



THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 2020**



LIMBPOWER

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
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FOR THE YEAR ENDED 31 DECEMBER 2020**

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**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
MESSAGE FROM LIMBPOWER PATRON RICHARD WHITEHEAD
FOR THE YEAR ENDED 31 DECEMBER 2020**

1. MESSAGE FROM LIMBPOWER PATRON RICHARD WHITEHEAD

I have been involved in disability sport for three decades with some incredible highs and lows. You may know me as a track athlete, you may not know that I tried many different sports to find the right fit for me, including sledge hockey, sitting volleyball and marathon running.

My passion is for there to be parity in sport where every amputee and limb different person has access to the same opportunities as their non-disabled relatives, friends and colleagues, where choice is available to be included in mainstream sport or to participate with your limb different peers at the grassroots level to opportunities as an elite athlete.

Physical activity and sport are not just about competition, it is so much more, it is about physical, social and psychological well-being about living a full, active and healthy life. Everyone of all ages, all ability and all walks of life should have access to participation in physical activity and sport.

I chose to become a Patron of LimbPower because we are working together to reduce barriers and increase facilitators to make physical activity sports accessible and the norm for people with a disability. Last year the CEO asked me if there was one particular thing that I would like to see implemented, I requested a clear pathway to participation for both recreation and competition to support community engagement. This year with the support of fellow Paralympian Scott Moorhouse, who cycled from Lands' End to John O'Groats to raise funds for LimbPower. We delivered this resource along with a great PE resource for school teachers supporting the inclusion of limb different children in school PE.

Tell us what you would like us to do next to improve access for you, we are listening.

Richard Whitehead, MBE

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
OVERVIEW FROM THE CEO
FOR THE YEAR ENDED 31 DECEMBER 2020**

2. OVERVIEW FROM THE CEO

2020 was an unprecedented time for our limb different community. Mounting research is highlighting that disabled people and people with long-term health conditions - including diabetes the primary cause of limb loss - have been more adversely affected by the COVID-19 pandemic than any other population, specifically people with a physical disability. Worryingly, disabled people who were 'receiving medical care before the coronavirus pandemic began, indicated that they were either currently receiving treatment for only some of their conditions (29%), or that their treatment had been cancelled or not started (22%), compared with less than 3 in 10 (27%) of non-disabled people who had a physical or mental health condition or illness and were receiving care before the pandemic'¹. [Disabled people were left without the social care they needed over the first lockdown, and unpaid carers are still lacking support](#). Parents of disabled children report worsening emotional and mental health for both their children and themselves².

The Covid-19 pandemic has had a detrimental and immeasurable impact on the social, emotional, psychological and physical well-being of our limb different community members and has seen a huge drop in engagement in exercise, physical activity and sport, with many community members shielding and self-isolating. Disabled people have faced additional barriers in many areas of life, including being physically active³.

Our team have worked tirelessly to support our community members during this exceptional time, through communication channels including telephone and email with over 1,000 interventions, as well as through Zoom, What's App, Facebook and other social media channels. The team created new and innovative online events and classes and created virtual events with a focus on keeping community members engaged and motivated. Our YouTube Channel now has over 128 educational and exercise videos, with over 7,000 views this year. LimbPower have also developed our online resources to include a P.E. Resource and a Winter Guide and Summer Guide for people with limb difference.

As we come out of lockdown there is more work to be done to support community members to reengage and to support new (primary) amputees through the rehabilitation process and into community activity.

Every year we are amazed by the individual struggles and achievement by our community members, as they share their rehabilitation journeys with us, and this year has been no exception, given the additional barriers created by the Covid-19 Pandemic. Each and every member inspires our team to keep pushing and striving to offer opportunities to enhance physical, social, emotional and psychological rehabilitation and to improve each member's quality of life, no matter how severe their impairment

We will be here for as long as we are needed.
Warmest regards,

¹ Indicators from the Opinions and Lifestyle Survey on the social impact of the coronavirus (COVID-19) pandemic on disabled people in Great Britain.

² The impact of COVID-19 on disabled people. Summary of secondary research.Updated December 2020 Activity Alliance.

³ The impact of COVID-19 on disabled people. Summary of secondary research . Updated December 2020 Activity Alliance.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
HIGHLIGHTS FROM 2020
FOR THE YEAR ENDED 31 DECEMBER 2020**

3. HIGHLIGHTS FROM 2020

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2.6 Challenge

LimbPower were negatively affected by the pandemic and fundraising events had to be cancelled or postponed. The 2.6 challenge was launched to aid assistance to charities during these uncertain times, and this national fundraiser arrived with perfect timing. Our epic team of 32-super-amputee's and their families united in a sports activity of their choice, to include the numbers 2.6 or 26 in their challenge. Together we raised a whopping £17,270.50. From that total we'd like to give a special mention to our junior, Maisie Catt, for her outstanding total of £11,607! The team are equally grateful for everyone who took part, every single penny raised is valuable and counts towards future services.

Online live classes

In order to support our community members during the pandemic, LimbPower moved our engagement opportunities online offering online exercise and fitness classes to community members for free. All classes we run are by qualified instructors and coaches and where possible limb different instructors where used. These classes included weekly exercise classes, yoga, tai chi, Paracise (a class specifically for older and disabled individuals) dance and art. All of these classes are still running and will continue as part of our future engagement programme.

Adaptive Fitness Fun

Many LimbPower Juniors were unable to join in with Jo Wick's online PE classes during the pandemic due to their limb difference, so LimbPower created Adaptive Fitness Fun; home workouts for children with limb difference. We ran these every Tuesday and Thursday morning during lockdown and uploaded them to LimbPower's YouTube channel to support limb different children and their parents. The workouts were presented by Jack Evers, elite athlete, personal trainer and the first amputee to win Mr England.

Virtual Challenge Series

LimbPower teamed up with fellow NDSO CP Sport to run a series of at home challenges to support the community and keep members engaged in activity at home during lockdown. We ran three consecutive participation events with a different theme for each event. 60 community members took part, with the majority completing all three challenges.

ReVAMP

LimbPower launched reVAMP to meet the needs of community members who were shielding and isolating and were unable to visit the gym. The demand has been high and the programme has been over-subscribed. reVAMP is an online 12-week physical development and nutritional program for people living with limb difference to support engagement in regular and sustained exercise through a twelve-week daily exercise and nutrition program. This course educates and guides participants on how to lose weight and improve their physical fitness within a safe and controlled support network of likeminded people, all aiming to reach the same goal. All exercises are adapted for people with limb impairments.

PE Resource

LimbPower, in conjunction with the Youth Sport Trust, released a new Children's Physical Education Infographic to join our suite of child-centric infographics to support the physical, mental and social well-being of children with limb difference. This resource was created to address the needs of limb impaired children engaging in school PE and Sport. LimbPower worked with education and healthcare professionals and parents and children to develop this fun, illustrated Top Tips Guide to navigating school P.E. in response to research and insight from parents and children.

