



*Clinical Sciences Centre
University Hospital Aintree
Lower Lane
Liverpool
L9 7AL*

*Established as a Charitable Incorporated Organisation
on 17th March 2014*

*Originally Established under a Deed of Trust
Dated 30th March 1979*

Annual Report and Accounts

For year ended 5th April 2022

Registered Charity No.1156227

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Miss J Daley, LLB (Hons)
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Mr. P. Fell, MA (Cantab), FRSA
Professor Francis McGlone BSc (Hons), PhD (appointed 10.3.2020)
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Mr. M. Sharma, MBBS, MD, FRCA, MSc, FFPMRCA
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CHARITY MANAGER

Mrs J Williams

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TRUSTEES' REPORT 2022

It is once again my pleasure as Chairman of the Pain Relief Foundation and on behalf of the Trustee Committee to introduce our Annual Report for the year ended 5th April 2022. Our reputation as leaders in the field of chronic pain research continues to attract wide interest from specialists in chronic pain, general practitioners and most importantly patients and families.

The year has been difficult for all charities, but we have remained resilient and steadfast and alongside our partner organisations noticeably the University of Liverpool and the Walton Centre NHS Foundation Trust have maintained our efforts to deliver first class research and support our grant applications and the promotion of our work at conferences and educational courses.

I would as always like to thank our two lead clinicians Dr Andreas Goebel and Dr Andy Marshall for their clinical expertise and Julie Williams our Charity Manager and her team for all the hard work to promote the charity in a whole variety of ways to encourage support and donations without which we would not be able to advance pain research. The many highlights of the year are referenced in the report, and I do hope you enjoy reading our success.

In the last year we continued to face our biggest challenges. As grim headlines dominated around the world, the pandemic still having a considerable impact on our organisation, all our face to face fundraising activities and education courses remained cancelled. We had to respond quickly, making some difficult decisions to manage our costs whilst protecting as much of our crucial research as we could and ensuring we were there for chronic pain patients who needed us more than ever. Despite these challenges, we honoured all existing research commitments, supported our researchers to respond to the crisis and continued to grant new funding, with almost £150,000 of new grants issued in the last year. Our response to the crisis, supported by our strong reserves position and robust digital fundraising performance, has put us in a solid position as we move into our recovery year, and we are once again feeling optimistic.

Now that we are entering the endemic stage and learning to live with Covid we look back and we are immensely proud of how we responded to the pandemic. We attribute our resilience to the dedication of our people, and the single-minded clarity of our mission. Another key factor has been our prudent management before the pandemic; our cash reserves ensured we could meet our financial obligations and continue essential research.

Covid-19 has caused us all to rely on science for solutions. And science has delivered in abundance, including developing, testing, and producing effective vaccines and therapeutics in record time. It's important to recognise how much we have all lost over the past 2 years, but we can also appreciate just how much we achieved and recognise how important is the vital role of science and research in all of our futures

Pain is the most common reason that people attend their GP and affects 1 in 4 people.

Persistent pain can be a major source of suffering for many and can present in many ways, for example after an accident, after a burn or through war injuries. Pain also occurs with illnesses such as cancer, arthritis, fibromyalgia, Parkinson's, multiple sclerosis, and back problems and now long covid to name but a few.

Pain is not visible and outwardly people may look 'normal' but are left with life-long severe pain that can affect their mood, relationships with family and friends and their ability to work or relax. We endeavour to do all we can to help these people who suffer in silence by making pain visible and to learn to treat it better. Everyone with chronic pain experiences pain differently, continuing valuable research will open the door to more options available to help people effectively manage their pain.

The climate in which we work is changing. Our health service is under increasing pressure and our collaboration with health and social care professionals is more vital than ever in meeting the needs of an ever-growing number of people living with chronic pain. We at Pain Relief Foundation and Pain Research

Institute remain driven by the scale of the need and we are completely committed to reaching the millions of people we know could benefit from cures, new treatments, better information, advice, and support

Our ambition is as focused as ever and although the task ahead may be daunting, we believe we can achieve it through inspirational scientists and outstanding expertise. We have a desirable reputation which gives us opportunities to collaborate and lead from the front. Every day these amazing people go to extraordinary lengths to help us improve the lives of those affected by Chronic Pain.

Chronic pain being one of the last great challenges facing medical science, it needs every support to make sure it is a fight we at Pain Relief Foundation can win. Duty bound to do our best we will persist in filling the gap between discovering new scientific advances and how these can translate into the best prevention and treatment options for people affected by pain and hopefully one day find a cure. We hope to continue to push changes across our society that will make lifelong differences. Along with additional research, pain education is critical to improved treatments and outcomes so now, more than ever, we need to work together to implement new solutions and address the burden of pain on our society.

The Pain Relief Foundation continues to make every effort to be open, transparent and remain responsible for the decisions that we make. We adhere to regulation of fundraising practices and her scrutiny of the charity sector and remain committed to respond any regulatory changes by continually reviewing our approach to fundraising to make sure we keep pace with the requirements of the law maintaining best practice in how we communicate with our donors and manage their data effectively. It is our job to ensure that we keep doing the right things in the right way from responsible fundraising to responsible spending and investing.

We need every support to make sure that the Pain Relief Foundation can continue with the efforts to make further headway in enabling the unravelling of the many and varied complications associated with human chronic pain and we are therefore thankful for the support from donors and volunteers who come from all sectors of the community who very often suffer chronic pain themselves; without your donations we would not be where we are, which brings me to add we are indebted to those who volunteer for the various research projects, here and in other units where research is ongoing supported by the Foundation without them we could not make the advancements we already have.

