

Arthritis Support Leicestershire

England & Wales · Charity number 1151899

Details

| | |
|-------------|--|
| Other names | CLASH 2012, COMMUNITY LEICESTERSHIRE ARTHRITIS SELF HELP |
| Status | Registered |
| Legal form | Other |
| Registered | 2013-05-03 |
| Register | View on the Charity Commission register |

Contact

| | |
|---------|--|
| Address | The Orange Rooms 9 Newarke Street Leicester LE1 5SN |
| Phone | 03333444611 |
| Email | info@arthritissupport.org.uk |
| Website | www.arthritissupport.org.uk |

Activities

Objects: TO RELIEVE THE NEEDS OF THOSE SUFFERING FROM ARTHRITIS AND RELATED MUSCULOSKELETAL DISORDERS.

Activities: HydrotherapyYogaMSK Health Promotion HubMSK Digital Health Promotion HubBarclays Digital Eagles trainingCLASH Table Tennis Club - Peepul EnterpriseCLASH Table Tennis Club - Rawlins AcademyDrop-in Information serviceMonthly meetings with professional speakers

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Leicester City
- Leicestershire
- Rutland

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-10-31 | £22,790 | £23,822 | - | - |
| 2024-10-31 | £26,886 | £33,870 | - | - |
| 2023-10-31 | £23,719 | £35,551 | - | - |
| 2022-10-31 | £21,575 | £21,507 | - | - |
| 2021-10-31 | £19,640 | £17,895 | - | - |
| 2020-10-31 | £32,987 | £20,098 | - | - |

Trustees

| Name | Role | Appointed |
|------------------------|-------|------------|
| Conrad McEwan | Chair | 2017-02-08 |
| Cara Davidson | | 2017-04-06 |
| Linda Kimberley-Brooks | | 2019-11-01 |
| MARGARET GREEN | | 2013-02-16 |
| Sonal Godhania | | 2015-02-11 |

Arthritis Support Leicestershire

England & Wales - Charity number 1151899

Accounts

ARTHRITIS SUPPORT LEICESTERSHIRE

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2024

Registered Charity no. 1151899

ARTHRITIS SUPPORT LEICESTERSHIRE

CONTENTS

| | Page |
|--|------|
| Legal and administrative information | 1 |
| Trustees' annual report | 2-4 |
| Independent examiner's report | 5 |
| Statement of financial activities | 6 |
| Balance sheet | 7 |
| Notes forming part of the financial statements | 8-12 |

ARTHRITIS SUPPORT LEICESTERSHIRE**LEGAL AND ADMINISTRATIVE INFORMATION****31 OCTOBER 2024**

| | |
|------------------------------------|---|
| Charity registration number | 1151899 |
| Principal Office | 9 Newarke Street Leicester LE1 5SN |
| Bankers | NatWest 1 Granby Street Leicester |
| Independent Examiner | Kay Wilson High Cross Grange Claybrooke Magna Lutterworth LE17 5AU |
| Trustees | |
| | Conrad Wilson McEwan Margaret Green Linda Kimberley-Brooks Pauline Townsend Sonal Godhania Cara Davidson Mark Bentham |

ARTHRITIS SUPPORT LEICESTERSHIRE**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 OCTOBER 2024**

The Trustees present their annual report and the financial statements for the year ended 31 October 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2005 in preparing the annual report and financial statements of the charity.

Governing Document

The Association is governed by its Constitution dated 12 November 2012 as amended on 05 Aug 2019.

Recruitment and appointment of Trustees

New Trustees are appointed by existing Trustees based on the experience and skills they will offer, and the requirements of the current Trustees Board and needs of the Charity.

Trustees' Induction

New Trustees are informed about the objectives and running practices of the organisation as well as their duties, responsibilities and role within the Trustees Board and the Charity.

Organisation structure

All major policy and spending decisions are subject to approval by the majority of the Trustees. All expenses and minor spending decisions must be approved by a minimum of two trustees, one of whom must be a signatory. All cheques must be signed by two signatories.

Charity objectives

The charity's objective is to relieve the needs of those suffering from Arthritis and related Musculoskeletal (MSK) disorders. Our mission is to help people with arthritis to better manage their condition to live better lives.

Activities and review of the year

In planning our activities for the year, we keep in mind the Charity Commission's guidance on public benefit at our trustees' meetings and ensure that this, coupled with our mission statement is the driving force behind everything we do. We believe our primary focus of improving the quality of life for people with arthritis and other musculoskeletal conditions to be within the Charity Commission's definition of what constitutes a public benefit. The charity is open to all sections of the population irrespective of faith, ethnicity or gender, and offers support on a similar basis. The charity has organised a variety of well-being activities, offered support to members and people newly diagnosed with arthritis, as well as staging events to raise awareness that arthritis affects all sectors of the public.