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION

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4. REFERENCE AND ADMINISTRATIVE DETAIL

Registered Charity Number: **1132829**

Registered office

Whitecroft
Tandridge Lane
Lingfield
Surrey
RH7 6LL

Trustees

The names of the current Trustees are:

Janet Williams - Chair	Appointed 22 nd January 2017
Ross Wadey	Appointed 20 th November 2016
Jessica Cook	Appointed 15 th July 2015
Carl Barrett	Appointed 02 nd March 2018
Angela Schroeder - Vice Chair	Appointed 20 th January 2017
Rachel Morris	Appointed 17 th November 2018
Chris Linnitt	Appointed 17 th November 2018

Auditors

Baxter & Co Chartered Certified Accountants, Lynwood House, Crofton Road,
Orpington BR6 8QE

Patron

Richard Whitehead

Ambassadors

Andrew Lewis
Anne Dickins
Anoushè Husain
Danny Green
Gemma Trotter
Helen Chapman
Jack Eysers
Jodie Cundy
Rachel Morris

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION

STRUCTURE AND GOVERNANCE

CHARITY BACKGROUND REVIEW 2020

5. STRUCTURE AND GOVERNANCE

LimbPower is a charitable foundation founded on 19th October 2009 (Trust Deed), which established the objectives and powers of the charity, governed under its Articles of Association (AoA), which have been revised and updated at various AGMs. The charity was registered with the Charity Commission on 20th November 2009, registration number 1132829.

The charity's objectives are specifically restricted to the following "The relief of ambulant disabled people (individuals with limb loss or impairments to their limbs who are not wheelchair bound); by providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts."

LimbPower aim to achieve these objectives through the provision of useful and relevant information, access to facilities and opportunities for participation in physical activity, sport and the arts.

6. THE CHARITY BACKGROUND

LimbPower was created in November 2009 for the benefit of amputees and individuals with limb impairments (individuals with congenital limb differences, club foot, hip dysplasia and acquired limb impairments such as balance disorders and peripheral nerve injury). LimbPower was founded to fill a much-needed gap in disability sport, physical activity and access to the arts to improve quality of life and to aid lifelong rehabilitation. LimbPower are the lead organisation with the necessary expertise, experience and partnerships to engage, influence attitudes, change behaviour and physical activity and sporting habits of amputees and individuals with limb impairments - an estimated population of 450,000 people. LimbPower have been recognised as a National Disability Sports Organisation by Sport England and the Activity Alliance because they believe LimbPower have the credentials, track record and expertise to engage amputees and individuals with limb impairments in physical activity and sport; and the access to influence families, healthcare professionals, sports providers and government. In line with the Department of Culture Media and Sports strategy and the new Sport England strategy, LimbPower have reviewed and amended our position to adopt some of the key elements identified by both the DCMS and Sport England around disability and physical activity and sport.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
OBJECTIVES AND ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

7. OBJECTIVES AND ACTIVITIES

LimbPower understand the value and importance of engaging with our beneficiaries, volunteers, physical activity advisers and mentors who all have a vested interest in the charity and our success.

At the beginning LimbPower focused on delivering events and activities to aid a limb impaired persons' physical, social and psychological rehabilitation. Since becoming a National Disability Sports Organisation in July 2014 LimbPower have developed a more in-depth knowledge of the Disability Sports Landscape and as a result have developed our services to include; events, workshops, toolkits, coaching resources, sport action plans, membership, case studies and factsheets. We have identified new stakeholders who can help LimbPower deliver our objectives, but on a larger, national scale. During the Covid-19 pandemic LimbPower were required to change the way we work to support the needs of community members we serve introducing new online and virtual engagement opportunities. LimbPower are dedicated to having a positive, meaningful and measurable impact on improving the lives of amputees and individuals with limb impairments.

Our vision is changing lives through the power of physical activity, sport and the arts.

Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation.

Our aims are to increase engagement, sustained participation and promote local inclusion to help limb impaired adults, young people and children reach their potential; to put each amputee and limb impaired person in touch with the right sport and leisure activity for their needs and ability. To provide expert knowledge and support to the limb impaired, families physiotherapists, prosthetists, orthotists, occupational therapists, case manager, lawyers, support workers, coaches and other sport providers on how to engage and adapt sport for the limb impaired.

- Increase the number of amputees and individuals with limb impairments taking part in physical activity, playing sport and enjoying the arts.
- Build early engagement opportunities through identifying gaps in service provision and develop projects to meet the needs identified.
- Speed up and advance the rehabilitation of amputee and individuals with limb impairments (prosthetic and orthotic users) through education and engagement.
- Promote regular and sustained participation.
- Address the impairment specific issues for amputees and individuals with limb impairments.
- Support National Governing Bodies and Active Partnerships attracting our community to their sports.
- Provide advocacy and advise through access to useful and relevant information.
- Open dialogue and engage with stakeholders around physical activity, sport and the arts.
- Raise the profile of the charity as the authority on engaging the limb loss community in activity, sport and the arts.

In formulating its objectives, the charity has considered the Charity Commission's published guidance on the operation of charities for the public benefit.

**(LIMBPOWER)
DESIRED OUTCOMES
FOR THE YEAR ENDED 31 DECEMBER 2020**

8. DESIRED OUTCOMES

Physical well-being (Improved physical health)

LimbPower support community members through the rehabilitation process and into community activity through interventions and advocacy, improving physical health to enable a happier and more fulfilled life.

Being physically active and taking part in sport and active recreation is essential to an individual's wellbeing, reducing the impact of pre-existing medical conditions such as diabetes or vascular disease, maintenance of strength, balance and motor skills, increased energy levels, reduced falls and healthy early years.

Mental-wellbeing

Physical activity and active recreation can improve mental wellbeing, including reducing stress and anxiety, reducing feelings of isolation. Mastering new skills increases an individual's empowerment, happiness, confidence and self-esteem. Good mental wellbeing outcomes are equally as important as the physical benefits of taking part in physical activity and active recreation.

Individual development

Being active improves educational behaviour and attainment, through greater self-esteem, confidence and direct cognitive benefits. Physical activity and sport can have a positive impact on a person's educational and employment opportunities and can also have a positive role in supporting those who are not in employment, education or training.

Social and community development

Social inclusion is a vital part of the work LimbPower undertakes to reduce feelings of isolation and exclusion. Volunteering for the charity or taking part in LimbPower's participation events and activities gives community members a sense of belonging and supports stronger inclusion and reduces feelings of isolation. These activities promote links with other people both disabled and non-disabled.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
CHARITY ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

9. CHARITY ACTIVITIES

LimbPower's charitable activities were impacted by the Covid-19 pandemic including the cancellation or postponements of live events and the Physical Activity Adviser programme while the Artificial Limb Centres were closed.

LimbPower's interventions work across the whole social ecology of health because the barriers to participation span all levels; by addressing the barriers and facilitators to physical activity at these different levels of health, LimbPower's interventions are more likely to be effective than working at one level in isolation.