Another major involvement to the work of the Foundation comes from the Walton Centre NHS Foundation Trust for Neurology and Neurosurgery and its associated Pain Clinic who passionately supports the educational activities of the Foundation, none of which would take place without the commitment of all the Pain Clinic staff. The Pain Clinicians are also active researchers, adding to the portfolio of research supported by the Foundation.

The continuing work of the Pain Relief Foundation would not be possible without the skillful and capable Board of Trustees, to whom we are forever grateful for giving up their time. Our Trustees meet regularly to supervise and direct the Foundations activities with each member contributing to the effective management of the Charity; together they ensure that we get the greatest effect from your donations a responsibility we take very seriously. The Committee comprises of persons from many fields, each with in-depth and valuable skills from medicine as well as from administrative, legal, business, and commercial interests, each contributing their own dynamic. The Trustees are very ably supported by committees of specialists who have expertise and specialist interest in chronic pain.

It is at this point we would like to thank each and every one you for everything you do, we are beyond grateful.

The Trustees maintain the system of repeated review in all areas of importance in the scientific and administrative conduct of the affairs of the Foundation. In these difficult times, our reserves can be measured as crucial and therefore, the *Reserves Policy* is regularly monitored so that we are able to use our resources to the maximum effect. The *Investment Policy* dealing with the *Reserves* is also regularly reviewed by the Trustees and the Investment Management team at Rathbones, to maximise the generation of both income and capital growth. The *Risk Assessment* policy has also been frequently reviewed and is under constant consideration to ensure that risks to which the charity may be exposed

are understood, and steps taken to mitigate them have been identified. This is an area of prime importance and procedural changes will be implemented from time to time as appropriate.

During the year the Trustees decide on how much money is available for research budgets in the forthcoming year; we then advertise in specialist journals, on our website, on the specialist internet site ResearchResearch.com and in the University and NHS press, for applications.

The upmost importance is placed on the selection process; all applications received are initially assessed by our 'Scientific Advisory Sub-Committee' under its Chairman, Dr Caroline Staunton. This committee has the vital task of overseeing our research work. All applications received are initially assessed by the committee to ensure they fit the remit of the Foundation. The committee then ensures that each application is then independently Peer Reviewed by external reviewers. With all this taken into consideration the sub-committee will advise the Trustees on which of the many applications received for research grants are most deserving, and which projects should be the recipients of the funds available. As always, we are most grateful for the expertise and extensive work of our Scientific Sub-Committee.

A selection of research reports from grants awarded by the Pain Relief Foundation can be found on our website www.painrelieffoundation.org.uk.

During the year, the 'Education Sub Committee' under the able Chairmanship of Dr. John Wiles, set out to develop and deliver or enhance the number of excellent educational courses on the Treatment and Management of chronic pain that the Pain Relief Foundation provide. The Pain Relief Foundation is noted for the level of excellence which these courses provide, and they are always well supported by all members of this committee and each year they welcome the opportunity to take the responsibility of organising and being responsible for the educational courses provided for doctors and other health professionals and are now encouraging other Pain professionals to follow suit.

Now that we are learning to live with Covid we are able to resume the planning of courses for 2022, these will hopefully not only take place face to face but with new technology will also allow us to have the opportunity to provide online attendance. Along with Dr Manohar Sharma we have already arranged for the commencement of the 'EFIC Winter cancer Pain School' in October and we are in talks to prepare the **North England Pain Group (NEPG)** meeting in September. Other workshops are currently being drafted to run throughout the year.

The Chairman of the Education Committee Dr John Wiles is responsible for arranging the Annual Lecture and the Student Essay competition. This year saw our first virtual Annual Lecture which proved to be a huge success. The 2021 Annual Lecture titled '56 Years On – Are We Nearer to Closing the Pain Gate?' was given to honour the life and work of Ronald Melzack, Professor of Psychology at McGill University, Montreal. The lecture was delivered by Claudia Sommer, Professor of Neurology at the University of Wurzburg, Germany, and the current President of the International Association for the Study of Pain.

It was agreed the new format of the student essay competition should continue and was again opened up to Medical, Nursing, Occupational Therapists, Psychology and Physiotherapy students. With the winners of each category presenting their essay at one of our educational meetings.

Our sincere thanks go to Dr John Wiles for his active role in coordinating.

Writing this report also gives me the opportunity to express my heartfelt appreciation to the dedicated people who each year continue to contribute to the work and achievements of the Foundation; the volunteers who support us, the Administrator Julie Williams, her staff Lorraine Roberts, and Brenda Hall and Jo Stephens who work so conscientiously throughout the year. I would also like to acknowledge Kath Johns and Emma Shepherd of BTMR Ltd, Statutory Auditor, who meticulously prepare and audit the accounts and Joseph McLoughlin of Rathbones Investments for retaining our investment portfolio.

Aims & Objectives

The aims and objects of the Pain Relief Foundation, as set out in the Constitution, are the advancement and promotion of all forms of medical research and in particular the relief of human pain and all painful conditions of every type whatsoever and howsoever caused and to disseminate the results of any such research throughout the world.

Policies to further Aims & Objectives

In pursuance of these aims and objectives, the continued policy of the Trustees is to:

- Fund and enable research into the causes and optimal treatment of human chronic pain.
- Provide and maintain a Pain Research Institute, headed by a Professor of Pain Science, in which research and education is conducted in pursuance of the charity's objectives.
- Undertake the support of the Pain Research Institute as a priority in the Pain Relief Foundation's funding programme. However, research grants will also be made available and awarded by open competition, for qualitative research projects carried out in other institutions.
- Support partnerships with higher education and the N.H.S directed to the understanding and treatment of human chronic pain. In particular, to provide long-term funds for the support of a Chair in Pain Science at the University of Liverpool.
- Support the dissemination of the results of such research throughout the world.
- Promote and enable education and training for doctors and other health professionals on human chronic pain and its treatments.
- Provide doctors and other health professionals with an information service on chronic pain and its treatments, in order to improve patient care.
- Provide an information service to human chronic pain sufferers and patients on chronic pain conditions.