ARTHRITIS SUPPORT LEICESTERSHIRE
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 OCTOBER 2024

Activities and review of the year (continued)

The work this year has been focused on building up a solid and regular calendar of events and activities for the benefit of members physical and mental well-being. We continued working with Everyone Active to provide access to the hydrotherapy pod in Market Harborough Leisure Centre, although we have had issues finding volunteers to cover our Monday sessions and the out of hours session we would like to set up. The meet-up at John Lewis café in Leicester continues, although it's not always well attended. We have discussed using a different venue, but none offer easy access and disabled parking close by. Not all our events were poorly attended; our afternoon tea at Thurlaston Garden Centre was a huge success, as was our Christmas dinner at Winstanley House, which brought all our adult and family members together. The children and families group met several times for activities and social events, and they really enjoyed the Christmas meal with the adults. We visited village fetes and gave talks at various community groups, which attracted new people to our charity and raised not only our profile, but overall awareness of arthritis. Looking back over the year, we are impressed with how much we have achieved as a team. It sometimes feels like nothing has changed, but we have worked hard to improve the range of activities and resources available to people living with arthritis in Leicestershire.

Financial Review

The Statement of Financial Activities is set out on page 6 of the financial statements.

Income Generation

Income is generated from multiple streams. Yoga via Zoom, and Gentle Exercise and Hydro in person sessions, generate a weekly income. Our "donate a cuppa" campaign, and subscription to "easy fundraising" also generates a monthly income. Annual membership continued in the year to 31st October 2024, to provide an annual income stream. Other income streams include grant applications, donations from the general public and fundraising events.

Reserve Policy

The trustees review the reserves policy on an ongoing basis. We are fortunate to have extremely low fixed costs and so have set our minimum cash reserves at £4,000 to cover these for 6 months. In practice our treasurer also works to ensure that all remaining spend commitment on restricted budgets, plus our minimum reserve is maintained as a cash reserve at all times throughout the year.

Risk management policy

The trustees examine the major risks that the charity faces each financial year when preparing and updating the strategic plan. The charity has developed systems to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

ARTHRITIS SUPPORT LEICESTERSHIRE**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 OCTOBER 2024****Review of specific projects and confirmation that funds can meet their objectives**

All restricted funding received for specific activities is used for direct expenditure and related support costs.

Any funding received for projects that extend beyond the year-end is apportioned appropriately. £15,202 (2023- £ 15,315) of restricted funding was received in the year ended 31 October 2024. The balance of restricted funding received and not spent at 31 October 2024 is £8,446 (2023- £15,141)

Future Plans

Our decision to focus on practical support to enable our members to live fuller lives remains popular and effective, so the Trustees will continue to make their decisions based on how they will benefit the members and how it affects the charity financially. The Trustees will continue to focus on providing inclusive, quality services while looking for opportunities to cut costs. The focus of the charity is to provide members with the information and skills to better manage their condition and improve quality of life. The hydrotherapy sessions are one of our most popular activities, but Market Harborough is too far for many people to travel. Luckily, we have been involved with several meetings with clinicians and hospital staff regarding the repairs to the hydro pool at Leicester General Hospital. We hope these talks bear some fruit and we can see the return of hydrotherapy session in Leicester. In the meantime, we continue to raise funds for hydro at Harborough and promote our seated exercise and adapted yoga sessions. Access to mental and social activities are crucial to overall well-being, and we have regular drop-in sessions with this in mind. We hope these sessions, will allow us to tailor the support to the individuals that attend and encourage them on their journey with arthritis. We will also endeavour to deliver more Living with Arthritis workshops for communities at different venues throughout the county. We have been unable to provide IT sessions recently for a number of reasons, but we aim to schedule regular sessions in the office soon, with outreach support as needed. We also hope to work with local CCGs, consultants specialising in arthritis, physios and social prescribers in order to provide support to clinicians and patients living with arthritis. Trustees also recognise the need to build reserves and will continue to review charity practices and procedures as required, in order to make the charity as effective as possible.

