which I can relate to GCA and PMR and very useful information from other participants thank you so much."*

## Providing support and information

**We provide support through our Telephone Helpline, our national network of Support Groups and through our online HealthUnlocked forum.**

### **Telephone Helpline**

The Helpline volunteers spoke to 368 (403) callers from April 2022 - March 2023 with less calls during the summer months and in December. The main reasons for calling are for information about PMR and/or GCA; questions and concerns about taking and reducing steroids; needing support generally with managing their condition and to talk to someone who understands through having had PMR or GCA. Calls may last from 5 - 45 minutes each, with an average of 15- 20 minutes, depending on the need of the caller.

The helpline team consisted of six volunteers during this time taking calls from Monday to Friday 9am to 5pm. If the call is unable to be answered immediately the caller is invited to leave a message and will be called back.

### **Statistics**

- 75% of callers had PMR; 15% GCA; 10% had both.
- The average age of callers was 71 and 77% of callers were women.
- 47% were newly or recently diagnosed; 44% had been diagnosed between 1-4 years and 7% over 5 years.
- 71% of the people we speak to are first time callers and 29% of all callers have called more than once, with a small core of these who have called several times.
- 84% of calls were for information and at the end of their call many callers were directed to the website for more information or sent an information pack.
- 85% of callers are asking for information about the conditions, medication and management of steroid reduction.
- Almost half of all callers appear to need to talk about their concerns and required a supportive understanding ear from someone who knows what it is like to have the condition(s) and to be on long term steroids.
- 5% of callers asked questions about steroid sparing medication.
- 15% of callers were unhappy and expressed dissatisfaction with their management locally and felt especially unsupported with the difficulty accessing their medical team or other support.
- 20% of callers are recorded as being members of PMRGCAuk.

Many callers express their gratitude directly of being able to speak with someone who understands what they are experiencing and know how they feel. We aim to answer most of the calls in person, but this is not always possible and not all callers feel able to leave a message which we regret as we will always call back if invited to.

The funding for the Helpline training with Alice Hanscomb has continued, thanks to the James Tudor Foundation, for the third year running. This is invaluable for our support and improving the support we give to others.

*"I am very grateful to the Helpline as it was helpful to talk to someone who understood and could help me get my mind straight."* **Helpline caller**

*"I have found the polymyalgia helpline invaluable."* **Cumbria group member**

## **Support groups**

Having a dedicated resource focusing on support groups, throughout the country, has had a positive impact on the number of active support groups and therefore increased the number of members we can support.

Since the pandemic, the biggest change has been the joy of people once again being able to meet in person. Simple cafe meetups seem to be the preferred way forward, where the benefit of meeting someone who understands PMR and/or GCA is immense and cannot be underestimated. We have been busy restarting groups, setting up brand new groups and helping with the smooth transition as new GOs take over from departing ones. Groups are running from Kendal to Truro and some of the brand-new groups this year include Ashford Kent, Luton & St Albans, Chichester, Haywards Heath and Havant (Portsmouth). We have also been able to restart some existing groups such as Harlow, London, Sevenoaks, Tonbridge and Tunbridge Wells, Cambridge, Maidstone and Eastbourne helped by the support of Regional Organisers and very dedicated and enthusiastic local Group Organisers. This is despite the number of challenges facing groups which include finding suitable meeting venues, retaining and/or recruiting GOs and raising awareness. We have successfully increased attendance at meetings by ensuring our website is always up to date, improving posters and leaflets and increasing our use of social media. Zoom meetings still hold a vital role and enable those unable to get to a local in person meeting to continue to access support and companionship.

Our GOs are all incredible volunteers and it's thanks to them we can support a far greater number of members. As a charity, we always face the challenge of increasing awareness but with the growth of local groups and members, we can spread the word and continue to grow our presence.

*Don't lose heart! I was on my 3rd attempt that I finally arrived at 0 Pred without needing to go back. I did feel very nervous without the anchor of Pred, but this worked for me. It's been almost 2 years without Pred, and yes, I do feel really well. So, hope this helps!*

**Kendal group member**

*I'm very pleased to be part of a growing support group for PMR, I look forward to our monthly meetings and feel I have made some new friends.*

**Kendal group member**

### ***Rosemary, Kendal Support Group***

*I had PMR for 1 year and the first Covid lockdown March 2020. There was no functioning support group in Cumbria or Northwest so I looked further afield, found the Yorkshire Support Group and asked if I could join them. I was welcomed and their Zoom meetings were a lifeline for me.*

*When restrictions eased, I contacted Candy about offering a coffee and chat meeting for any interested members in my area. She wrote to several, set up the contact email and we got a few responses. I fixed on my nearest town, Kendal in an easily accessible spacious cafe with car park. My first meeting was with C and we had a really enjoyable conversation exchanging experiences and information etc.*

*I then started organising meetings about 6- 8 weeks at the same venue from 11am to 1pm aiming to be friendly, informal and mutual supportive. Our numbers grew up to 6 people at each and that*

*seems to work well. Some people came to know about the group via the PMR/GCA helpline or website.*

*We draw from Lancashire, North Yorkshire and far northwest Cumbria - the geography, transport and weather are challenges to everyone wanting to attending our cafe gatherings.*

*In order to reach out to more people I have recently been distributing posters and leaflets ( designed and printed by the charity ) to GP surgeries, chemists, libraries ,churches, Age UK, charities, cafes, community centres and public notice boards in many villages and towns in the wider rural area. This has produced 3 extra members so far to add to the mailing list. Group members have also taken posters to display in their locality.*

*The charity also sent an email to members in the relevant postcodes notifying them of the group and this produced 3 more new people.*