This policy has remained unchanged since the last annual report

Chronic Pain

Invisible, unequal, and unfair.

We are often asked what chronic pain is. Chronic pain usually refers to persistent or recurrent pain that has gone on for more than three months. Some chronic pain is caused by underlying inflammation or damage to the body's tissues such as arthritis there is inflammation or damage in the joints and neuropathic pain can be caused by damage or inflammation in the nerves. Other conditions, such as fibromyalgia, are a type of chronic primary pain. These are conditions in their own right where the chronic pain is complex and associated with many other symptoms, rather than being due to underlying disease or damage in the joints or nerves.

Having chronic pain is a subjective experience which cannot be seen or measured directly. The causes are many and various and often the underlying clinical condition or injury may seem to bear little relation to the experience described by people in pain. Pain is one of the main reasons that people see their GP.

At its worst, chronic pain reduces, and ruins lives it can be exhausting, life-limiting and feel inescapable. People with chronic pain too often face a daily struggle in which every activity - from getting moving in the morning, to washing, dressing, working, exercising, being with family and friends and even trying to sleep. Chronic pain can limit not just what people are able to do, but also how they feel and think. It can

prevent people from fully participating in society, slowly wearing away their connection to community, until they feel isolated even with a large network of family and friends around them. Unsurprisingly, having chronic pain can also lead to poor mental health. Depression is four times more common among people living with chronic pain than among those without pain. Chronic pain and mental health problems have a complex and reciprocal relationship, with each one exacerbating the other.

Recent data published on chronic pain in different groups, highlights concerning health inequalities and trends. These include an increased burden of chronic pain on people living in deprived areas and people from some minority ethnic backgrounds, and a recent increase in chronic pain among young adults. Upsettingly, severe chronic pain is now associated with an increased risk of mortality.

This is not good enough, we can and must do better. We need to break the vicious cycle where being deprived and excluded means you're more likely to have chronic pain, which in itself may lead to further poverty and exclusion. Chronic pain must not be ignored, by increasing society's awareness and investing in research, services, and the fairer treatment of people with chronic pain and we believe we can help these people to live active and fulfilling lives.

This situation highlights just how much research and associated work still needs to be carried out if we are to dominate chronic pain and to ease the distress which it causes. The staff at the Pain Research Institute and in the other Laboratories which are funded by the Foundation, acknowledge that much remains to be done, and they are relentless in their efforts to solve the many problems and unexplained factors.

The Pain Relief Foundation's funding has helped the Research Institute secure a firm base for an exciting and robust academic structure which is necessary if the Institute is to continue moving forward with a rigorous programme of research into human chronic pain. It has helped the Foundation to co-ordinate and further develop the extensive teaching of undergraduates, postgraduates, nurses, and other medical professionals that is essential to the further improvement in the treatment and relief of chronic pain.

The Pain Research Institute (PRI)

The Pain Research Institute based within the Clinical Science Centre at University Hospital Aintree houses patient examination laboratories, research laboratories, work and study areas, a specialist pain library with several study areas and general workstations which provide researchers with access to all of the relevant pain databases and research offices, through a fast link computer hub.

We are located directly adjacent to the Walton Centre NHS Foundation Trust, Liverpool. The dominating factor for our location here is because pain-related research projects often need access to a large number of patients. The Pain Clinic has a throughput of over 4500 new patients each year and the access to this patient base is paramount for the Pain Research Institute to continue with their work. The symbiotic work that is carried out in liaison between the two units, and the expertise that has emerged over the years, has led to the '*Walton Pain Clinic*' becoming, and remaining, the largest and most successful in Europe. All patients recruited are fully informed volunteers.

The Pain Research Institute is integrated into the University of Liverpool, which has the benefit of access to additional study facilities and research laboratories, without the additional cost factors. The Institute has become a focal point for pain research, the sharing of information and training in pain relieving techniques, while the wide scope of its projects and its thorough investigative work have brought real relief to patients in this country and overseas.

The Institute welcome collaborations amongst others which can enhance research. Research collaborators may, for example provide serum samples from another population, or conduct investigations of pain-questionnaires in their own patient group or refer patients with rare pain conditions to the Institute for dedicated projects. They also collaborate with other laboratories which employ methods not established here, and with researchers who have a project idea and wish to progress it by working with us here at the Institute.

The Pain Research Institute made up of a multi-disciplinary group researching ways to understand and relieve Pain, the mission of the Institute is to encourage researchers in developing their own research ideas, by helping them to transform their excellent ideas into projects. The research conducted by the Pain Research Institute encompasses a wide range of areas within Pain Medicine. It includes:

- assessment and treatment of the immune system
- psychological treatments
- the development of questionnaires to assess chronic pain
- the assessment and treatment of abnormal brain and peripheral nerve activities.

We are pleased to announce that one of Pain Research Institution publications 'Fibromyalgia: new understanding could lead to treatments for chronic pain' has been chosen by top scientists as one of the top 10 science stories for an article in The Guardian. The King's College led study, in collaboration with us here at the Pain Research Institute University of Liverpool and the Karolinska Institute.