This report was approved by the Trustees on June 2025

Conrad McEwan
Chair

ARTHRITIS SUPPORT LEICESTERSHIRE
INDEPENDENT EXAMINERS REPORT TO THE MEMBERS

I report on the accounts of Arthritis Support Leicestershire for the year ended 31 October 2024, which are set out on pages 6 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Kay Wilson
 High Cross Grange, Claybrooke Magna, Lutterworth LE17 5AU

Dated 9 June 2025

ARTHRITIS SUPPORT LEICESTERSHIRE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 OCTOBER 2024

| | Notes | Unrestricted Funds £ | Restricted Funds £ | Total 2024 £ | Total 2023 £ |
|---|-------|----------------------------|--------------------------|--------------------|--------------------|
| Incoming resources | | | | | |
| Grants received | 2 | 4,000 | 15,202 | 19,202 | 18,815 |
| Gifts and Donations | | 2,765 | - | 2,765 | 1,019 |
| Activities for generating funds | 3 | 1,295 | - | 1,295 | 1,300 |
| Income from charitable activities - Subscriptions | | 3,625 | - | 3,625 | 2,585 |
| Total incoming resources | | 11,684 | 15,202 | 26,886 | 23,719 |
| Resources expended | | | | | |
| Charitable expenditure | 4 | 14,312 | 19,558 | 33,870 | 35,551 |
| Total resources expended | | 14,312 | 19,558 | 33,870 | 35,551 |
| Net incoming resources for the year | | (2,628) | (4,356) | (6,984) | (11,832) |
| Fund balances as at 1 November 2023 | 8 | 9,517 | 15,029 | 24,546 | 36,378 |
| Transfer between funds | | 2,226 | (2,226) | | |
| Fund balances carried forward at 31 October 2024 | | 9,115 | 8,447 | 17,562 | 24,546 |

The above results all relate to continuing activities

There are no recognised gains or losses for the above financial year other than those shown on the statement of financial activities.

ARTHRITIS SUPPORT LEICESTERSHIRE

BALANCE SHEET

AS AT 31 OCTOBER 2024

| | Notes | 2024 £ | 2023 £ |
|--|-------|---------------|---------------|
| Fixed Assets | | | |
| Fixtures, fittings and office equipment | | - | - |
| Current Assets | | | |
| Amounts owed | | - | - |
| Cash at bank and in hand | | 17,514 | 26,923 |
| Prepayments | | 979 | 3,058 |
| | | <u>18,493</u> | <u>29,981</u> |
| Current Liabilities | | | |
| Creditors: amounts falling due within one year | 6 | (931) | (5,435) |
| Net Current Assets | | <u>17,562</u> | <u>24,546</u> |
| Net Assets | | <u>17,562</u> | <u>24,546</u> |
| Funds of the Charity | | | |
| Unrestricted funds | 8 | 9,115 | 9,517 |
| Restricted Funds | 8 | 8,447 | 15,030 |
| Total Funds | | <u>17,562</u> | <u>24,546</u> |

The financial statements are approved by the trustees on the
and signed on their behalf by:

Conrad McEwan

Linda Kimberley-Brooks

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2024

1 Accounting Policies

a) Basis of accounting

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Charities Act 2011.

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The charity constitutes a public benefit entity as defined by FRS 102.

b) Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- i the charity has entitlement to the funds;
the performance conditions attached to the item(s) of income have been met or are fully within the control of the
- ii charity;
- iii there is sufficient certainty that receipt of the income is considered probable; and
- iv the amount can be measured reliably

Legacies are included in the statement of financial affairs when receipt is probable, that is when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Income received in advance of provision of other specified services are deferred until the criteria for income recognition are met.

c) Donated services and facilities

Donated services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt donated services and facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain the services or facilities of equivalent benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt. The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

d) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

e) Fund Accounting

Funds held by the charity are either:

- i Unrestricted general funds are funds which are available to spend on activities that further any of the purposes of the charity.
- ii Designated funds are unrestricted funds of the charity, which the trustees have decided, at their discretion, to set aside for use for a specific purposes.
- iii Restricted funds are grants or donations, which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects undertaken by the charity.

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2024

1 Accounting Policies (continued)

f) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- i Expenditure on charitable activities includes the cost undertaken to further the purposes of the charity and their associated costs.

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs

- ii include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

- iii Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

g) Tangible fixed assets

Individual fixed assets are capitalised at cost and depreciated over their estimated, useful, economic lives on a straight line basis as follows:

| Asset category | Annual rate |
|----------------|-------------|
| Equipment | 25% |

h) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and cash in hand includes cash and other short term, highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

k) Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Voluntary income

| | 2024 | 2023 |
|-----------|---------------|---------------|
| | £ | £ |
| Donations | 2,765 | 1,019 |
| Grants | 19,202 | 18,815 |
| | <u>21,967</u> | <u>19,834</u> |