*We currently have 12 people on the email list covering a wide area, some of whom I have yet to meet. The group consist of people with PMR and tapering steroids, people with GCA, 2people in remission from PMR , 2 with a change of diagnosis and several with accompanying complex conditions. We have working parents but are predominately over 60 retired and female. Some people see rheumatologists and others access GP/nurse services and all with mixed experiences.*

*It has been a very interesting experience and I hope the beginning of offering more direct support to people affected by PMR/GCA in this region. My aspiration would be to stimulate interest in starting more cafe and chat support groups in the northwest of England through diverse means.*



## **PMRGCAuk INFORMATION PACKS**

We have Information packs for newly diagnosed people (or for people who have just found the charity) with PMR and GCA. They consist of information about the charity, British Society for Rheumatology (BSR) guidelines on PMR/GCA, our Symptoms leaflet and our How We Can Help leaflet and booklets on PMR and GCA. These can be requested via our website for a digital or hard copy version. In the last few years, the numbers of Information Packs which have been sent out has increased (details below). This could be due to more people being diagnosed with either condition or but more likely due to the charity's increased presence due to work we have done with researchers, our improved website and the support we give to people via our support groups, helpline and our online forum, HealthUnlocked. The majority of our hard copy information packs are requested via our website, but a number also come directly via our Helpline who request them on behalf of people who have called the Helpline for support.

### **2020/2021**

**Total information packs requested: 603**

Hard copy: 171

Digital copy: 432

### **2021/2022**

**Total information packs requested: 866**

Hard copy: 303

Digital copy: 563

### **2022/2023**

**Total information packs requested: 1046**

Hard copy: 342

Digital copy: 704

We would like to thank Laurene Brooks, our volunteer who sends out all hard copy information packs and keeps details and up to date information on packs sent out.

### **HealthUnlocked forum**

Our PMRGCAuk HealthUnlocked forum is an online patient-led community, enabling members to share their experiences and offer support. Members continue to support each other and engage with the forum on a regular basis; it is a great space not just for those newly diagnosed, but anyone who wants to share experiences and feel less alone. It is a vital and vibrant place and numbers of members continue to grow. HealthUnlocked is administrated and moderated by PMRGCAuk staff and trustees. We are very grateful for all the support we receive on HealthUnlocked, but particularly to our volunteers known as PMRPro, DorsetLady and Mrs Nails (who stepped down during the year), whose constant work and support is invaluable to the smooth running of the forum.

At the end of March 2023, we had 4,665 active members, with on average about 190 new members signing up each month.

### **Quotes about the HealthUnlocked forum**

*Just a thank you for all the help and support I received with my flare question, too many to answer individually. As always, I don't know how I would have managed without this site. Very grateful and it helps to know so many are others are grappling with this illness, let's hope for all of us to have better days. HealthUnlocked member, 2023*

*Just to thank this group for the unending support it gives us sufferers. It is so much appreciated. HealthUnlocked member, 2023*

*I haven't written very much on the forum but I do read the comments every day and have found them very helpful and supportive. The volunteers do a great job. Sincere thanks to you. HealthUnlocked member, 2023*

### **Raising awareness and funds**

**James Tudor Foundation** - £1,500 towards the continued training of our Helpline volunteers

**Anonymous** donation from a foundation who donated £1575 towards training of our Helpline volunteers for 23/24

**Regional Lions Clubs donated to some of our Support Groups:**

£200 from the Pinner Lions Club to our Pinner Support Group

£250 from the Dartford Lions Club to our Dartford Support Group

£250 from the Whitstable Lions Club to our Whitstable Support Group

**Christmas Card and calendar 2022 sales** – we raised £1,400 from sales of Christmas cards. Thank you to Pat Fedi, our volunteer who sent out all the Christmas cards and to Sue Barrass, who sent out the calendars.

### **Supporting research**

- £50,000 grant towards research into PMR

In March 2021, PMRGCAuk received a very generous donation from one of our members of £50,000 for a grant towards research into PMR.

In 2022/23 we awarded £10,000 of this donation to Anne O'Brien of Keele University and her team to create, with patients' and health professionals' input, a PMR-specific exercise education leaflet looking at safe exercise, the importance of keeping moving and pacing oneself, maintaining physical function and independence. Exercise is advocated in international PMR guidelines and many patients want to engage in exercise but are unsure of what they should be doing, and many need reassurance that exercise is not harmful. This study, and the resulting leaflet, will help to address patients' concerns in this area.

*(We awarded a substantial sum of this to Dr Max Yates in January 2022 to research "Improving the quality of glucocorticoid prescribing for PMR in England". This will be completed by December 2023.)*

**We are immensely grateful to the grant maker for their very generous grant.**

## **PMRGCA**

### **Annual Report and Accounts for 2022/23**

#### **Financial Review**

This year we recorded a deficit on all activities of £26,185 as a result of increasing staffing levels to further develop the services provided to our users. The capacity to do so comes from legacies in previous years which increased our reserves.

#### **Income**

Income for the year was £77,498 of which £59,957 was from the subscriptions and donations of the charity's users with a further £10,332 of grant income. There were smaller levels of income from other fundraising activities and from investment income.

#### **Expenditure**

Expenditure for the year was £103,683 of which the major cost was salaries totalling £75,291. Expenditure on restricted funds includes the continuing development of the support group networks in Kent and Sussex for which we have received specific grant funding from the Kent and Sussex Community Foundations and the helpline volunteer training programme. The ongoing development of the support group networks in other areas is currently funded from general reserves.