Social ecology of health level	Engagement	Activity
Public Policy	LimbPower work with NHS England, The Department of Health and Social Care, NHRI via Devices for Dignity (Starworks) and Sport England to engage with policy makers and advocate for the inclusion of amputees and individuals with limb difference in decision making in both prosthetic rehabilitation and the inclusion in recreation, school PE, physical activity and sport.	Children's Prosthetic Fund Prosthetic Review Panel Disability Power 100 list Sport England Programme Attendance at Parliamentary meetings
Community	LimbPower work with the Activity Alliance, the British Paralympic Association through parasport and the other National Disability Sport Organisations (NDSOs), National Governing Bodies of Sport (NGBs), Active Partnerships, Prosthetic Service Centres, Limb Loss charities, Bodies and Associations to promote the inclusion of amputees and individual with limb difference in rehabilitation, physical activity and sport. With the objective of breaking down the physical, technical and social barriers to inclusion and participation.	Association and group memberships Strategic partnerships Children's Prosthetic Panel Resources Educational resources, Player Pathway, Schools PE Resource LimbPower Advisory Panel
Institutional	LimbPower is a user-led charity (50% of the Board, 60 % of staff and 80+% of volunteers are limb different or parents of limb different children). Beneficiaries are at the heart of the organisation, with a focus on parity for community members. Our strategy is founded on one question, how can LimbPower make activity, both physical and creative the <i>norm</i> rather than the <i>exception</i> among people with an amputation and people with limb difference?	Research and insight (Inc. steering groups) Knowledge, education and development Workforce (PAA's, Coaches, Mentors and volunteers) Nordic Walking Instructors (10) Presentations for Universities and partners. British Nordic Walking conference Marketing and PR Social media campaigns, effective knowledge transfer Collaborative working with

		NDSOs and other limb loss charities. LimbPower presented for the students at Salford University
Interpersonal	LimbPower support community members on an intrapersonal level through social networking opportunities at events, workshops, open days, conference and exhibitions and through our virtual networking 8 media support also support advocate and members through volunteer mentors and Physical Activity Advisers.	Participation events and workshops; Family Camps/Teen Camp. LimbPower Q and A supported by NGBs LimbPower Games/Junior Games Nordic Walking Instructor training Social media and online communities inc. LimbPower Facebook Groups Ambassadors, Mentors Challenges and challenge events
Intrapersonal	LimbPower support community members at an intrapersonal level by offering opportunities to develop their physical skills, improve their physical and mental well-being, build confidence and self-esteem and provide knowledge to support attitude change. LimbPower also work to bridge the gap between rehabilitation and a physically active life.	Online exercises and physical activity classes Pre-recorded exercise classes Resources/Factsheets/infographics Participation Events/workshops Fundamental Skills ReVAMP/Advanced Rehab Case Studies and videos Social Media Campaigns Advocacy through Staff, Physical Activity Advisers mentors and volunteers.. Children's prosthetic fund Children's prosthetic fund Personal interventions

10. COMMUNITY ENGAGEMENT

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LimbPower exists to support community members through the rehabilitation process. This is the most crucial part of the charity's engagement work. Supporting individuals with limb loss or limb difference and their families through the life-long rehabilitation process. LimbPower work to bridge the gap between leaving hospital and the hospital rehabilitation programme and engaging in school and community activity. Staff, physical activity advisers, mentors, volunteers and ambassadors all play a vital role in supporting our community members during this transition and their ongoing engagement in activity.

Engagement method	Interventions
Adult interventions - Sports Development Officer	1,000
Children and family interventions - Children's Officer	2,000
Physical Activity Advisers face-to-face patient interventions	232
Physical Activity Advisers professional interventions	17
Online & Pre-recorded classes	5,019
Virtual Events	192
Coffee morning/workshop attendee	176+138
Eventbrite orders	168

Nordic Walking Session attendee	117
Children's Prosthetic Fund	654
Annual website visitors (unique users)	14,000
You tube videos viewed	6,801
Twitter follower	4,743
Tweet impressions	252,407
Instagram followers	1,104
The LimbPower Facebook page followers	2,686
Facebook Page post reach	30,000

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION

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2.6 Challenge
Adaptive Fitness Fun - see editorial in page3
Art for All
Children's Prosthetic Fund - CB to add detail
Coffee and Chat
Competitions & Raffles
Inclusive Dance
Manic Marathon (Virtual)
Monday Morning Motivation
Nordic Walking Programme - 117
PE Inclusion - Fitnote and Adapted School Games videos with YST
Physical Activity Adviser Programme 232 people
Online live classes - See editorial on page 3
Prosthetic and Physiotherapy Q&A 138 attended Q and A
ReVAMP See editorial on page 3
Stay at Home Superheroes (Virtual event)
Tai Chi
Talk2020 - CB to add detail
Virtual Challenge Series
Virtual Junior Games (infographics and videos)
Walking Wednesday - I don't think Walking Wednesday started until this year 2021
Winter Wonder Wheels (Virtual event)
Yoga and Meditation

Virtual Challenge Series

LimbPower teamed up with fellow NDSO CP to run a series of at home challenges to support the community and keep members engaged in activity at home during lockdown. We ran three consecutive participation events with a different theme for each event. 60 community members took part, with the majority completing all three challenges.

Challenge 1 - distance run from 15th August to 15th September

Challenge 2 - time run from 15th October to 15th November

Challenge 3 - numbers run from 15th December to 15th

Prosthetic and Physiotherapy Q&A

A weekly successful question and answer session for amputees and individuals with limb difference from the safety of their homes during home isolation. Providing community members with a friendly online platform to engage with a prosthetist and physiotherapist to ask questions or problems they were experiencing whilst the limb Centres were closed

Physical Activity Adviser Programme - Getting Inactive Disabled People Active -

Their role is to engage with patients and health professionals and find local activities. The also run regular coffee mornings and offer advice and support. The Newcastle Adviser has been funded in partnership with Swim England to gain a teaching certificate and the Roehampton and Nottingham adviser have become Nordic Walking instructors. The current five PAA engaged with 232 people.

Children's Prosthetic Fund

As administrators of the Children's Activity Prosthetic Fund for the fifth year running, LimbPower actively took part in research to support the funding continuing. The Children's Activity Prosthetic fund benefitted a new 57 children up to the end of 2020. This year's figures were lower than other years due to the closure of Limb centres during the Covid-19 Pandemic. Limb Centres seem to be utilising the fund more, with confidence growing as time goes by. We would expect to see an increase in the end of 2021 numbers as activity returns and we have children growing into the age where an activity limb would be

Art for All

Run by textile Artist Kate Tulett during lockdown for amputees and individuals who were self-isolating. Participants were given art projects and materials to complete a series of themes including animals, sunshine and pop-up art using different mediums and materials. All of the women who joined the class have continued to attend classes post lockdown. This class was designed to reduce feelings of isolation and reduce the impact of lockdown on people's mental health.

Talk2020

We asked community members and supporters to contact friends or family in any way that they prefer - via Zoom, Social Media, email, text, WhatsApp groups, telephone calls or any other social distanced medium!! They then asked their friends and family to do the same. This helped to encourage our community to reach out and talk, helping to ease the isolation felt by all.