This year also saw the launch of the of the guidelines for Fibromyalgia syndromes: UK guidelines for diagnosis, referral, and management in primary and secondary care. These guidelines were developed by the multi professional Guideline Development Group (GDG), led by Dr Andreas Goebel, Guideline lead and co-chair of the GDG and Director of the Pain Research Institute and supported by the Pain Relief Foundation. The Foundation was invited to the launch event organised by the GDG and the Royal College of Physicians. The event was held at the Royal College of Physicians new headquarters at the Spine in Liverpool to celebrate their publication. The Chairman of the Foundation Mr. David Cain was able to attend alongside Julie Williams, Charity Manager, Jo Stephens, Fundraiser and Dr Andreas Goebel. The event was also attended by other representatives of the professional organisations, patient charities and sponsors who were involved in the development of the guidelines.

The Pain research Institute remains a hive of activity with many current ongoing studies some of which are listed below.

- Autoimmunity-informed Phenotyping In patients with Fibromyalgia Syndrome (APIF)
- A qualitative study into the experiences of patients being assessed for, and attending, an online Pain Management Programme during the covid-19 Pandemic'
- 'Sense of self, social functioning and response to multidisciplinary treatment for chronic pain'
- 'MoNoPly: Models of Nociceptive Plasticity'
- LTP/LTD Study in Peripheral Neuropathic pain
- Defining Small Fibre Neuropathy & Neuropathic Pain in Idiopathic Small Fibre Neuropathy & Chemotherapy-Induced Peripheral Neuropathy
- Opioid Weaning in Primary Care
- The Neurophysiology predictor study
- Cordotomy Study
- Patient and health care professions perception of opioid treatment and weaning.
- Nerves Trial.

To date, there have been numerous publications in medical and scientific journals together with books written by Consultants from the Pain Research Institute. The teams of doctors and scientists have ambitious plans for future research which, if funding can be obtained, bid fair to make substantial advances in the understanding, and the relief, of chronic pain which presents many psychological problems and physical conditions for the sufferer.

Research Accommodation

The Trustees of the Pain Relief Foundation have continued with the agreed policy that whilst continuing to retain the leasehold and ownership of the Pain Research Building in the Clinical Sciences Centre, together with the fixtures, fittings and equipment therein, they will provide the facility of the Institute, together with the fixtures and fittings, to the Department of Neurological Science, University of Liverpool, and to other such parties who are researching chronic pain, or who wish to enter into collaborative research on human chronic pain.

This arrangement will ensure that research personnel supported by the Pain Relief Foundation, the University of Liverpool, the Liverpool John Moores University, and those others who are employed by another party but are working on chronic pain research under the auspices of the 'Pain Relief Foundation' Professor of Pain Science, shall be contained in the same premises and work collaboratively. This arrangement offers a more structured and controlled working area and is conducive to good working practices. The use of the premises does not create a lease but shall be treated as a Licence at Will.

All of the overhead and operating costs of the Pain Research Institute premises are borne by the Pain Relief Foundation and are allocated as part of the research grants. The following '*modus operandi*' was pursued during the year as in previous years:

- The Pain Relief Foundation provided administration and research accommodation for the research personnel, within the Pain Research Institute.
- The Pain Relief Foundation provided research secretariat, and clinical research support facilities for the researcher posts from its own staff resources.
- The Pain Relief Foundation provided secretariat assistance to the associated research personnel, from its own employed staff.
- The Pain Relief Foundation discharged all costs connected with the accommodation of the Pain Research Institute and its operational facilities, including overheads, heat, light, repairs, and purchase of new equipment etc.
- The Pain Relief Foundation discharged all costs connected with the provision of all consumables and computer hardware for the Professor of Pain Science and all other grant aided Researchers working in the Pain Research Institute.
- The Pain Relief Foundation discharged all costs connected with the provision of lecture theatre and associated facilities.
- Under the present structure, the Head of the Pain Research Institute is charged with reporting to the Scientific Advisory Sub-Committee in respect of all research work carried out under the Pain Relief Foundation grant arrangements, and also on the additional research that has been made possible through the Foundation's funding and provision of accommodation. The Chair of the committee is then able to submit a concise report to the Committee of Trustees.

This established procedure is an essential method to evaluate and measure the success and effectiveness of the research work being conducted and to ensure that it is achieving its aims. Additionally, the head of the Pain Research Institute is invited to attend meetings of the Trustees at six monthly intervals, to answer questions on matters raised regarding current and on-going research projects and future planned developments. He also maintains a liaison with the Education Sub-Committee, attending their meetings in an Ex-Officio capacity.

RESEARCH CO-ORDINATION & EDUCATION

The research co-ordination accommodation is located in the administrative area and fulfills a range of functions in its operational role. It supports the Pain Research Institute in a number of fields, providing accurate sources of scientific and medical information to assist the researchers in many projects.

Under the direction of the Education Sub-Committee, the Education Section also undertakes the operational factors in the conduct of all postgraduate courses that are organised throughout the year, arranging the teaching seminars, overseeing the Pain Relief Foundation Annual Lecture, collating and ensuring the correct and timely marking of Student essays and organising external conferences.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document On 6th April 2014, the Pain Relief Foundation was incorporated as a Charitable Incorporated Organisation under charity number 1156227.

Structure, Governance & Management

The Pain Relief Foundation is controlled by its Constitution as a Charitable Incorporated Organisation managed by a Committee of Trustees and at their meetings the Committee regularly conducts an assessment and review of their number, taking into account the skill requirements of the members in conducting the affairs of the Trust, and any potential retirements in the forthcoming 12 months. From this review, consideration is given to the need, if any, to recruit further Trustees. In the event that further recruitment is deemed necessary, the Committee of Trustees will seek suitable candidates through a process of personal contact across the Universities, the Health Service and other appropriate professional bodies associated with the charity. Details of the Trustees are shown on page two of this report.