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024

| 2 Voluntary income (continued) | 2024 | 2023 |
|--|---------------|---------------|
| | £ | £ |
| Grants received comprise: | | |
| JR Corah | - | 750 |
| Barratts Trust | 4,192 | 7,015 |
| Loughborough Royal Masonic | - | 1,500 |
| Star Trust | 4,500 | - |
| Florence Turner Trust | - | 750 |
| Edith Murphy Trust | 4,000 | 3,500 |
| Jean Cope Foundation | - | 500 |
| Earl Shilton Building Society | 134 | - |
| Wakeham Trust | 500 | - |
| Clothworkers | 5,500 | - |
| LCC Shires grant | - | 2,000 |
| Leicester Charity Link | 375 | 500 |
| Leicestershire CMF | - | 2,300 |
| | <u>19,202</u> | <u>18,815</u> |
| 3 Activities for generating funds | | |
| | 2024 | 2023 |
| | £ | £ |
| Fundraising | 1,295 | 1,300 |
| Other | - | - |
| | <u>1,295</u> | <u>1,300</u> |
| 4 Charitable expenditure | | |
| | 2024 | 2023 |
| | £ | £ |
| Project expenses | 19,212 | 16,789 |
| Office expenses | 7,290 | 8,394 |
| Telephone, stationery and postage | 946 | 278 |
| Promotional work and materials | 4,173 | 4,719 |
| Subscriptions | 180 | 345 |
| Miscellaneous | 198 | 2,136 |
| Travel & accommodation | 1,869 | 2,889 |
| | <u>33,870</u> | <u>35,551</u> |

5 Employees emoluments and related party transactions

The charity employed 2 people (2023:2) during the year with a total wages bill of £1,392 (2023: £9,115) No wages payments were made to any trustees during the year and no redundancy payments were made by the charity during the year. Contributions to employee's pensions of £9 were made during the year.

1 trustees (2023: 2) was reimbursed travel and subsistence expenses amounting to £615 (2023: £751)

The following trustees or businesses received payment in their professional capacity:

Conrad McEwan - £3,695 (2023: £2,405) Tutoring, artwork and promotional material

Linda Kimberley-Brooks - £1,430 (2023: £1,640) Accountancy and bookkeeping services

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2024

| 6 Creditors: amounts falling due within one year | 2024 | 2023 |
|--|------------|--------------|
| | £ | £ |
| Trade creditors | 931 | 4,702 |
| Accrued expenses | - | 710 |
| Payroll liabilities | - | 23 |
| | <u>931</u> | <u>5,435</u> |

| 7 Analysis of net assets between funds | Restricted | Unrestricted | Total | 2023 |
|--|--------------|--------------|---------------|---------------|
| | £ | £ | £ | £ |
| Assets | 8,970 | 9,523 | 18,493 | 21,946 |
| Current liabilities | 523 | 408 | 931 | 2,601 |
| | <u>8,447</u> | <u>9,116</u> | <u>17,562</u> | <u>24,547</u> |

| 8 Movement in funds | At 1 Nov. 2023 | Incoming Resources | Outgoing resources | Transfer of Funds | At 31 Oct. 2024 |
|--------------------------------------|-------------------|-----------------------|-----------------------|----------------------|--------------------|
| | £ | £ | £ | | £ |
| Restricted Funds | | | | | |
| Barratts Development | 3,500 | 4,192 | 6,628 | 66 | 1,130 |
| Children's Arthritis Trust | 3,976 | | 423 | | 3,553 |
| Co-op Community Fund | 1,324 | | 1,324 | | - |
| Haramead Trust | 1,810 | | 251 | (247) | 1,312 |
| LCC Shire Grant | 111 | | 111 | | -- |
| LCC -East Midlands Shared Services | 6 | | | | 6 |
| Leicestershire & Rutland Sport (LRS) | 45 | | | (45) | - |
| Clothworkers | - | 5,500 | 4,839 | | 661 |
| Small Miracle | 500 | | 500 | | - |
| Earl Shilton BS | - | 134 | 134 | | - |
| Pagets Trust | 57 | | 57 | | -- |
| Wakeham Trust | - | 500 | 500 | | - |
| Truemark Trust | 113 | | 113 | | -- |
| Leicestershire Charity Link | 87 | 375 | 87 | | 375 |
| JR Corah | 750 | | | (750) | - |
| Florence Turner Trust | 750 | | | (750) | - |
| Jean Cope Foundation | 500 | | | (500) | - |
| Loughborough Royal Masonic | 1,500 | | 1,500 | | - |
| Star Trust | - | 4,500 | 3,090 | | 1,410 |
| | <u>15,029</u> | <u>15,202</u> | <u>19,558</u> | <u>(2,226)</u> | <u>8,447</u> |
| Unrestricted Funds | | | | | |
| | 9,517 | 11,684 | 14,312 | 2,226 | 9,115 |
| | <u>24,546</u> | <u>26,886</u> | <u>33,870</u> | <u>-</u> | <u>17,562</u> |