11. PARTNERSHIPS AND ENGAGEMENT

PARTNER ENGAGEMENT

'LimbPower has been absolutely fundamental to enabling us to help translate new funding into children and young people getting sports and activity prostheses. Their expert advice alone has been of tremendous benefit, but they have also been engaging for us with the professionals in limb centres, supporting them, and providing intelligence back to the Department. The way in which limb centres have taken up the opportunity of the new funding, despite very limited previous experience of prescribing children's sports prostheses, is largely due to LimbPower's efforts in working with the sector. They are also, of course, very active in supporting

LimbPower engage with government agencies, the sport sector, health sector and charity sector to support the charities programmes and community engagement in exercise, physical and sport.

Policy - Creating positive change through influence, policy and communication.

LimbPower play a key role in advocating for policy change; including access to prosthetic technology including activity prosthetics; prosthetics research and development and advocating for better access to physical activity, sport and the arts.

Sport England – LimbPower are a trusted NDSO partner funded by Sport England to tackle inactivity among ambulant disabled people with a physical impairment. Together the seven NDSO's funded by Sport England create accessibility to physical activity and sport for people with a disability.

Prosthetic Service Review – NHS England are responsible for planning and buying specialised services for disabled people who need complex disability equipment including prosthetics, orthotics and wheelchair services. NHS England are conducting a review of the prosthetic service. LimbPower's Chief Executive is a **Patient and Public Voice** representative on this review panel.

Research – LimbPower engage with a number of research partners to inform policy and influence change. We are currently conducting research into the pathway for complex cases, an often overlooked demographic, with greater rehabilitation needs than more able community members.

Engagement

Sports Sector - LimbPower continues to engage with sport sector partners and organisations including the Sports and Recreation Alliance (we are members), The Activity Alliance (we are members), The British Paralympic Association via parasport, The Youth Sport Trust, and our National Governing Body of Sport partners, now called Active Partnerships and associations, supporting them to increase participation in their sport through sport action plans and affiliate agreements including:

Starworks – we work closely with the Starworks ambassador programme.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2020**

Sport England	LimbPower are their chosen organisation for the engagement of people with limb loss and limb difference in physical activity and sport. This is a long-standing partnership which LimbPower value enormously.
British Paralympic Association (Parasport)	LimbPower worked in collaboration with the BPA and Parasport to produce three exercise videos to share with the community during lockdown. These videos have received 2,144 views.
Activity Alliance	Activity Alliance (AA), and the physical impairment NDSOs have worked together to produce sport specific pathways for both participation and competition for amputees and individuals with limb difference, to support LimbPower's core market engagement.
Youth Sport Trust	LimbPower partnered with the Youth Sport Trust to produce five Virtual Junior Games resources for children during lockdown, including infographics and supporting videos to support School Games Organisers
NGB Engagement	British Cycling, British Triathlon, The FA and the England Amputee Football Association, UK Athletics and England Athletics, Volleyball England, the LTS, Swim England, British Nordic Walking, British Gymnastics, England Golf, Golf Foundation and European Disabled Golfers association, British Weightlifting, England Netball RYA, Badminton England
Swim England	LimbPower engage with Swim England linking disablement service centres into Swim England's strategic areas. Swim England are also running the swimming sessions at the Junior Games. In 2020 the two organisations will collaborate on a resource to support amputees and individuals with limb difference to either learn to swim or go back to swimming. Swim England and LimbPower jointly funded the training of our Newcastle PAA to gain her swimming teacher training qualification.
Football Association	LimbPower work with the FA and the England Amputee Football Association to engage community members in Walking Football and Crutch Football. The FA supported by LimbPower's Sports Development Officer have produced a video featuring the different variations of amputee football.
Paradance UK	LimbPower are working with Paradance UK to produce 10 dance videos for amputees and individuals with limb impairments.
British weightlifting	LimbPower and the other physical impairment NDSO's supported a British Weightlifting workshop with over 30 amputees attending.
England Athletics and British Athletics	We are working in partnership on the production of coaching workshops and possible 'learn to run' clinics. Not sure if that started in 2021??
British Cycling	LimbPower are working with British Cycling around engaging more children with limb difference in cycling, using the ReadySetRide and Bikeability. We are working on two educational infographics. One for children and families and one for service providers. We held two focus groups via zoom to collate information.
British Triathlon	LimbPower, CP Sport and British Triathlon have collaborated on a project to encourage more people to try Triathlon.
Para Dance UK	LimbPower are working with Para Dance UK to deliver dance workshops at LimbPower events and to recruit disabled dance instructors.
British Gymnastics	Supported the development of inclusive resources for coaches to include amputees.
Badminton England	Reviewed and supported the development of club and coach

	resources.
Active Partnerships	Attended the GM Active Partnership inclusion day. Also supported Energise which is the Telford, Wrekin and Shropshire partnership, and Energise Me is the Hampshire and Isle of Wight partnership who we supported on their consultation of their new strategy, linking them into patients and staff at the limb centre. All Partnerships were sent the PINSA resource and are sent regular updates on LimbPower activities

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
PARTNERSHIPS AND ENGAGEMENT
FOR THE ' 12 R 2020**

Charity Sector - LimbPower en loss charities and disabled people's organisations. LimbPow other NDSO organisations – WheelPower, Cerebral Palsy Sport, UK Deaf Sport, British Blind Sport, Dwarf Sport Association UK, Mencap, Special Olympics Great Britain.

"It's really important that when and where charities can identify opportunities to pool knowledge and resources with the aim of greater outcomes for beneficiaries, that collaborations are nurtured. Over the last few years, LimbPower and the Limbless Association have worked together to raise awareness and standards of support in the limb loss sector as well as identifying individual projects to meet any service gaps identified. We have very much welcomed LimbPower's support in facilitating the I CAN Young Persons project, jointly devised by Steps, LimbPower and the LA, with the aim of continuing to develop this initiative over the next few years. The LimbPower Games is a regular fixture in the LA event calendar and we have thoroughly enjoyed taking part in such an inspirational event. We look forward to continuing to explore collaborative approaches. Our joint aim is to ensure that those experiencing limb loss and limb impairment are appropriately supported at each stage of the rehabilitation pathway. Congratulations LimbPower on another successful year!" **Deborah Bent, CEO, Limbless Association.**

We collaborate with the other limb loss charities on programme areas including;

- Joint social media campaigns including #LimbLossAwarenessMonth and #I Can campaign.
- The Children's Prosthetic Fund,
- The Limbformation website
- I Can children and family Camps.
- Dance workshops
- At third party events and attend each other's events and activities and joint projects,
- Monthly charity meetings to discuss collaborative projects.