#### **Balance Sheet**

As a result of the deficit incurred in the year total funds reduced by £26,185 to £239,373. The trustees will continue to use these reserves and future income to support the needs of its members and to develop the services for its members in a sustainable way.

#### **Reserves analysis**

During the year the Legacy Reserve reduced by £16,100, Restricted Reserves reduced by £2,598 and the General Reserve reduced by £7,487 to £69,314 and remains consistent with the reserves policy to maintain at least three to six months of operating costs in line with Charity Commission guidance.

#### **Reserves Policy**

Charities are required to have a reserves policy to show they have sufficient reserves to continue to meet their obligations and to show that excess reserves are not being held. The trustees have resolved to maintain the following reserves out of unrestricted funds.

##### **1. General Reserve**

The Trustees have resolved that the General Reserve should be sufficient to meet three to six months of the charity's ongoing operating costs.

##### **2. Legacies Reserve**

The Trustees have resolved to create a specific Legacies Reserve the purpose of which is to enable the Trustees to manage large unrestricted legacies in an efficient and effective manner to best promote the Charity's objectives and the Public Benefit. This policy provides for the steady and controlled release of such funds into the charity's general reserves in order to avoid the financial distortions and instabilities which can be created by the irregular and unexpected receipt of significant legacies.

The Trustees have established the following principles to apply to the Legacy Reserve:

- The first £5,000 of any individual unrestricted legacy will be treated as part of the General Reserve and any excess over £5,000 will be added to the Legacies Reserve.
- At the start of each financial year one-eighth of the remaining balance of each legacy previously added to the Legacies Reserve will be released to the General Reserve.

This policy was introduced with effect from 01 April 2020.





Section A

Independent Examiner's Report

Report to the trustees

Charity Name

Polymyalgia Rheumatica and Giant Cell Arteritis UK

On accounts for the year  
ended

31<sup>st</sup> March 2023

Charity no  
(if any)

1128723

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

Date:

20/08/2023

Name:

Katherine Dawn Gamage CGMA

Relevant professional  
qualification(s) or body

Associate Member of the Chartered Institute of Management Accountants (ACMA, CGMA)



**Address:**

8 Pemscott Close

Alvescot, Bampton

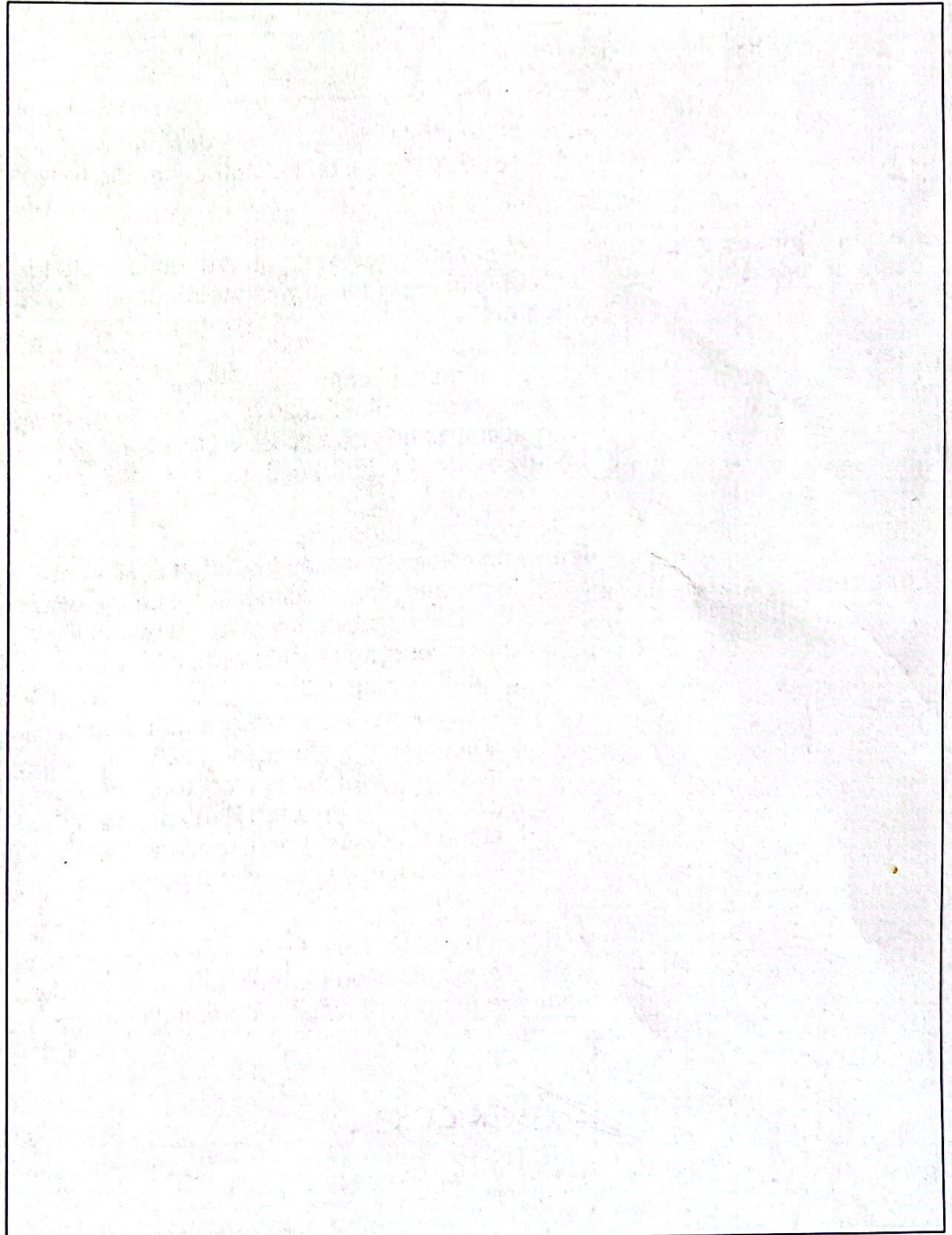
OX18 2QE

**Section B**

**Disclosure**


Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**





# Statement of Financial Activities

 CHARITY COMMISSION FOR ENGLAND AND WALES	PMRGCAuk				Charity No (if any)	1128723	
					Company No	6763889	
	Annual accounts for the period						
	Period start date		01/04/2022	To	Period end date	31/03/2023	