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2024

9 Details of restricted funds

| | |
|----------------------------------|---|
| Barratts Development | To provide a Christmas lunch for individuals with MSK conditions and their families |
| Children's Arthritis Trust | To improve the lives of children with arthritis |
| Co-op Community Fund | To provide programmes of gentle exercise and wellbeing, and advice on living with arthritis for individuals with MSK conditions with reduced mobility |
| Haramead Trust | To provide programmes of gentle exercise, hydrotherapy sessions, yoga and advice on living with arthritis for individuals with MSK conditions with reduced mobility |
| LCC East Midlands | To provide IT support for individuals in their homes |
| LCC Shire Grants | To provide admin support |
| LRS | To set up the ASL table tennis club in partnership with Rawlins Academy and provide funding for a table tennis coach. |
| Clothworkers | To contribute to costs of IT equipment |
| Small Miracle | To provide an online yoga class |
| Earl Shilton Building Society | To provide yoga and gentle exercise sessions for individuals with MSK conditions with reduced mobility |
| Pagets Trust | To provide hydrotherapy exercise and yoga exercise for individuals with MSK conditions with reduced mobility |
| Wakeham Trust | To support the "Young at Heart" Group |
| Truemark Trust | To provide hydrotherapy, yoga and gentle exercise sessions for individuals with MSK conditions with reduced mobility |
| Leicestershire Charity Link | To provide a weekly session of yoga for individuals with MSK conditions with reduced mobility |
| JR Corah | To contribute to a new office computer; permitted to be moved to unrestricted |
| Florence Turner Trust | To contribute to a new office computer; permitted to be moved to unrestricted |
| Jean Cope Trust | To contribute to a new office computer; permitted to be moved to unrestricted |
| Loughborough Royal Masonic | To improve the lives of children and families with arthritis |
| Star Trust | To provide hydrotherapy, yoga and gentle exercise classes together with advice on living with arthritis for individuals with MSK conditions . |

Arthritis Support Leicestershire

England & Wales - Charity number 1151899

Accounts

ARTHRITIS SUPPORT LEICESTERSHIRE

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2020

ARTHRITIS SUPPORT LEICESTERSHIRE

CONTENTS

| | Page |
|--|------|
| Legal and administrative information | 1 |
| Trustees' annual report | 2-4 |
| Independent examiner's report | 5 |
| Statement of financial activities | 6 |
| Balance sheet | 7 |
| Notes forming part of the financial statements | 8-12 |

ARTHRITIS SUPPORT LEICESTERSHIRE**LEGAL AND ADMINISTRATIVE INFORMATION****31 OCTOBER 2020**

Charity registration number 1151899

Principal Office 9 Newarke Street
Leicester
LE1 5SN

Bankers NatWest
1 Granby Street
Leicester

Independent Examiner Kay Wilson
High Cross Grange
Claybrooke Magna
Lutterworth
LE17 5AU

Trustees

Conrad Wilson-McEwan
Margaret Green
Linda Kimberley-Brooks
Pauline Townsend
Sonal Godhania
Diana Osborn
Cara Davidson
Mark Bentham

ARTHRITIS SUPPORT LEICESTERSHIRE**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 OCTOBER 2020**

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Trustees' Induction

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Charity objectives

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Activities and review of the year

In planning our activities for the year, we keep in mind the Charity Commission's guidance on public benefit at our trustees meetings and ensure that this, coupled with our mission statement is the driving force behind everything we do. We believe our primary focus of improving the quality of life for people with arthritis and other musculoskeletal conditions to be within the Charity Commission's definition of what constitutes a public benefit. The charity is open to all sections of the population irrespective of faith, ethnicity or gender, and offers support on a similar basis. The charity has organised a variety of well-being activities, offered support to members and people newly diagnosed with arthritis, as well as staging events to raise awareness that arthritis affects all sectors of the public.

ARTHRITIS SUPPORT LEICESTERSHIRE

TRUSTEES' ANNUAL REPORT

FOR THE YEAR ENDED 31 OCTOBER 2020

Activities and review of the year (continued)

The year has been a challenging one for us all with the outbreak of the COVID-19 pandemic at the beginning of 2020. The trustees made the decision to suspend all activities around February, before the lockdown came into effect to ensure the safety of our members, volunteers and facilitators, many of whom are in the vulnerable category. Many of our members were asked to shield themselves to protect them from the dangers posed by the virus, leaving many isolated. We offered support and assistance where possible, but it was frustrating because it was limited. The uncertainty over the easing of the first lockdown was followed by the confusion of the tier system, and the limitations it placed on our services. It was around this time, when it was becoming obvious that we would need to adapt how we connected with our members that plans were established to start Zoom sessions for yoga and adapted exercise sessions. These sessions were a huge success, although numbers were limited to ensure members exercised safely. The Trustees also ensured that all vulnerable and isolated members were contacted regularly over the phone to offer emotional support. We have been very fortunate with fundraising grants, thanks to the hard work of our trustees and the generosity of our donors, including one from LCC which we used to start creating a series of videos to be posted online allowing more people access to adapted exercises and well-being information, should we face another lockdown or for people that are less able to attend sessions.