We collaborate with the other seven NDSOs including

- Weekly NDSO CEO meetings

- NDSO operations meetings, co-ordinating a training and resources matrix
- Physically Impairment Network (PIN) have met twice. The group are working on a PINSA events calendar, feasibility of a collaborative event and collaborative research.
- Go-Tri triathlons with CP Sport and British Triathlon / Virtual Challenge Series
- Development of participation pathway documents with the other NDSO's and Activity Alliance.
- LimbPower Sports Development Officer Chairs the National NDSO and partners group

Superheroes and Artic One – LimbPower work with and support the Superhero Tri series and the Arctic One para-triathlon, along with British Triathlon to promote engagement in activity among our community members. The value of these events is in their participation and the opportunity to socialise with other people 'like me'. This is often an overlooked but important aspect of participation.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2020**

Healthcare Sector

LimbPower work in partnership with the Department of Health, NHS England, National Health Research Institute via Devices for Dignity, and the Artificial Limb Centres who deliver the prosthetics and orthotics services. LimbPower also engage with manufacturers in the Prosthetic and Orthotic Industry. Through these relationships we have gained credibility in the industry and have become a trusted partner which we harness to influence the provision of prosthetics and orthotics. Key industry experts sit on our Sports Advisory Panel and Children's Prosthetics Panel sharing invaluable insight and supporting research and the development of resources and programmes.

Department of Health and Social Care	LimbPower are contracted by the Department of Health and Social Care to administer the Children's Prosthetic Fund.
NHS England	Prosthetic Service Review – NHS England are responsible for planning and buying specialised services for disabled people who need complex disability equipment. LimbPower's CEO is a Patient and Public Voice representative for the Prosthetic Service Review. LimbPower are conducting some research funded by NHS England on complex cases to feed into the prosthetic service review.
Moving Medicine	LimbPower engaged and supported the development of a lower limb amputee module for the Moving Medicine website, developed by the Faculty of Sport and Exercise Medicine in partnership with Sport England and Public Health England.
Devices for Dignity (Starworks)	LimbPower work in an advisory role to inform Starworks about living with limb difference and wearing a prosthesis as a child. We collaborate on areas of research and innovation. LimbPower have supported many of the workshops and sandpit events, in response to these research findings. Starworks funded the development of the Limbformation website.
BAPO	LimbPower are working with BAPO to develop a consumer element to the annual trade conference including two separate workshops.
NW Rehab and National Trauma clinical group-	The North West Rehab Groups work continues to be supported by LimbPower. The group are currently working with the Youth Sport Trust on the development of a school; Fitnote for engagement of disabled children in school P.E. this is a huge step forward in ensuring the inclusion of children in school life post trauma or impairment. A consultant will issue a return to school note (fitnote) outlining what the child can do for example minimal weight bearing following a fracture, the YST are writing what that means in respect to teaching outcomes for PE. The pilot will run in Manchester in 2021 in conjunction with the Active Partnership, Manchester Children's hospital, local teachers and YST/ LimbPower There is also a National trauma group set up attached to the main group which is working to promote the good practice from the NW group.
OT's	LimbPower presented at the NW OT conference in Burnley .Over 100 people attended the conference.
Limb Centre Managers Forum	LimbPower work with the Limb Centre Managers Forum to get information to healthcare professionals and prosthetic service users.
BACPAR	LimbPower presented at the conference and also had a stand. During the two days LimbPower engaged with over 300 delegates.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2020**

Research - Universities and Academics

Research and insight underpin LimbPower's strategy and the work the charity undertakes providing LimbPower with evidence to inform the programmes, campaigns, resources, event and activities we deliver on behalf of community members, as well as what engagement is required, who to engage with and how to engage with partners to advise and support work providing quality and impactful opportunities for amputees and people with a limb impairment.

In 2019 LimbPower engaged with University and Leeds University to better understand the community requirements for a one-stop portal for children and families affected by limb loss and limb difference. LimbPower also partner with Starworks (Devices for Dignity) at Sheffield University.

St Mary's University collaboration – Enabling Families to Support Children With An Amputation or Limb Difference. A qualitative resources project focused on what children with limb difference need to engage in physical activity and sport. This is a qualitative study following 10 families and drilling down to understand the barriers and facilitators in a real-life setting.

Roehampton University – The Impact of LimbPower's Nordic Walking Programme. LimbPower have commissioned Dr Siobhan undertaking a study to measure the impact of LimbPower's Nordic Walking Programme on the amputees and individuals with limb difference who engage in the programme.

St Mary's University– The Impact of the Physical Activity Adviser Programme. LimbPower are working with a research student at St Mary's University to measure the impact of the Physical Activity Adviser Programme

Covid-19 Research and insight. LimbPower conducted a survey in May 2020 to measure the impact of Covid-19 on community members.

Activity Alliance – LimbPower collaborated with the Activity Alliance and other NDSO's to support the Active Lives Survey.

Two Students from Salford University research Bronwyn's masters / research was:

'An investigation into the validity of 3D printing as a method to produce upper limb sports prosthesis for specialised sports'

<http://usir.salford.ac.uk/id/eprint/53425/1/Thesis%20B%20Jones%20Final.pdf>

Natalie's masters / research was:

'Wear and use of prostheses in sport by adolescents with upper limb absence : a mixed methods study'

<http://usir.salford.ac.uk/id/eprint/52956/>

Starworks - we supported Starworks with their ambassador programme and they held a workshop with 7 children with limb difference at a LimbPower organised filming day in Feb 2020. We also invited them to attend a discovery day at Pinewood Studios in association with Bear Grylls.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2020**

12 MARKETING AND COMMUNICATIONS

"LimbPower is a vibrant and visionary organisation delivering life changing initiatives to people living with conditions that impact on their mobility and mental health. BAPO have been proud to support their work and collaborate on projects to make a difference to individuals lives and we appreciate their time and commitment working with our profession to inform our practice and ultimately improve the care that we give individuals accessing our services in the UK". **Lynne Rowley, Chair of**

COMMUNITY ENGAGEMENT

LimbPower support children, young people and adults affected by amputation and limb difference, via the team, the Physical Activity Advisers and volunteers offering advice, support and signposting to local and national opportunities, sharing useful and relevant resources and educational materials. LimbPower support direct interventions with an e-Newsletter, Newsletter, social media, direct mail, email and communication with other charities and user groups. LimbPower also offers support and advice to healthcare professionals, lawyers, case managers and teachers who engaged with the rehabilitation of amputees and individuals with limb difference. We received hundreds of phone calls, emails, letters and messages asking for advice on health, fitness, prosthetics, orthotics, physical activity and sport.

Social Media Campaigns -

LimbPower run three annual social media campaigns, focusing on sharing the physical and mental health benefits of engaging in physical activity and sport for people with a physical impairment. People with a physical disability are 50% more likely to be inactive than their non-disabled friends and family members. This figure has increased due to the additional barriers presented to disabled people during the Covid-19 pandemic. Sharing educational material, information resources and inspirational case studies is a vital part of the engagement programme to increase participation in exercise, physical activity, sport and art. Our research and research by other organisations highlight that one of the major barriers to participation for our community members is lack of information. LimbPower work to address this lack of information through our marketing and social media campaigns, through our website and online communities and through our advocacy work.