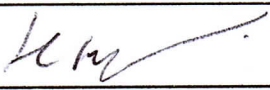
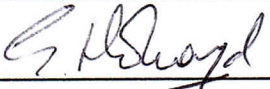
Section A Statement of financial activities (including summary income and expenditure account)							
Recommended categories by activity		Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
			£	£	£	£	£
Incoming resources (Note 3)			F01	F02	F03	F04	F05
Income and endowments from:							
Donations and legacies		S01	59,957	-	-	59,957	66,421
Charitable activities		S02	2,417	9,332	-	11,749	16,953
Other trading activities		S03	1,983	-	-	1,983	2,294
Investments		S04	3,809	-	-	3,809	376
Separate material item of income		S05	-	-	-	-	-
Other		S06	-	-	-	-	-
Total		S07	68,166	9,332	-	77,498	86,044
Resources expended (Note 4)							
Expenditure on:							
Raising funds		S08	15,675	-	-	15,675	13,439
Charitable activities		S09	72,383	11,930	-	84,313	63,915
Separate material item of expense		S10	-	0	-	0	38,498
Other		S11	3,695	-	-	3,695	2,459
Total		S12	91,753	11,930	-	103,683	118,311
Net income/(expenditure) before tax for the reporting period							
		S13	- 23,587	- 2,598	-	- 26,185	- 32,267
Tax payable		S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)							
		S15	- 23,587	- 2,598	-	- 26,185	- 32,267
Net gains/(losses) on investments		S16	-	-	-	-	-
Net income/(expenditure)							
		S17	- 23,587	- 2,598	-	- 26,185	- 32,267
Extraordinary items							
		S18	-	-	-	-	-
Transfers between funds							
		S19	-	-	-	-	-
Other recognised gains/(losses):							
Gains and losses on revaluation of fixed assets for the charity's own use		S20	-	-	-	-	-
Other gains/(losses)		S21	-	-	-	-	-
Net movement in funds							
		S22	- 23,587	- 2,598	-	- 26,185	- 32,267
Reconciliation of funds:							
Total funds brought forward		S23	205,599	59,959	-	265,558	297,825
Total funds carried forward							
		S24	182,012	57,361	-	239,373	265,558

## Section B

## Balance sheet

	Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
		£	£	£	£	£
		F01	F02	F03	F04	F05
<b>Fixed assets</b>						
Intangible assets	B01	-	-	-	-	-
Tangible assets	B02	-	-	-	-	-
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
<b>Total fixed assets</b>	B05	-	-	-	-	-
<b>Current assets</b>						
Stocks	B06	-	-	-	-	-
Debtors (Note 7)	B07	8,283	-	-	8,283	8,101
Investments	B08	137,834	43,438	-	181,272	179,973
Cash at bank and in hand	B09	38,817	13,923	-	52,740	78,788
<b>Total current assets</b>	B10	184,934	57,361	-	242,295	266,862
<b>Creditors: amounts falling due within one year</b> (Note 8)	B11	2,922	-	-	2,922	1,304
<b>Net current assets/(liabilities)</b>	B12	182,012	57,361	-	239,373	265,558
<b>Total assets less current liabilities</b>	B13	182,012	57,361	-	239,373	265,558
<b>Creditors: amounts falling due after one year</b>	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
<b>Total net assets or liabilities</b>	B16	182,012	57,361	-	239,373	265,558
<b>Funds of the Charity</b>						
Endowment funds	B17	-	-	-	-	-
Restricted income funds (Note 9)	B18	-	57,361	-	57,361	59,959
Unrestricted funds (Note 11)	B19	182,012	-	-	182,012	205,599
Revaluation reserve	B20	-	-	-	-	-
<b>Total funds</b>	B21	182,012	57,361	-	239,373	265,558

Signed by two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Humphrey Hodgson	25/09/2023
	Geoff Holroyd	25/09/2023

## **Notes to the Financial Statements**

### **1. Basis of Preparation**

The financial statements have been prepared on a going concern basis under the historical cost convention.

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charity is a public benefit entity for the purposes of FRS 102 and therefore the Charity also prepares its financial statements in accordance with the 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 (The FRS 102 Charities SORP) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

#### **Going concern**

At the time of the approving the accounts, the trustees have a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. Thus the Directors continue to adopt the going concern basis of accounting in preparing the accounts.

### **2. Accounting Policies**

#### **Income Recognition**

Income is recognised when there is entitlement to the funds, the receipt is probable and the amount can be measured reliably. Income is recognised in the year to which it relates and on an accruals basis. Legacies are included when the legacy is received or when the charity is notified of an impending distribution which can be quantified and receipt is probable, whichever is the earlier. Recoverable taxation is accounted for on an accruals basis.

#### **Expenditure**

Expenditure is accounted for on an accruals basis and allocated directly to the expenditure headings as far as practically possible to reflect the activities of the charity. Charitable activities comprise direct expenditure including direct staff costs attributable to the activity.