The power to appoint a new Trustee or additional Trustees of the charity is vested in the Committee of Trustees and new appointments may be made by a resolution of a meeting of that Committee. A Trustee may retire upon giving two months' notice in writing of intention to do so, to each of the other Trustees. The Trust Constitution require that the number of Trustees shall not be less than three at any time, but there is no limit on the maximum number and Trustees are not required to retire and stand for re-election.

No expenses of any type will be paid to any trustee, nor will any trustee be paid any remuneration or payment of any kind from the Foundation in their capacity as a trustee. All of the trustees will give freely of their time and act in an honorary capacity. This is confirmed in each year's Annual report & Accounts.

In the period 6th April 2019 to 5th April 2022, there were no expenses of any type paid to any Trustee nor was any Trustee in receipt of any remuneration or payment of any kind from the Foundation in their capacity as a Trustee. All of the Trustees gave freely of their time and acted in an honorary capacity.

The Committee of Trustees conducts at least four quarterly meetings each year at which they receive reports on the activities, and achievements that have occurred since the previous meeting. The meeting agendas encompass reports on the full range of activities and situations including the day-to-day administration, investments and reserves, cash flow and risk management.

The Committee of Trustees continues to review several areas of importance in the effective management of the Foundation. The prepared '*Risk Assessment*' policy is subject to regular review to ensure that potential risks to which the charity may be exposed, are adequately identified, assessed and mitigating steps taken. This operational area is considered to be of the greatest importance and procedural changes will be implemented if deemed appropriate

Related Parties

For the purposes of preparing accounts in accordance with the Statement of Recommended Practice for charities, in the opinion of the Trustees, the following are related parties to the Pain Relief Foundation:

- The Trustees and their immediate family
- The National Health Service
- The University of Liverpool

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Risk Assessment

The Trustees have prepared a risk assessment register in which they have recorded the details and results of an extensive study, regarding the potential risks to which the charity may be exposed in the conduct of its affairs. The Trustees have satisfied themselves that through the actions they have taken, the identified risks have been reduced or eliminated, and that appropriate procedures and controls to deal with the risks are in place, so that any resulting or potential impact that the charity may experience is minimised.

The risk assessment register is subject to at least an annual review and in general it is an ongoing review. Such reviews ensure that all of the procedures in place continue to be appropriate to the conduct of the charity and that it is adequate in the light of experience. Where appropriate, systems or procedures have been established and put into place so as to mitigate any risks which may arise or develop

Trustee Indemnity Insurance

The Trustees do not contract a Trustee Group Indemnity Insurance policy.

Recruitment, Appointment, and Induction of New Trustees

In selecting persons to be appointed as trustees, nominations are submitted to a meeting of the Committee of Trustees, so that they each have the opportunity of evaluating the strengths of the candidate(s). In considering each nominee, the trustees take into account that person's professional qualifications or personal qualities, their commitment to promoting and furthering the aims of the Foundation, and their ability to make a contribution to the effective management of the Foundation. If the nominee is deemed acceptable, then the appointment is conducted in accordance with the established procedure of induction and training.

The Chair of the committee will extend an invitation to the candidate(s) to attend an early meeting to discuss the appointment in more detail. This is followed by a further meeting with the committee of trustees at which the new trustee is introduced, and a formal appointment confirmed. On appointment, the new trustee is required to sign a declaration stating that they comply with the formal conditions required of a Trustee and are therefore able to legally serve as a trustee. It is a requirement that a declaration of interest be made that any conflicting interest is noted and registered accordingly. Should any interest be registered, then at any meeting where there is such a conflict, the trustee will be required to withdraw and not vote on the matter. It is also declared that none of the trustees have an interest in the pharmaceutical industry. However, any such interest would be registered.

An induction meeting is then held with the Administrator who will inform the new trustee of their powers and responsibilities, the operational policy, the management arrangements for the charity's investment funds and the procedure of receiving applications for research grants and how the applications are processed through to selection. Other meetings are then held with the Sub-Committees at which their operational roles and powers are discussed.

An induction welcome pack is provided to the new Trustee, which contains as a minimum, a copy of the Constitution, a synopsis of the Foundation since its inception showing its achievements and further research targets in human chronic pain. Copies of the Trustee Committee's meeting minutes and the meeting minutes of the Advisory Sub-Committees, each covering the past 24 months, cash flow reports for the same periods, and copies of the previous two years' Annual Report and Accounts. A presentation folder is prepared containing copies of the Reserves Policy and Annual Review, Risk Assessment, Management Flow Chart, Mission Statement and Equal Opportunities Policy. In addition, a copy of the Charity Commission's publications *'The Essential Trustee: What you need to know'* and *'Charities and Public Benefit'* are provided.

Education Advisory Sub-Committee

The Committee of Trustees is advised on all aspects of education and information by an appointed **'Education Advisory Sub-Committee'**, chaired Dr John Wiles, a Senior Pain Consultant, working in the N.H.S., and also a Trustee of the Foundation. During the year under report, the committee consisted of Neurosurgeons, Senior Pain Clinicians, and a Clinical Lecturer with Special Interest in Pain. This committee, whose members have a wide-ranging knowledge of the treatment of chronic pain and medical education strategies, were delegated and directed to advise the Trustees on educational issues and to further develop the Pain Relief Foundation's educational role through publications, courses, lectures, literature and conferences and in this respect, it fulfilled the role of maintaining a well-balanced delivery of up to date educational programmes to health professionals, many of whom traveled from all parts of the country to attend.

This committee is also charged with identifying the most appropriate methods of disseminating in printed format, details of successful research results, information on new and improved treatment methods that have been devised for pain patients, and information leaflets to aid pain sufferers in finding the best treatment resources centers. This information is distributed through the medical press and, both the Foundation's website and the Institute's website. All of the members act in an honorary capacity.