- **Limb Loss Awareness Month** is an awareness campaign to promote the positive aspects of limb difference. LimbPower engage with other limb loss charities, service providers, manufacturers and community members. This campaign runs throughout the month of April. LimbPower ran a social media campaign called **#GetMoving** to raise awareness of the physical health benefits and mental health benefits of engaging in physical activity with a focus on moving more at home, in the office and for children. LimbPower created a series of these infographics called 'Move More at Home', 'Move More at Work' and 'Move More for Children'.
- **Active August online campaign**
This year's campaign focused on physical and mental health to support our community members during the Covid-19 pandemic to help kick-start a healthy and active lifestyle, with excellent engagement levels from community members. We shared some fantastic resources including the Ottobock Fitness App, Ottobock workout, LimbPower's exercise videos including new Adaptive Fitness Fun exercise videos with Jack Evers (all available on YouTube and the LimbPower website www.limbpower.com). During August, we received 432 social media posts and engaged with 1,193 active members with our live exercise and yoga sessions being the most popular. The online campaign reached 3,578 people and over 7,000 people have viewed our online videos. **#ActiveAugust**

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
MARKETING AND COMMUNICATIONS
16
31 DECEMBER 2020**

- **I can campaign;** created by the Department of Health, Department of Persons with Disabilities and European Limb Loss Day on 3rd December. This is a social media campaign to promote the positive experiences of individuals with limb loss and limb difference. This campaign ran in partnership with LimbPower, Limbless Association and the London Prosthetic Centre.
- **Resources** - LimbPower have produced 54 paper resources and 70 plus videos to support inactive amputees and individuals with limb difference to engage in activity and to support active amputees and individuals with limb difference to develop their self-efficacy to sustain their engagement in physical activity.
<https://limbpower.com/resources>.

NEW THIS YEAR

Winter Top Tips

A guide for amputees and individuals living with limb difference to plan for the winter months and avoid injury and isolation. More slips and falls occur in the Autumn and Winter months, so it makes sense to try and plan ahead – something us amputees and people with limb difference are very good at!

PE Resource

LimbPower in conjunction with the Youth Sport Trust released a new Children's Physical Education Infographic to join our suite of child-centric infographics to support the physical, mental and social well-being of children with limb difference. This resource was created to address the needs of limb impaired children engaging in School PE and Sport. LimbPower worked with education and healthcare professionals and parents and children to develop this fun, illustrated Top Tips Guide to navigating school P.E. in response to research and insight from parents and children.

Parasport

LimbPower collaborated with the BPA and Parasport to produce three at home workouts videos to support disabled people during lockdown. These videos were well received with over 2,000 views. All three videos are available on the Parasport YouTube Channel and on the LimbPower YouTube channel.

Virtual Junior Games

LimbPower collaborated with the Youth Sport during the months when School Games and the LimbPower Junior Games events should have taken place to produce five at home fun videos and games cards for children and their families to engage in activity at home. These dance cards and videos were adapted for children and young people with limb difference. The videos and dance cards are available on the LimbPower website and YouTube Channel and on the Youth Sport Trust website.

Paradance Collaboration

LimbPower collaborated with Paradance UK to produce 10 pre-recorded dance videos for individuals with limb difference. These videos were separated into 3 categories - children, family and older people to provide at home engagement opportunities for the three main groups LimbPower work with, within the limb different community.

PINSA Collaboration

The four physical NDSOs of CP Sport, Dwarf Sports association, WheelPower and LimbPower produced an Exercise, Health and Wellbeing resource that listed all of our resources. This was promoted to all Active Partnerships and NGBs. The group also supported Badminton England on a review of their resources and are working with England Netball.

-

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)

MARKETING AND COMMUNICATIONS FOR THE YEAR ENDED 31 DECEMBER 2020

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13. FUNDRAISING & RE

LimbPower are enormously grateful for every single donation we receive from individuals, families and organisations. We thank each and every one of our donors for supporting the work of the charity in so many creative and interesting ways, from fundraising challenges, tea morning and sponsored event to poetry readings and photoshoots. LimbPower could not run our invaluable service without their support. The determination and dedication we have witnessed from our supporters is astounding.

LimbPower has focused its fundraising programme on organisations and companies working with the community LimbPower serves, such as prosthetic and orthotic manufacturers and service providers and grant makers who already provide grants in the area of disability sport. By focusing our fundraising activities in this way, LimbPower are able to make the best use of the limited resources the charity has.

O2 Climb

In February, our team of explorers braved the wind and rain to walk over the roof of the O2 Arena in London to raise funds for #ICan Camps raising an amazing £3,487. The team included five children and two limb difference adults. Considering the appalling weather, we had a wonderful day.

2.6 Challenge

LimbPower were negatively affected when this year's participation and fundraising events had to be cancelled or postponed due to the COVID-19 pandemic. The 2.6 challenge was launched to aid assistance to charities facing these uncertain times, and this national fundraiser arrived with perfect timing. Our epic team of 32-super-amputee's and their families united in a sports activity of their choice, to include the numbers 2.6 or 26 in their challenge. Together we raised a whopping £17,270.50. From that total we'd like to give a special mention to our junior, Maisie Catt, for her outstanding total of £11,607! The team are equally grateful for everyone who took part, every single penny raised is valuable and counts towards future services.

Stay At Home Superhero series 2020

The evil villain Covid-19 didn't stop our awesome community from completing their super sporting mission summer 2020. Oh no! 36 LimbPower Superheroes stepped up to the new, month-long 'At Home' challenge raising an awesome £9985.36.

Winter Wonderwheels 2020

To ensure everyone stayed super motivated for the second-ever month-long At Home challenge. LimbPower had 24 Superheroes and Sidekicks take part in their own personal challenge and we raised an incredible £17,840.24. A very special mention needs to go

out to new LimbPower Junior, Arthur Stone and his family and friends who raised £12,480.25.
The charity holds reserves in respect of its restricted, unrestricted and designated funds.

Restricted funds are those funds which have are received from our funders for a specific project and have been ring fenced for that purpose.

Unrestricted funds are those funds which the charity may freely use for the purpose of pursuing its charitable objectives. The trustees wish to maintain sufficient level of liquid unrestricted funds to adequately meet all current and known liabilities with a target of 12 months unrestricted being held to enable the charity to fund its projects.

Designated funds are those funds which the Trustees have designated as a commitment to future projects and funding requirements in line with the charitable objectives. The current designated funds amount to £89,887 and relate to projects committed for up to the next 4 years.

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER) FUNDRAISING

FOR T

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MBER 2020

MAIN GRANT PROVIDERS

Sports England, Departmer
True Colours Trust,

NHS England, Toyota Parasport, The

OUR CORPORATE AND TRUST SPONSORS

Beast Prosthetics, British Cycling, British Gymnastics, Opcare, Blatchford, Otto Bock Healthcare PLC, Dorset Orthopedic, Pace Rehabilitation, Stewarts, Swim England Ltd, Douglas Bader Foundation, Dorset Orthopedic, Leigh Day Solicitors, Irwin Mitchell, Field Fisher.