#### **Employee benefits - Pensions**

The Company operates a defined contribution plan for its employees. These contributions are recognised as an expense when they are due. Amounts not paid are shown in accruals in the balance sheet.

#### **Fund Accounting**

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or are raised by the charity for specific restricted purposes.

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

The Legacies Fund is to enable the Trustees to manage large legacies in an efficient and effective manner avoiding the financial distortions and instabilities which can be created by the irregular and unexpected receipt of significant legacies.

## Cash and cash equivalents

Cash and cash equivalents include cash in hand and bank deposits.

## Critical accounting estimates and areas of judgement

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

## 3. Donations and legacies

	Year to 31 Mar 23	Year to 31 Mar 22
	£	£
Membership fees	21,280	20,685
Donations	32,730	34,780
Gift Aid	5,947	7,648
	59,957	63,113
Legacies	-	3,308
	59,957	66,421

Membership fees and general donations have remained stable year on year.

## 4. Charitable Expenditure

	Year to 31 Mar 23	Year to 31 Mar 22
	£	£
Staff costs	62,130	48,731
Funding of research project	-	38,498
Other costs	22,183	15,185
	84,313	102,414

## 5. Trustees

None of the trustees received any remuneration during the year. There were no trustee expenses during the year (£138.63 in 2021/22).

## 6. Employees

Employees		
	Year to	Year to
	31 Mar 23	31 Mar 22
Employment costs	£	£
Wages and salaries	73,782	58,502
Taxes	-	335
Pensions	1,509	1,256
	75,291	60,093
The average number of employees during the year was	4.7	3.3

The average number of employees on a full time equivalent basis was 2.5 (2021/22: 2.0).

## 7. Debtors

	Year to	Year to
	31 Mar 23	31 Mar 22
	£	£
Gift Aid accrual	6,000	7,750
Investment Interest	2,283	351
	8,283	8,101

## 8. Creditors: Amounts falling due within one year

	Year to	Year to
	31 Mar 23	31 Mar 22
	£	£
Independent Examiner's fee	700	600
Social security and pensions costs	266	237
Other creditors	1,956	467
	2,922	1,304

## 9. Restricted Funds

<b>2022/23</b>	<b>Balance at 01 Apr 22</b>	<b>Income</b>	<b>Expenditure</b>	<b>Balance at 31 Mar 23</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Stone King Legacy	21,186	-	- 2,500	18,686
James Tudor	-	1,500	- 1,400	100
Anonymous Grantor	-	1,575	-	1,575
Garfield Weston	1,029	-	- 1,029	-
Wellcome Trust	5,981	-	-	5,981
Kent Community Foundation	5,025	4,857	- 4,445	5,437
Sussex Community Foundation	4,726	-	- 2,046	2,680
Tesco	510	-	- 510	-
Sevenoaks Distric Council	-	1,400	-	1,400
Member Donation	11,502	-	-	11,502
Amalgamation with North East PMRGCA	10,000	-	-	10,000
	59,959	9,332	- 11,930	57,361
<b>Restricted Income</b>				
<b>2021/22</b>	<b>Balance at 01 Apr 21</b>	<b>Income</b>	<b>Expenditure</b>	<b>Balance at 31 Mar 22</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Stone King Legacy	24,886	-	- 3,700	21,186
James Tudor	-	1,500	- 1,500	-
Garfield Weston	2,472	-	- 1,443	1,029
Wellcome Trust	5,981	-	-	5,981
Masonic Trust	100	3,000	- 3,100	-
Kent Community Foundation	4,000	4,980	- 3,955	5,025
SussexCommunity Foundation	-	4,864	- 138	4,726
Tesco	-	1,000	- 490	510
Member Donation	50,000	-	- 38,498	11,502
Amalgamation with North East PMRGCA	10,000	-	-	10,000
	97,439	15,344	- 52,824	59,959
<b>Purpose of each Fund</b>				
Stone King Legacy	To be spent on new development			
James Tudor Foundation	To fund the training and support for the member helpline			
Anonymous Grantor	To fund the training and support for the member helpline			
Garfield Weston	Information packs, marketing and PR			
Wellcome Trust	Roadshows outside London			
Masonic Trust	Befriending project			
Kent Community Foundation	To fund a part-time co-ordinator of the Kent support groups			
Sussex Community Foundation	To fund a part-time co-ordinator of the Sussex support groups			
Tesco	To fund a part-time co-ordinator of the Kent support groups			
Sevenoaks District Council	To fund a part-time co-ordinator of the Kent support groups			
Member Donation	Funding for a research project			
Amalgamation with North East PMRGCA	To fund GP awareness of PMR and GCA in the North East			

### Prior year adjustment to Restricted Funds

Over the past three accounting periods certain items of expenditure on the production and distribution of information packs for members have been misclassified as general expenses when they should have been recorded against restricted income.

The impact is not material, the balance of the Restricted Income reserve at 31 March 2023 is £3,800 lower than it would have been without these adjustments. General reserves are higher by the same amount.

## 10. Legacies Reserve

Legacies Reserve	Year to	Year to
	31 Mar 23	31 Mar 22
	£	£
Opening Balance	128,799	143,419
Received in year	-	3,308
Transferred to General Reserve	- 16,100	- 17,928
Closing Balance	112,699	128,799

The Legacies Reserve was established in 2020/21 following the receipt of a large legacy in relation to the size of the existing reserves. The amounts transferred to reserves are in accordance with the policy established when the reserve was created.

