

**ARTHRITIS SUPPORT LEICESTERSHIRE**

**REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 OCTOBER 2024**

Registered Charity no. 1151899

## **ARTHRITIS SUPPORT LEICESTERSHIRE**

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

<b>Charity registration number</b>	1151899
<b>Principal Office</b>	9 Newarke Street Leicester LE1 5SN
<b>Bankers</b>	NatWest 1 Granby Street Leicester
<b>Independent Examiner</b>	Kay Wilson High Cross Grange Claybrooke Magna Lutterworth LE17 5AU
<b>Trustees</b>	
	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 £
<b>Incoming resources</b>					
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
<b>Total incoming resources</b>		<b>11,684</b>	<b>15,202</b>	<b>26,886</b>	<b>23,719</b>
<b>Resources expended</b>					
Charitable expenditure	4	14,312	19,558	33,870	35,551
<b>Total resources expended</b>		<b>14,312</b>	<b>19,558</b>	<b>33,870</b>	<b>35,551</b>
<b>Net incoming resources for the year</b>		<b>(2,628)</b>	<b>(4,356)</b>	<b>(6,984)</b>	<b>(11,832)</b>
Fund balances as at 1 November 2023	8	9,517	15,029	24,546	36,378
Transfer between funds		2,226	(2,226)		
<b>Fund balances carried forward at 31 October 2024</b>		<b>9,115</b>	<b>8,447</b>	<b>17,562</b>	<b>24,546</b>

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

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Linda Kimberley-Brooks

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# 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

<b>2 Voluntary income (continued)</b>	<b>2024</b>	<b>2023</b>
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>
<b>3 Activities for generating funds</b>	<b>2024</b>	<b>2023</b>
	£	£
Fundraising	1,295	1,300
Other	-	-
	<u>1,295</u>	<u>1,300</u>
<b>4 Charitable expenditure</b>	<b>2024</b>	<b>2023</b>
	£	£
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 £
<b>Restricted Funds</b>					
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>
<b>Unrestricted Funds</b>	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.