A and D Demetre, A Benzeval, A Comanescu, A Dunning, A Eerdmans, A Hopkins, A Irvine, A Maxine, A Morris, A Pack, A Schroeder, A Skinner, A Stone, A Wiseman, B Jamalaldini, B Leaver, Beast Prosthetics, Blatchford Group, Bristol Centre of Enablement, C Ball, C Bauert, C Bennett, C Blackburn, C Catesby Potts, C Duff, C Fairclough, C Hall, C Pauley, C Peter, C Steel-Taylor, C Woodrow, C. Allen, C. Burrell, CAF, D Cummins, D Harper, D Williamson, E Cooper, E Davies, E Kearns, E Lewis, E Ostridge, F and M Perissinotto, G Bevan, G Glew, G Hayward, G Horvath-Franco, G Sone, G Toole, Gerry Mack, H Leach, H Moors, Hull University, I Forsyth, J Allatt, J and T Woolf, J Bevan, J Bouron, J Caseley, J Clapp, J Edmondson, J Eyer, J Gane, J Hand, J Heath, J Moran, J Senior, J Thorpe, J Tongue, J Williams, J. Ashton, K Bennett, K Chamberlayne, K David, K Fairclough, K Leigh Crossman, K Owen, K Pankrishna, K Roche, K Tulett, K. Grange, Kelly Davies, L and D McGillcuddy, L and L Loudon, L Benson, L Blackburn, L Blomfield L Cartmill, L Clinch, L Frost, L Jimenez, L Nixon, L Purbrick, L Richardson, L Windsor, Leigh Day, Limb Solutions, Linnit Solicitors, London Prosthetics, M Crayton, M Dudley, M Lewis, M Patel, M Photiou, M Singh Degshi, M Therese Danzig, M Williams, M. Catt, MCA Fitness, MJ Cole, N and A Browning, N Ashcroft, N Buller, N Chinn, N Davies, N Dodge, N Fosler, N Maigret, Nike Retail, O Bauert, Ossur, Ottobock, P Bousfield, P De Stoppler, P Gunney, P Roche, P Saunders, Pace Rehabilitation, Pauline Paterson, R and C Fawell, R and C Lowrie, R Brooke, R Burnett R Haynes, R Legon, R Morris, R Smith, R Zacharzewski, S Askew, S Cano, S Grater, S Hartley/Catt, S Hill, S Hughes, S Isherwood, S Jordan, S Keeble, S Lord, S Maude, S Milton, S Robert, S Stephenson, S Watson, S White, Steeper Group, Stewarts, T and W O'Toole, T Greatorex, T Howarth, T Jones, T Modra-Swain, T Syrett, T Woodrow, V Bennett, V Davies, W Ashington,

14 RISK MANAGEMENT

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Trustees acknowledge their responsibility for the Charity's system of internal control and for reviewing its effectiveness while recognising that such a system is designed to manage rather than eliminate the risk of failure to achieve the Charity's objectives and that there is reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the responsibility of management to implement the Trustees' policies.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2020**

15. STATEMENT OF TRUSTEES RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure, of the charitable organisation for that year end 31 December 2020. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the external examiner is not aware of that information.

Approved by order of the board of Trustees on October 2021 and signed on its behalf by

.....
Janet Williams - Trustee Chairperson

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
INDEPENDENT AUDITORS REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020**

11. 16. INDEPENDENT AUDITOR'S REPORT

We have audited the financial statements of The British Ambulant Disabled Sports and Arts Foundation (LimbPower) for the year ended 31 December 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinion we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page 26, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of:

- whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed;
- The reasonableness of significant accounting estimates made by the trustees; and
- The overall presentation of the financial statements.

In addition, we read all the financial and non-financial information in the Report of the Trustees to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

**THE BRITISH AMBULANT DISABLED SPORTS AND
ARTS FOUNDATION**
(LIMBPOWER)
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Opinion on financial statements

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 December 2020 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Charities Act 2011.

Andrew Morgan Meredith FCCA, Senior Statutory Auditor

Date:

October 2021

For and on behalf of

Baxter & Co

Chartered Certified Accountants

Lynwood House

Statutory Auditor

Crofton Road

Orpington

Kent

BR6 8QE

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS
FOUNDATION
(LIMBPOWER)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2020**

17. STATEMENT OF FINANCIAL ACTIVITY

				Year Ended 2020	Year Ended 2019
		Unrestrict ed funds	Designate d Funds	Restricted funds	Total funds
	Note s	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Voluntary income	2	29,797	-	128,739	158,536
Activities for generating funds	3	66,602	-	-	66,602
Total		96,399	-	128,739	225,138
EXPENDITURE ON					
Costs of generating funds	4	39,564	-	-	39,564
Charitable activities					
Sports England - Inclusive Sports Department of Health		-	-	53,679	53,679
- Children Prosthetic Fund		822	-	33,700	34,522
- Fundamental Skills		-	-	323	323
LimbPower Adult and Junior Games		853	-	-	853
Starworks		-	-	8,320	8,320
Other Charitable activities		8,285	-	-	8,285
Support and Admin costs		22,581	-	-	22,581
Governance Cost	5	5,872	-	-	5,872
Total		77,977	-	96,022	173,999

251,54

NET INCOME/(EXPENDITURE)	18,422	-	32,717	51,139	19,623
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RECONCILIATION OF FUNDS

Total funds brought forward
177,057
-
60,899
237,956
218,333

Transfer between funds

(89,887)

89,887

-

-

-

TOTAL FUNDS CARRIED FORWARD
105,592
89,887
93,616
289,095
237,956

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
BALANCE SHEET AS AT 31 DECEMBER 2020**

18. BALANCE SHEET

				Year Ended 2020	Year Ended 2019
	Unrestricte d funds	Designate d funds	Restricted funds	Total funds	Total funds
otes	N	£	£	£	£
FIXED ASSETS					
Tangible assets	84,408	-	-	4,408	3,467
	<u>4,408</u>	<u>-</u>	<u>-</u>	<u>4,408</u>	<u>3,467</u>
CURRENT ASSETS					
Debtors	9 6,863	-	38,453	45,316	23,069
Cash at bank	<u>109,323</u>	<u>89,887</u>	<u>66,113</u>	<u>265,323</u>	<u>253,642</u>
	116,186	89,887	104,566	310,639	276,711

CREDITORS

Amounts falling due within one year

10
(15,002)
-
(10,950)
(25,952)
(42,222)

NET CURRENT ASSETS

101,184
89,887
93,616
284,687
234,489

TOTAL ASSETS LESS CURRENT LIABILITIES

105,592

89,887

93,616

289,095

237,956

NET ASSETS

105,592

89,887

93,616

289,095

237,956

FUNDS

Unrestricted funds:

General fund

105,592

177,057

Designated fund

89,887-**195,479**

177,057

Restricted funds:

Sports England, Department of
Health and Starworks**93,616**60,899**TOTAL FUNDS****289,095**237,956

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
BALANCE SHEET AS AT 31 DECEMBER 2020**

The Trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard;
- (b) Preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of each financial year and of its surplus or deficit for each financial.