## 11. Reserves Summary

	Year to	Year to
	31 Mar 23	31 Mar 22
	£	£
Restricted Income	57,361	59,959
Legacies Reserve	112,699	128,799
General Reserve	69,313	76,800
Total Reserves	239,373	265,558

## 12. Related party transactions

There were no related party transactions during the year.

## **ACKNOWLEDGEMENTS**

The charity depends on the generosity and support of volunteers. We acknowledge and thank wholeheartedly all those who make the work of the charity possible. We are also extremely grateful to the people who have given their time and effort to raise funds for the charity and to all who have made donations or attended our events.

PMRGCAuk is a small charity with limited resources. Many of those seeking information and support from us do not realise that we do not have an office. We work virtually. Our address is a mailbox. All but one of our staff are part time. You can rest assured that we spend every penny wisely.



## Appendix 1

Reference and administrative details of the charity

**Name of Charity:** Polymyalgia Rheumatica and Giant Cell Arteritis UK (PMRGCAuk) Charity

**Registration No:** 1128723

**Company Registration No:** 6763889

**Registered Address:** 10 Coldbath Square, London, EC1R 5HL

**Office/Correspondence Address:** BM PMRGCAuk, London, WC1N 3XX

**Bank Details:** HSBC, 13 Parliament Street, York

**Trustee/Directors:** Humphrey Hodgson (Chair), Janice Maddock (Deputy Chair), Geoff Holroyd (Treasurer), Penny Denby, Dr Vanessa Quick, Sara Muller, Christine Young, and Wendy Morrison.

**Independent Examiner:** Katherine Gamage from Gamage Accountancy

**President:** Professor Bhaskar Dasgupta

**Patrons:** Lord Robin Butler, Lady Wendy Levene, Dr Sarah Mackie, Dorothy Byrne

**Staff:** Candy Horsbrugh (Director), Fran Benson (Membership Secretary & Assistant Director), Neelam Russell (Kent Regional Organiser, Phone Friends Coordinator to November 2022 and National Support Group Manager from November 2022), Phil Cotterell (Sussex Regional Organiser from September 2022) and Charon Balarabe (Administrative Assistant) and Maria Millan (Administrative Assistant maternity cover, May 2022 to March 2023).

### About the charity

PMRGCAuk is the national patients' information and support charity for those with the chronic and debilitating auto-immune conditions polymyalgia rheumatica and giant cell arteritis. The two related conditions, the cause of which are currently unknown, drastically impact the quality of life of those affected - from the inability to perform everyday tasks as a result of severely restricted mobility to chronic pain, fatigue and depression. In the case of the more serious condition GCA, catastrophic blindness can occur if it is not diagnosed and treated swiftly and sadly there have been cases of some who, having lost their sight, felt so hopeless that they committed suicide. Typically affecting those over 72, around 1 in 1,000 develop PMR each year. With both conditions little known and poorly understood, PMRGCAuk is the only charity in existence dedicated to promoting knowledge and awareness amongst the public, with those diagnosed and their families, as well as raising the profile of the conditions with the medical profession.

With an urgent need for support and information, the charity was set up over 10 years ago by a patient group - The PMR fighters - and remains governed today by Trustees the majority of whom live with one of the conditions, as well as being shaped by a membership of patients with either PMR or GCA. The charity ensures those diagnosed never need feel alone or unsupported. Empowered with information, those living with the conditions are better able to have informed discussions with their doctors and health professionals and feel more in control of their destiny.

**The charity's objects are:**

- a) To advance the education of the public through the collection, assimilation and recording of information and data relating to polymyalgia rheumatica and giant cell arteritis by the provision, establishment and maintenance of an educational website, and a network of support groups.
- b) To preserve and protect good health by the promotion of research into polymyalgia rheumatica and giant cell arteritis and the dissemination of the useful results thereof for the benefit of the public.

**The charity's activities**

We provide information and support to people with PMR and GCA

- Support a national network of support groups.
- Provide a telephone helpline run by volunteers with experience of the conditions.
- Maintain an online forum for peer support.
- Produce a free information pack to people newly diagnosed with PMR and GCA
- Organise an annual members' day with guest speakers and facilitated discussions.
- Publish a members' magazine three times per year & send regular email and letter updates.
- Maintain and up to date website and improved social media.
- Distribute information to rheumatology departments and other relevant locations. We raise awareness within the public domain, medical profession and government.
- Conduct national press and media work to increase public awareness.
- Speak to groups of people over 50 and those who work with them.
- Attend meetings with health professionals and NHS England.
- Advocate for fast and effective diagnosis and treatment to prevent sight loss resulting from undiagnosed GCA.
- We support and promote research into PMR and GCA.
- Provide patient representation on international working groups, such as those to develop new guidelines for the management of PMR and GCA.
- Become actively involved in research projects undertaken by other organisations, primarily through patient representation.

For a small charity, we are proud of our impact, helping thousands of individuals each year through the services we provide, online, on the telephone and through our national network of support groups. Our work supporting the medical and research community through vital patient representation has also helped to drive change in diagnosis and treatment including the release of new international clinical guidelines for GCA, released in January 2020, developed to standardise diagnosis and treatment around the world.

Since forming, demand for the services of the charity has grown considerably and we are now supporting over 5,000+ people a year through our various services, run by a small core staff team supporting a network of over 50 volunteers. The need for our work is clear to us, highlighted by our growth in membership; the growth of our national network of support groups and the increase in those accessing our information, as well as a wealth of positive stories from those using our services.

- **Appendix 2 –**

## **Part A - Report from support groups**

**Not all groups choose to provide a report.**

### **Bedfordshire Support Group**

We have had several "coffee meetings" of between 2 and 10 members during the past year. We still have 16 members and our WhatsApp group is always available.