Financial Review

The Statement of Financial Activities is set out on page 6 of the financial statements.

Income Generation

Income is generated from multiple streams. Yoga Session fees generate a weekly income, and Hydrotherapy a monthly one. Our "donate a cuppa" campaign also generates a monthly income. Membership fees generate an annual income. Other income streams stem from grant applications, donations from the general public, and fundraising events.

Reserve Policy

The trustees review the reserves policy on an ongoing basis. We are fortunate to have extremely low fixed costs and so have set our minimum cash reserves at £4,000 to cover these for 6 months. In practice our treasurer also works to ensure that all remaining spend commitment on restricted budgets, plus our minimum reserve is maintained as a cash reserve at all times throughout the year.

Risk management policy

The trustees examine the major risks that the charity faces each financial year when preparing and updating the strategic plan. The charity has developed systems to monitor and control these risks to mitigate any impact that they may have on the charity in the future.

ARTHRITIS SUPPORT LEICESTERSHIRE**TRUSTEES' ANNUAL REPORT****FOR THE YEAR ENDED 31 OCTOBER 2020****Review of specific projects and confirmation that funds can meet their objectives**

All restricted funding received for specific activities is used for direct expenditure and related support costs.

Any funding received for projects that extend beyond the year-end is apportioned appropriately. £24,380 (2019 - £ 6,086) of restricted funding was received in the year ended 31 October 2020. The balance of restricted funding received and not spent at 31 October 2020 is £23,454 (2019 - £11,992)

Future Plans

Our decision to focus on practical support to enable our members to live fuller lives remains popular and effective, so the Trustees will continue to make their decisions based on how they will benefit the members and how it affects the charity financially. The Trustees will continue to focus on providing inclusive, quality services while looking for opportunities to cut costs. The focus of the charity is to provide members with the information and skills to better manage their condition and so lead a fuller life. Hydrotherapy, seated exercise and yoga already fit these criteria, and we will endeavour to deliver more well-being workshops, hopefully reaching more people by using different venues throughout the county. We also hope to work with local CCGs and consultants specialising in arthritis in order to provide support to clinicians and patients living with arthritis to help them live a fuller life. Trustees also recognise the need to build reserves and will continue to review charity practices and procedures as required in order to make the charity as effective as possible.

This report was approved by the Trustees on May 2021

Conrad McEwan
Chair

ARTHRITIS SUPPORT LEICESTERSHIRE

INDEPENDENT EXAMINERS REPORT TO THE MEMBERS

I report on the accounts of Arthritis Support Leicestershire for the year ended 31 October 2020, which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Kay Wilson
High Cross Grange, Claybrooke Magna, Lutterworth LE17 5AU

Dated 11 May 2021

ARTHRITIS SUPPORT LEICESTERSHIRE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 OCTOBER 2020

| | Notes | Unrestricted Funds £ | Restricted Funds £ | Total 2020 £ | Total 2019 £ |
|---|-------|----------------------------|--------------------------|--------------------|--------------------|
| Incoming resources | | | | | |
| Grants received | 2 | 3,000 | 24,380 | 27,380 | 14,234 |
| Gifts and Donations | | 1,031 | - | 1,031 | 1,701 |
| Activities for generating funds | 3 | 1,355 | - | 1,355 | 1,670 |
| Income from charitable activities: - Subscriptions | | 2,458 | - | 2,458 | 5,010 |
| HMRC Employee Furlough Retention Scheme | | 763 | - | 763 | - |
| Total incoming resources | | 8,607 | 24,380 | 32,987 | 22,615 |
| Resources expended | | | | | |
| Charitable expenditure | 4 | 7,181 | 12,917 | 20,098 | 22,625 |
| Total resources expended | | 7,181 | 12,917 | 20,098 | 22,625 |
| Net incoming resources for the year | | 1,426 | 11,463 | 12,889 | (10) |
| Fund balances as at 1 November 2019 | 8 | 9,685 | 11,991 | 21,676 | 21,687 |
| Transfer of funds | | | | | - |
| Fund balances carried forward at 31 October 2020 | | 11,111 | 23,454 | 34,566 | 21,677 |

The above results all relate to continuing activities.

There are no recognised gains or losses for the above financial year other than those shown on the statement of financial activities.