Scientific Advisory Sub-Committee

To assist the Trustees in making balanced policy decisions regarding the funding of selected research projects and additional applications for funding, they are advised and directed by an appointed **Scientific Advisory Sub-Committee**, which is chaired by Dr Caroline Staunton, a well-respected and formidable research associate. The other members of this committee are recruited for their in-depth knowledge and understanding of chronic pain conditions and are drawn from both local and external treatment centres covering the many disciplines involved in the study and

treatment of human pain. All of the members act in an honorary capacity and the committee is supported by the Foundation's Charity Manager.

The Committee continues to be the source of invaluable information, advice and opinion when reporting on, and prioritising, the numerous funding applications for scientific research which were considered to be worthy of support. It also continued with the vital task of overseeing the results from the many facets of research work, assisting the Trustees in interpreting, and analysing the large volume of scientific information submitted by Research Fellows, Grant Holders.

The purpose in receiving and analysing these reports is to satisfy the Trustees that:

- the research being funded is achieving the projected results to satisfactory and accepted scientific, medical and research standards.
- the research is likely to reach its stated aims.
- ethical approvals remain in place and are being followed scrupulously.
- research Governance is being observed at all times.
- quality standards are being maintained.
- the costs of the research are maintained within the grant limits.
- the research is being managed and monitored effectively.

The head of the Pain Research Institute is called to attend each of the Trustee meetings to provide the Trustees with an insight into the advances and the strategic development of the research opportunities being pursued. Reports are also received from the appointed Education Advisory Sub-Committee, which is principally involved in directing the Educational Meetings, Lectures, Student Essays and Patient Information issues and the Scientific Advisory Sub-Committees which undertakes the task of advising the Trustees on all aspects of Research and Research Grant applications.

Grant Making Policy

In November each year, the Pain Relief Foundation advertises in the national medical press, to invite well established researchers and scientists to submit applications for Pain Relief Foundation grants, to carry out research projects on human chronic pain or to purchase special laboratory equipment to conduct clinical trials. The notice to apply for grants is advertised in the selected medical journals, on the Pain Relief Foundation Website, on the NHS grant website and through other appropriate media; there is a closing date for the receipt of such applications. The advertisement states the upper (monetary) limit of grants, which may vary from year to year.

On receipt of applications, the Foundation's Charity Manager ensures that all appropriate sections of the application forms which have been received are correctly completed and then arranges a meeting of the Scientific Sub-Committee to present the Abstracts of the applications to the members. At this meeting, the members jointly select and nominate independent and best qualified, learned medical persons who will be asked to peer review each application and to give their expert opinions.

After the meeting the Charity Manager writes to the selected peer reviewers, submitting a copy of the application asking if they will provide an assessment of the proposed research, the likelihood of the work succeeding and the cost effectiveness of the requested budget. In addition, references are sought regarding the applicants and the outcome of previous research projects for which they have received funding from all sources. When all applications are complete with the peer reviews and references received, a full set of each application is submitted to each member of the Scientific Advisory Sub-Committee, for consideration and prioritisation in preparation for a selection meeting of the members. At the grant meeting, the Chairman calls the attention of the members to the received Peer Reviews and References which are referred to throughout the process of considering the most appropriate and worthy applications deserving of a grant. Each committee member delivers an opinion on the applications received and scores each application between 1 and 3 with (1) being the lowest score and (3) being the highest score. These scores are then brought together with the Peer Review scores and the applications listed in order of achievement, at which point the Chairman and the committee draw recommendations

to place before the next meeting of the Trustee Committee. When the Trustee Committee receives the advice of the Scientific Advisory Sub-Committee, they decide which applications, if any, will be funded in accordance with advice received, and in the light of funds available.

The Trustees may recommend that an application not be funded, be funded in full, or be funded at a reduced level. In the event that the Trustees are considering a number of competing recommended applications for which the Foundation's funds are inadequate to fund them all, the Trustees may invite the Chairman of the Scientific Advisory Sub-Committee, together with those members of the Sub-Committee who are also Trustees, to help them prioritise the applications. Each grant is specific to the holder and ceases should the grant holder terminate their post.

New grants approved since the last report

| | | |
|--|--|----------------|
| Professor in Pain Science (Approved for the next 12 months) <i>Costs for 50% of the Chair in Pain Science, University of Liverpool.</i> | | £78,000 |
| Dr Chris Brown Liverpool | <i>“Biopsychosocial Prediction Models of Pain Management Programme (PMP) Outcomes for Chronic Pain (over 3 years)</i> | £64,837 |
| Dr John Dawes Oxford | <i>‘Using live sensory neurons to assess the pathogenicity autoantibodies from pain patients.’ (Over 12 months)</i> | £30,000 |
| Dr Sandrine Géranton London | <i>‘A novel approach for the treatment of migraine. (Over 12 Months)</i> | £29,884 |
| Dr Andy Marshall Liverpool | <i>Joint PhD collaboration with Sweden, Linkoping University Mapping the Role of Ultrafast Pain Nerves in Pain Perception (over 3 years)</i> | £30,000 |
| Dr Andrew Marshall Liverpool Prof John Riddell Glasgow | <i>John & Enyd Miles PhD Defining the potential for neuromodulation of nociceptive somatosensory cortex to treat pain (over 3 years)</i> | £62,237 |

Public Benefit

In the foregoing section, the aims and objectives of the Foundation are plainly stated, and the policies adopted to deliver these aims and objectives are clearly stated. The objectives are supported by clear explanations regarding the policy of the Foundation to support the preparation and development of good quality research projects which are peer reviewed and expertly selected to develop the provision of improved treatment for the benefit of patients, easing and reducing their pain. In addition to the research conducted, the Foundation provides educational activities and the training of health professionals to achieve the stated aims. All of these activities are a continual matter of ongoing review by the Committee of Trustees and the Members of the Advisory Sub-Committees, so that in the light of experience, adjustments which are considered appropriate are implemented quickly, to ensure that the highest quality results continue to be delivered.