Some people, who have managed to get off prednisolone, still like to keep in contact and, of course, they can come to meetings whenever they want, to give hope to others.

### **Brighton Support Group**

The Brighton Group continues to meet every two months with an option of face to face in a member's home or via Zoom. We have a core of about ten members but there are 14 on my contact list. We are friendly and supportive and with our varied experiences are able to offer valued support to those recently diagnosed or misdiagnosed!

### **Cambridge Support Group**

The Cambridge group is slowly getting going again post Covid. We meet in central Cambridge at the moment in John Lewis' cafe but this is still under consideration. At present we meet every couple of months and seek to support each other with coffee and chat recognising that it is much easier these days to access a lot of information on the internet. We are a small friendly group and all are welcome.

### **Harlow Support Group**

Covid almost saw the end of our Group. But in 2023 we have picked up numbers and are now twelve strong. We've recently moved to a local, convivial, pub in Theydon Bois. A large free car park and free meeting area, make it ideal.

Our meetings are informal, no set agenda, but have general lively discussions where we learn more about PMR/GCA and exchange tips. At one meeting we discussed diet and exercise and the benefits of both to our situation and will build upon that.

### **Kendall (Cumbria) Support Group**

We have meetings about 6- 8 weeks at the same venue from 11am to 1pm aiming to be friendly, informal and mutual supportive. We draw from Lancashire, North Yorkshire and far northwest Cumbria - the geography, transport and weather are challenges to everyone wanting to attending our cafe gatherings.

We distribute Kendal/PMRGCAuk leaflets to GP surgeries, chemists, libraries, churches, Age UK, charities, cafes, community centres and public notice boards in many villages and towns in the wider rural area. This has produced 3 extra members so far!

We currently have 12 people on the email list covering a wide area. The group consists of people with PMR and tapering steroids, people with GCA, 2 people in remission from PMR, 2 with a change of diagnosis and several with accompanying complex conditions. We have working parents but are predominately over 60 retired and female. Some people see rheumatologists and others access GP/nurse services and all with mixed experiences.

It has been a very interesting experience and I hope the beginning of offering more direct support to people affected by PMR/GCA in this region. My aspiration would be to stimulate interest in starting more cafe and chat support groups in the northwest of England through diverse means.

### **Maidstone Support Group**

With encouragement from Neelam Russell, we have been able to revive our support group in Maidstone, meeting up monthly in person since November. We have welcomed some new members along with a few who used to come along before the lull of Covid-19, and have enjoyed sharing experiences and passing on tips, together. Attendance varies each month, as does the chat, and In March 2023 we heard about the work of the Maidstone Lions locally, including their project to provide a defibrillator for every local school.

### **Orpington Support Group**

The Orpington Support Group exists to help anyone affected by PMR & GCA in the London Borough of Bromley. We usually have between 10 and 20 attendees. Yet there are 58,275 (2021 census) over 65-year-olds living in Bromley (35,887 women) and it is frustratingly difficult to let those affected by PMR and/or GCA know that we are here for them. We still try to find ways to spread the word in the usual way with posters, local magazines, local groups, etc.

However, with the support of our local consultant rheumatologist and rheumatology nurse, who have introduced us to some very good speakers this year, plus Bromley Lions Club that has provided us with funds, our big aim for the next charity year is to use the donated money for a lunchtime training session or sessions for local GPs who do not always recognise the symptoms of these two conditions and who rarely point their patients in our direction. Our plan is to approach the Bromley GP Alliance, South East London ICS to find out who knows about GP education programmes and the GP Training Program for junior doctors - BETH ([bromleytraininghub.co.uk](http://bromleytraininghub.co.uk)).

### **Pinner and Ruislip Support Group**

The Pinner and Ruislip Groups continue to run alternating monthly since the new Pinner Group was established in February 2020. The numbers in Pinner have remained constant and saw the reintroduction of refreshments. The Ruislip group has seen numbers increase and a core group has emerged. Various topics have been discussed including exercise and nutrition as well as the continuing issues around tapering. A speaker from the Lions attended to talk about their 'Message in a Bottle' scheme - finding appropriate speakers has not been easy, the hope is for more this year. One member of the Ruislip Group signposted the Group Organiser to their local U3A and she went to talk to 105 of their members in order to raise awareness of PMR and GCA.

### **Sevenoaks, Tonbridge and Tunbridge Wells Support Group**

The recently formed Sevenoaks, Tonbridge and Tunbridge Well support group has gone from strength to strength this year with a mixture of old and new faces enjoying the support and companionship of in-person meetings once again.

This year the group has had several varied meetings including watching a webinar provided by the charity, a fundraising event at a local garden centre, a seated exercise class, a talk by Kent Air Ambulance as well as a very successful summer and Christmas lunch. The group has also enjoyed regular coffee and chat meetings and now has a new group organiser ensuring it continues to flourish in 2023.

### **Trent Valley Support Group**

The Trent Valley support group has been meeting every 2 months over the past year, with an increased number of people attending, including an increase in the number of men attending the group. The meetings usually consist of an input from each member, as to their current status with PMR/GCA. However, at the December meeting we had a talk from a fire fighter on "Safety in the Home" (our meetings are currently held at the local fire station community room).

### **Truro Support Group**

The Truro Support group has continued to run monthly meetings in person all year at the Truro Golf Club. They are the only group in Cornwall and people do come from far and wide. In February this year Margaret & John Nash, founders of the group, retired & Anne Pollard took over as co-ordinator, with support from Lorna Cann as treasurer. Meetings are very well attended, usually around 12-15, and we have welcomed 2-3 new members at most meetings. We generally just have a chat where people are relaxed enough to share their experience. We are lucky that Dr Mark Hughes, consultant rheumatologist, pops in occasionally and his advice is much appreciated.