The financial statements were approved by the Board of Trustees on October 2021 and
were signed on its behalf by:

.....
Janet Williams - Trustee Chairperson

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

19. NOTES TO THE ACCOUNTS

ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computers and Office equipment - 20% straight line method.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are those monies which the trustees have agreed to be designated to provide funding for key projects and activities in future periods. The nature and purpose of designated funds are reviewed regularly.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

2a. VOLUNTARY INCOME

	2020	2019
	£	£
Subscriptions	1,285	245
Donations	21,012	6,783
Third Party donation	-	-
Sponsorship	7,500	3,693
	<u>29,797</u>	<u>10,721</u>

2b. Grants

	2020	2019
	£	£
Department of Health- Children Prosthetics Fund	26,300	19,725
Starworks	27,200	9,067
Sports England - Inclusive Sports Fund	75,239	84,172
Department of Health - Fundamental Skills	-	12,000
	<u>128,739</u>	<u>124,964</u>

3. Activities for generating income

	2020	2019
	£	£
Super Hero Tri	6,035	3,146
Mania Mara fun	4,415	2,479
I Can programme	3,672	18,447
AmputEA FeBREWary	2,295	4,064
Walking Events	1,647	15,303
LimbPower Junior & Adult Games	25,390	13,431
Winter Wonderwheels	17,179	-
Kilimanjaro Expeditions	-	52,485
Other individual fundraising activities	5,969	<u>26,130</u>
	<u>66,602</u>	<u>135,485</u>

4. COSTS OF GENERATING FUNDS

	2020	2019
	£	£
Staff costs	9,435	9,040
Marketing & advertising	3,765	4,670
Limbformation Project Costs	-	-
Event costs	9,175	10,499
Other fundraising costs	8,869	11,586
Starworks	8,320	-
LimbPower Games	-	<u>11,586</u>
	<u>39,564</u>	<u>47,381</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

5. GOVERNANCE COSTS

	2020	2019
	£	£
Staff costs	4,494	4,336
Book-keeping and payroll services	378	
Legal & professional fees	1,000	
Trustees travel expenses	-	
	<u>5,872</u>	<u>4,978</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2020 (2019: £nil)

7. STAFF COSTS

Staff costs were as follows:-

	2020	2019
	£	£
Salaries and wages	100,304	88,781
Social security cost	<u>8,653</u>	<u>7,205</u>
	<u>108,957</u>	<u>95,986</u>

The average number of staff employed by the charity during the financial year was 4 (2019: 4).

No employee received emoluments of more than £60,000 in the 12 month period from 1 January to 31 December 2020 (2019:nil).

NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020

8. TANGIBLE FIXED ASSETS

	Computer s and office equipmen t £
COST	
At 1 January 2020	12,484
Additions	<u>3,637</u>
At 31 December 2020	<u>16,121</u>
DEPRECIATION	
At 1 January 2020	9,017
Charge for year	<u>2,696</u>
At 31 December 2020	<u>11,713</u>
NET BOOK VALUE	
At 31 December 2020	<u>4,408</u>
At 31 December 2019	<u>3,467</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Trade debtors	3,500	2,000
Prepayments	3,363	2,232
Accrued income	<u>38,453</u>	<u>18,837</u>
	<u>45,316</u>	<u>23,069</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Trade creditors	5,748	3,547
Social security and other tax	4,354	
Accrued expense	4,900	4,900
Deferred Income	<u>10,950</u>	<u>33,775</u>
	<u>25,952</u>	<u>42,222</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2020**

11. MOVEMENT IN FUNDS

	At 1.1.20	Net movemen t in funds	Transfer between funds	At 31.12.20
	£	£	£	£
Unrestricted funds				
General fund	177,057	18,422	(89,887)	105,592
Designated fund	-	-	89,887	89,887

Restricted funds

Sports England
Starworks

6,442
21,560
18,880

-
-

67,684
25,322

Department of Health - Children Prosthetic Fund
7400
(7,400)

-
-

D of Health - Fundamental Skills
933
(323)

-

610

TOTAL FUNDS

51,139

-

289,095

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	96,399	(77,977)	(89,887)	(71,465)
Designated fund	-	-	89,887	89,887

Restricted funds

Sports England

Starworks

75,239

27,200

(53,679)

(8,320)

-

-

21,560

18,880

D of Health – Children Prosthetics Fund

26,300

(33,700)

-

(7,400)

D of Health – Fundamental Skills

-

(323)

(323)

128,739

(96,022)

-

32,717

TOTAL FUNDS
225,138
(173,999)
-
51,139

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Voluntary income		
Subscriptions	1,285	245
Donations	21,012	6,783
Third party donation	-	-
Sponsorship donation	<u>7,500</u>	<u>3,693</u>
	29,797	10,721
Activities for generating funds		
Super Hero Tri	6,035	3,146
Mania Mara fun	4,415	2,479
I can programme	3,672	18,447
AmputEA FeBREWary	2,295	4,064
Walking Events	1,647	15,303
LimbPower Junior & Adult Games	25,390	13,431
Kilimanjaro	-	52,485
Winter Wonderwheels	17,179	-
Individual fundraising activities	<u>5,969</u>	<u>26,130</u>
	66,602	135,485
Grant		
Department of Health – Children Prosthetics Fund	26,300	19,725
Starworks	27,200	9,067
Department of Health – Fundamental Skills	-	12,000
Sports England – Inclusive sports	<u>75,239</u>	<u>84,172</u>
	<u>128,739</u>	<u>124,964</u>
Total incoming resources	<u>225,138</u>	<u>271,170</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

	2020	2019
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	9,435	9,040
LimbPower Games	8,320	11,586
LimbPower Ball	-	
Marketing and advertising	3,765	4,670
Events costs	9,175	10,499
Other fundraising	8,869	11,586
	<u>39,564</u>	<u>47,381</u>
Charitable activities		
Sports England – project costs	53,679	63,945
Department of Health – Children Prosthetics Fund	34,522	26,934
Starworks	8,320	9,213
Department of Health – Fundamental Skill	323	11,067
LimbPower Games Junior and Adult	853	14,066
Activity kits and research	-	
Other charitable activities – including depreciation	8,285	48,988
	<u>105,982</u>	<u>174,213</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	7,737	11,909
Travel expenses	321	402
General office expenses	918	1,361
Insurance	4,573	418
IT support and telephone	398	505
Postages	252	
Book-keeping and accountancy	1,511	2,224
Office stationeries and printing costs	3,374	4,119
Advertising & marketing	1,418	2,196
Subscriptions	353	145
Bank charges	917	927
Depreciation	809	691
	<u>22,581</u>	<u>24,975</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

	2020	2019
	£	£
Governance costs		
Staff and wages costs	4,494	4,336
Bookkeeping and payroll	378	556
Trustee Travel	-	
Legal & professional fees	1,000	
	<hr/>	<hr/>
	5,872	4,978
	<hr/>	<hr/>
Total resources expended	173,999	251,547
	<hr/>	<hr/>
Net Surplus for the year	51,139	19,623
	<hr/> <hr/>	<hr/> <hr/>