The development of improved patient services and treatment, as previously stated, is considered to be a priority issue by the Foundation, and it works symbiotically and in co-operation with the NHS and

Universities to provide post-graduate scientific education in chronic pain relief. A number of postgraduate training courses have been conducted each year, for the continuing education of nurses, GPs, and for clinical pain specialists.

The information service provided by the Foundation serves to inform General Practitioners and all Pain Clinicians and Consultants with up-to-date information regarding available treatments for various pain conditions. In addition, the Foundation provides an information service for patients, their support carers and family members through the provision of leaflets on most chronic pain conditions. The Foundation's website also provides a vast range of guidance and support for patients and Health Professionals, and much of the advice section contents can be downloaded for further ease of access. This enables patients and carers to be empowered about their individual problem.

Pain sufferers who make telephone contact with the Foundation are connected to experienced, friendly staff who are trained to sympathetically and professionally direct enquirers through to available services and advice centres. They are also able to guide sufferers into how they can avail themselves of these services and what action they can take to be referred to clinical services for pain treatment.

Patients also receive direct benefit through research results which lead to the development of new and improved treatments for chronic pain conditions. These results are delivered to pain treatment clinics nationally, and indeed internationally, through the dissemination of research information by the Foundation either electronically, from our website, in medical publications and by way of educational meetings for health professionals.

With living with chronic pain affecting 40% of the British population, it can be seen that the work of the Foundation provides a benefit for a huge number of people. Reports on the research work supported by the Foundation are included in later pages and give a vast amount of information on the progress that is being made with human chronic pain and you are encouraged to read this section.

Volunteers

The Pain Relief Foundation does not receive any funding from central or local government, the health service or other official body. Instead, the Foundation depends entirely on donations, gift aid, legacies, appeals and contributions from supportive members of the public, from generous companies and from several small trusts. There is a small level of direct fundraising activity organised and conducted by the Foundation's own staff, supported by one or two volunteers an area in which we would like to grow our support. Additionally, it seeks to secure grants from trusts and the commercial sector to fund specific research projects.

The Foundation is not in receipt of benefits in kind, either by way of services, facilities, or donations-in-kind. It does, however, receive some limited benefit from the very small number of volunteers who support the fundraising section in the organisation and conduct of small events. The Trustees recognize the intangible value of the contribution of volunteers to the charity and the Trustees are of the opinion that such income cannot be reliably ascertained. However, it is considered that such intangible income is unlikely to be material.

Powers of Investment

The Constitution provides the Committee of Trustees with the following powers:

1. To administer a bank account in the name of the Foundation at such bank as the Trustees shall decide.
2. To invest in the name of the Trustees, any monies not required for the immediate purpose of the Foundation, in such securities as they may from time to time decide as if they were beneficially entitled and whether such securities shall be trustee investments or not and shall have power from time to time to transpose such investments.
3. That any property purchased by the Foundation shall be vested in the Trustees appointed for that purpose and the Trustees shall enter into a Deed of Trust setting forth the purposes

and conditions under which they hold the said property in trust for the Foundation and shall with such consent as is by law required deal with the property so vested in them by way of sale, mortgage, charge, lease or otherwise howsoever directed by the Foundation.

Investment Policy

The Trustees have developed an investment policy which it believes will respond to the needs of the on-going activities of the Foundation. Sufficient funds are retained in investment that will ensure we can respond to all contingencies as they may arise. Equally important is the strategy of investing in low to medium risk funds that will also provide an operational income. The objective is that this investment policy will produce improved values and income, whilst at the same time safeguarding the short-term and long-term financial needs of the Foundation. The Trustees seek the advice of its Investment Advisors, Rathbone Investment Management Limited and at regular meetings with the Advisors, in-depth reviews are held into the investment portfolio that makes up the reserve fund.

The investment decisions taken by the Trustees throughout this financial year have proved to serve the portfolio well. Supported by the Advisors and making several minor adjustments, the fund has this year seen a slight increase compared with the end of the last financial year. Fortuitously, at a joint meeting with their Advisors, the Trustees set an investment policy of 60% of the funds invested into 'Equity Investments' with a view of maximising the Securities and to invest 40% of the funds into 'Fixed Interest Securities'. The decision to ease the approach with fixed interest investments was a very positive decision at the commencement of the year, thus maintaining forward growth.

Mindful of the continuing uncertainty in the markets, during the year under review the trustees gave instructions to the Portfolio Manager that the portfolio investment should be organized at 65% of its value being in Equities and 35% of the value being in Fixed Interest stock and the investments were so arranged at the beginning of the year.

Reserves Policy

The strategy developed by the Trustees is to hold a level of reserves that is deemed to be appropriate from time to time, to ensure that:

- The committed and planned research projects undertaken in the short, medium, and long term are sustainable.
- The annual costs of the new 'Pain Relief Foundation Senior Lecturer of Pain Science promoting to Professor' appointment at the Pain Research Institute, is now into its first year, may be supportable from the income generated by the investments, so as not to detract from the distribution of the annual general income if this is required by the Trustees to balance its annual income
- The Trustees can address any problems that arise, including the loss of any significant source of income, which might restrict the ability of the charity in carrying out its objectives.
- Sufficient funds are available to respond to new and important projects that are identified.
- The Trustees can respond to a shortfall of income in any financial year, that may occur for whatever reason, and which shall enable the research that is already authorised, to continue without a break.
- The cost of funding the Chair at the University of Liverpool for the 'Pain Relief Foundation Professor of Pain Science' shall be protected for a minimum forward period of 10 years

from any date, by ensuring that such sums as shall be required to continue the funding for such period are kept on reserve.