ARTHRITIS SUPPORT LEICESTERSHIRE

BALANCE SHEET

AS AT 31 OCTOBER 2020

| | Notes | 2020 £ | 2019 £ |
|--|-------|---------------|---------------|
| Fixed Assets: | | | |
| Fixtures, fittings and office equipment | | - | - |
| Current Assets | | | |
| Amounts owed | | | |
| Cash at bank and in hand | | 35,572 | 23,854 |
| Prepayments | | 319 | 638 |
| | | <u>35,891</u> | <u>24,492</u> |
| Current Liabilities | | | |
| Creditors: amounts falling due within one year | 6 | (1,325) | (2,815) |
| Net Current Assets | | <u>34,566</u> | <u>21,677</u> |
| Net Assets | | <u>34,566</u> | <u>21,677</u> |
| Funds of the Charity | | | |
| Unrestricted funds | 8 | 11,111 | 9,685 |
| Restricted Funds | 8 | 23,454 | 11,992 |
| Total Funds | | <u>34,566</u> | <u>21,677</u> |

The financial statements are approved by the trustees on the
and signed on their behalf by:

May 2021

Conrad McEwan

Diana Osborn

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2020

1 Accounting Policies

a) Basis of accounting

The accounts have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Charities Act 2011.

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The charity constitutes a public benefit entity as defined by FRS 102.

b) Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- i the charity has entitlement to the funds;
- ii the performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- iii there is sufficient certainty that receipt of the income is considered probable; and
- iv the amount can be measured reliably

Legacies are included in the statement of financial affairs when receipt is probable, that is when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Income received in advance of provision of other specified services are deferred until the criteria for income recognition are met.

c) Donated services and facilities

Donated services and facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt donated services and facilities are recognised on the basis of the value of the gift to the charity, which is the amount the charity would have been willing to pay to obtain the services or facilities of equivalent benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt. The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

d) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

e) Fund Accounting

Funds held by the charity are either:

- i Unrestricted general funds are funds which are available to spend on activities that further any of the purposes of the charity.
- ii Designated funds are unrestricted funds of the charity, which the trustees have decided, at their discretion, to set aside for use for a specific purposes.
- iii Restricted funds are grants or donations, which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects undertaken by the charity.

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2020

1 Accounting Policies (continued)

f) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

i) Expenditure on charitable activities includes the costs undertaken to further the purposes of the charity and their associated costs:

- Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.
- ii) Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

g) Tangible fixed assets:

Individual fixed assets are capitalised at cost and depreciated over their estimated, useful, economic lives on a straight line basis as follows:

| Asset category | Annual rate |
|----------------|-------------|
| Equipment | 25% |

h) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and cash in hand includes cash and other short term, highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

k) Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Voluntary income

| | 2020 | 2019 |
|-----------|---------------|---------------|
| | £ | £ |
| Donations | 1,031 | 1,701 |
| Grants | 27,380 | 14,234 |
| | <u>28,411</u> | <u>15,935</u> |

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2020

| 2. Voluntary income (continued): | 2020 | 2019 |
|---|---------------|---------------|
| | £ | £ |
| Grants received comprise: | | |
| Foyte Foundation: | 4,000 | - |
| Barratt Development: | 3,000 | 2,000 |
| Haramead Trust: | 5,000 | - |
| Leeds Building Society: | 2,000 | - |
| Co-op Community Fund | - | 6,376 |
| Daphne Plunket Charitable Trust | - | 250 |
| Edith Murphy Trust | 3,000 | 1,500 |
| Florence Turner Trust | - | 500 |
| Truemark Trust | 3,000 | - |
| Msonic Association: | 1,500 | - |
| Leicestershire Communities Fund: | 4,880 | - |
| LCC Shares grant: | - | 1,108 |
| Leicester, Leicestershire and Rutland Community Foundation (LLRCF): | - | 2,000 |
| Next | - | 250 |
| Pagets Trust | 1,000 | - |
| The Mansion Trust | - | 250 |
| | 27,380 | 14,234 |

3. Activities for generating funds

| | 2020 | 2019 |
|--------------|--------------|--------------|
| | £ | £ |
| Fundraising: | 1,355 | 1,670 |
| Other: | - | - |
| | 1,355 | 1,670 |

4. Charitable expenditure

| | 2020 | 2019 |
|-----------------------------------|---------------|---------------|
| | £ | £ |
| Project expenses | 14,504 | 12,277 |
| Office expenses | 2,845 | 6,029 |
| Project worker training: | | |
| Telephone, stationery and postage | 207 | 729 |
| Promotional work and materials | 1,597 | 2,465 |
| Donations and gifts | | |
| Subscriptions | 388 | 264 |
| Depreciation | | |
| Miscellaneous: | 58 | 180 |
| Travel & accommodation | 498 | 760 |
| | 20,098 | 22,625 |

5. Employees emoluments and related party transactions

The charity employed 3 people (2019: 2) during the year with a total wages bill of £4,003 (2019: £1,214). No wages payments were made to any trustees during the year and no contributions to employees' pension schemes or redundancy payments were made by the charity during the year.