### **WedPM Zoom Support Group**

The WedPM Zoom Support Group continues to meet with between 10 and 15 members. Currently members are from the London boroughs, Kent, East & West Sussex, Nottinghamshire, Leicestershire, Norfolk, the USA and more! Where time zones allow, everyone is welcome.

Meetings are very similar to face-to-face meetings and everyone shares the ups and downs of flares, steroid tapering and much more from the comfort of their own home. Between the members and the PMRGCAuk website we have access to a wealth of information on all things PMR and GCA which is especially helpful to the newly diagnosed or those who have only just found us after years of struggling alone.

This year we had a speaker from the St John's Ambulance Brigade. He spoke on emergency first aid. One benefit of our Zoom meetings is being able to share screens so I can show members the charity website, recorded webinars or even YouTube videos.

### **Welwyn Garden City Support Group**

We are still holding meetings mostly on the first Friday of the month on Zoom. Most members who Zoom are unable to travel so the group might need to hold two meetings which will cover everyone.

### **Whitstable Support Group**

The group in Whitstable has been very lucky to keep meeting face to face when permitted. We started 2 years ago as a group of 3 people & now have up to 17 each month, really encouraging and worthwhile.

We kicked off April 22 with a visit from Whitstable Lions giving us a well-received talk about their Green Bottles & subsequently they kindly donated £250 to the group. We've had Seated Exercises, social meetings & a summer lunch. After the summer break there we watched some of the charity webinars and was an excellent Xmas Lunch & a new member who arrived on the off chance!

The New Year saw us having a general catch up & at our February session there was a unanimous vote to have a private room for every meeting as it was felt people were more likely to speak of personal issues and also so many of us are hard of hearing these days, be it PMR or old age! We are proud that by increasing our fee to £4 we are now a self-supporting group. Some members prefer just to relax & have a catch up chat while others love the webinars & speaker slots so it's good to mix it up & hopefully keep everyone happy. We are so lucky to have the most amazing meeting facilities which cater for everything we need, these days it's more like a friendship group - long may it last!

### **Worthing Support Group**

During the past year our membership has increased from 15 to 21 and we've settled down to two-monthly meetings in a room at the local Community Centre where we've had talks from our local Lions and another from an Admiral Nurse, and an exercise session with a qualified fitness instructor. We also have two-monthly coffee meetups in between our meetings and we also keep in touch via our WhatsApp group.

Our photograph appeared in the local newspapers, thanks to Phil Cotterell the Sussex Regional Organiser, and we recently donated £100 to the charity for PMRGCAuk Week.

### **Yorkshire Support Group**

We held our first face to face meeting after Covid on 2<sup>nd</sup> November in the Ilkley Café Co, Ilkley. Until November we were having monthly Zoom meeting to ensure our members had access to the support they needed whilst being unable to get out and about. Some of the members were still wary of meeting in public places or using public transport. Since then, we have had 3 more meetings. We have 6 people attend and it was different members each time very much the same as the Zoom sessions. We have not used the Leeds venue this year due to city centre changes in and around John Lewis where we use their Community Hub. One member of our group has branched out and set up a meeting in Kendal to reach those in Cumbria, she now has 12 members. We need to encourage more members of our group to try this if there is nothing close enough in their area. Just coffee and a chat can help so many to get support from likeminded people in a safe confidential environment. Yorkshire is the only group in the North but with Zoom we can reach a wider audience and anyone is welcome regardless of where they live.

## **Part B – Report from PMR-GCA Scotland**

This past year saw us making further progress towards recovery from Covid lockdowns and the resulting isolation. We remained available for contact by members and non-members through the website and the ever-important Helpline team. Whilst we continued to host some Zoom meetings, I am delighted to say that in-person meetings resumed for some local support groups. Personal contact, whether in person or remotely, is for me the best support that the charity can deliver whether it involves lending an ear for medical issues or support on more personal matters. We held four Zoom meetings in the year which were enjoyed by many members and which usually took the form of a topical presentation followed by general questions and discussion. Our AGM was again held online and whilst that helps to keep costs down, there is a significant trade-off in the loss of personal contact.

During the year the website was rebuilt and launched in mid-January 2023. As well as the new look, the website provides an improved layout giving easier access for users and a better overall experience. We have also improved search engine optimisation which, in layman's terms, means that the site will be easier to find on 'Google' making it more accessible for newcomers.

The other main objective of the charity is to promote research activities into PMR and GCA. Throughout the year the charity has been represented in a variety of committees and research activities, particularly with the involvement of Lorna Neill and David Carrott. We are keen to revive our practice of offering financial support to projects that meet our objectives and we have started some research ourselves to see if we can encourage the development of more standardised nationwide procedures to assist with faster diagnosis of GCA in an attempt to reduce incidences which can lead to loss of sight. Such an expansion of our activity will require a targeted campaign to generate financial resources.

We have completed the processes to convert the charity into a SCIO (a Scottish Charitable Incorporated Organisation). There is a new constitution in place for the SCIO, but our objectives and principles remain the same.

Harvie Findlay was our Treasurer for many years and intimated a desire to stand down back in 2021. He continued to fulfil these duties while we searched for a replacement and we were delighted when Richard Williams came forward to take on the appointment. We thank Harvie for all his work for the charity, particularly during the period to get the SCIO operational.

The trustees are extremely grateful to all the individuals and trusts who continue to support the charity financially.