2 trustees (2019: 3) were reimbursed travel and subsistence expenses amounting to £558 (2018: £778)

The following trustees or businesses received payment in their professional capacity:

Conrad McEwan - £1,150 (2019: £1,980) Artwork and promotional material.

Linda Kimberley Brooks - £1,000 (2019: -) Accountancy and bookkeeping services

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2020

| 6 Creditors: amounts falling due within one year | 2020 | 2019 |
|--|--------------|--------------|
| | £ | £ |
| Trade creditors | 828 | 1,631 |
| Accrued expenses | 497 | 1,148 |
| Payroll liabilities | - | 36 |
| | <u>1,325</u> | <u>2,815</u> |

| 7 Analysis of net assets between funds | Restricted | Unrestricted | Total | 2019 |
|--|---------------|---------------|---------------|---------------|
| | £ | £ | £ | £ |
| Assets | 24,556 | 11,334 | 35,891 | 24,492 |
| Current liabilities | (1,102) | (223) | (1,325) | (2,815) |
| | <u>23,454</u> | <u>11,111</u> | <u>34,566</u> | <u>21,677</u> |

| 8 Movement in funds | At 1 Nov. 2019 | Incoming Resources | Outgoing resources | At 31 October 2020 |
|--|-------------------|-----------------------|-----------------------|-----------------------|
| | £ | £ | £ | £ |
| Restricted Funds | | | | |
| Barratts Development | 2,000 | 3,000 | 2,069 | 2,931 |
| Children's Arthritis Trust | 5,951 | - | 363 | 5,588 |
| Comic Relief | 1,452 | - | 1,422 | 30 |
| Daphne Plunket Foundation | 250 | - | - | 250 |
| Foyle Foundation | - | 4,000 | - | 4,000 |
| Gentle Exercise and Social Inclusion Programme | 1,269 | - | 405 | 864 |
| Haramead Trust | - | 5,000 | - | 5,000 |
| LLRCE - Well being Wednesdays | 72 | - | 72 | - |
| LCC -East Midlands Shared Services | 383 | - | 82 | 301 |
| Leicestershire & Rutland Sport (LRS) | 364 | - | 319 | 45 |
| The Mansion Trust | 250 | - | - | 250 |
| Leeds Building Society | - | 2,000 | 949 | 1,051 |
| Leics Community Fund | - | 4,880 | 4,130 | 750 |
| Pagets Trust | - | 1,000 | 463 | 537 |
| Masonic Association | - | 1,500 | 683 | 817 |
| Triemark Trust | - | 3,000 | 1,960 | 1,040 |
| | <u>11,994</u> | <u>24,380</u> | <u>12,917</u> | <u>23,454</u> |
| Unrestricted Funds | 9,685 | 8,607 | 7,181 | 11,111 |
| | <u>21,679</u> | <u>32,987</u> | <u>20,098</u> | <u>34,565</u> |

ARTHRITIS SUPPORT LEICESTERSHIRE

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 OCTOBER 2020

9 Details of restricted funds

| | |
|--|---|
| Barratts Development | To provide a Christmas lunch for individuals with MSK conditions and their families |
| Children's Arthritis Trust | To improve the lives of children with arthritis |
| Comic Relief | To provide part time administrative support |
| Daphne Plunkett Foundation | To contribute to a replacement office computer |
| Foyle Foundation | To support overhead costs during the Covid pandemic |
| Gentle Exercise & Social Inclusion Programme | To provide a weekly session of gentle exercise which also enables individuals with MSK conditions with reduced mobility to meet socially and receive advice and reduce isolation. |
| Haramoad Trust | To provide programmes of gentle exercise, hydrotherapy sessions, yoga and advice on living with arthritis for individuals with MSK conditions with reduced mobility |
| LLRCE - Well being Wednesdays | To provide a seated exercise class and other activities and advice for individuals with MSK conditions with reduced mobility |
| LCC East Midlands | To provide IT support for individuals in their homes |
| LRS | To set up the ASL table tennis club in partnership with Rawlins Academy and provide funding for a table tennis coach. |
| The Mansion Trust | To contribute to a replacement office computer |
| Leeds Building Society | To support rent costs and provide office equipment |
| Leics Community Fund | To provide part time administrative support |
| Masonic Association | To provide a weekly session of gentle exercise which also enables individuals with MSK conditions with reduced mobility to meet socially and receive advice and reduce isolation. |
| Pagets Trust | To provide hydrotherapy exercise and yoga exercise for individuals with MSK conditions with reduced mobility |
| Truemark Trust | To provide hydrotherapy, yoga and gentle exercise sessions for individuals with MSK conditions with reduced mobility |