In setting the level of reserves, a conservative management style has been adopted that is consistent with the Trustee's responsibilities who have agreed a broad spread sector exposure to increase diversity and to regulate risk. The Trustees have established a position that the level of unrestricted reserves and investments should be adequately sufficient to respond to the above operational policy and needs. Therefore, the Trustees have agreed the following:

- Funding for the post of Senior Lecturer/Professor of Pain Science continues to be identified as a long-term commitment and therefore, a minimum of 10 years costs supported by projected increases of a minimum say 2% per annum to cover inflation should be set aside for this purpose. It has been estimated that £826,000 of the investments should ensure that the income will be adequate to cover this requirement for that forthcoming period.
- To provide reserves to cover the estimated costs of funding existing research, research coming on-line, overheads, research administration support, charity administration and fundraising over three years. Based on an average annual expenditure, this need is £950,000.
- To retain in investments, an amount that will enable the Trustees to respond to new and important projects that may arise. In arriving at a level of retention, consideration has been given to the fact that such projects may require funding for at least two years and possibly three years.

It is considered that in view of the ongoing investment market volatility and the continuing and uncertain slow rate of recovery, together with the unsteady present uncertainties worldwide, the present level of reserves is adequate to meet these criteria.

Trading

Changes in the 2000 Finance Act, Chapter 17, allowed exemption to tax on charitable income from trading activities up to predetermined levels. The charity continues to carry out a very small level of incidental trading within the prescribed limits.

FUNDRAISING REGULATOR

The Pain Relief Foundation is a Member of the Fundraising Regulator (FR) and has been since its inception in 2016, The FR is the independent regulator of charitable fundraising and was set up following the Etherington review of fundraising self-regulation (2015) to strengthen the system of regulation and restore public trust in fundraising.

The FR is open to all fundraising organisations, suppliers, and associates. Members agree to adhere to the highest standards of good practice with their fundraising, and their stated Fundraising Promise. As a Member of the FR we demonstrate Membership of the scheme by using the scheme logo on all fundraising materials. By participating in the scheme charities are advertising commitment to best fundraising practices and to giving the public the comfort of a 'safety net' provided by a robust complaints system.

It is a requirement that a charity submits an annual report to the FR, advising the Board of the number of complaints received by the Charity, in relation to its Fundraising activity, by category. The report requires the charity to notify the Board of action taken to resolve any such complaints and what the outcome results are.

Pain Relief Foundation is pleased to report that in the year ended 5th April 2022, no complaints had been received by the charity in the preceding 12-month period. A report to this effect was submitted to the Board of the FR as required.

The Pain Relief Foundation Fundraising Promise

We are always committed to working to the highest standards of practice.

We promise donors that we will comply with the FR Codes of Fundraising Practice and do all that we can to ensure that fundraisers and volunteers will at all times comply with the Codes and with this Promise.

We comply with the law, health and safety and the environment. We will not put unfair pressure on anyone to donate. If you do not want to donate, we will respect your decision. We require anyone fundraising on our behalf to clearly identify themselves as one of our representatives.

We are honest and open and do not make false or exaggerated claims. We do what we say we are going to do and do not pretend to do things that we cannot. We will answer any reasonable questions you have about our fundraising activities and costs. Please contact us for information, visit our website or see our Annual Report.

We are clear and give clear details about how you can make a gift. If you make a regular gift and you want to cancel it, we will carry out your cancellation instructions as soon as possible. We are clear about what we do and how your gift is used for the effective support of our beneficiaries.

We are fair and respect the rights, privacy, and dignity of each of our supporters and beneficiaries and conform to the Data Protection Act. We will only use your personal information for the purposes stated and for which you have given your consent. If you tell us that you do not want us to contact, you in a particular way (e.g., by telephone) we will not do it.

We are reasonable and responsible and will be careful not to use any images or words that cause distress or offence. We make sure that our events are well run and meet health and safety and environmental requirements, and we avoid causing any nuisance, damage, or disruption. We will not use excessive emotional arguments to make you feel guilty about not giving to us.

We are accountable and should you be unhappy about anything we have done while fundraising, you can write to us and complain. We have a complaints procedure, and we will acknowledge your complaint within 7 days and commit to dealing with the matter within 30 days. A copy of our procedure is available on request and if we are unable to resolve your complaint, we accept the authority of the FR to make a final adjudication.

FUNDRAISING COMMITTEE

Effective fundraising committees are vital to the life and financial well-being of organisations, and this is no different at the Pain Relief Foundation so this year we decided to put together our first fundraising committee to help raise awareness and funds. The functions of the group vary but centres around information, building relationships and raising money to meet the specific organisation's special or ongoing needs.

The Committee is made up from Board members with special skills and contacts to serve the role and non- members made up from nurses, ex patients and people with an interest in the Foundation whom without we could not fulfil this role. The Chair of the '**Fundraising Committee**' Judith Daley who is also a trustee will in future advise the Board of Trustees in all facets of fundraising

DONATION POLICY

This policy has been set out by the Trustees of the Pain Relief Foundation. It is a public guide to how the Pain Relief Foundation makes decisions on accepting donations and the procedures they follow. The policy is aligned with the codes of Fundraising Practice published by the Institute of Fundraising.

This document makes clear the Trustees' legal obligations with the regards to the acceptance and refusal of donations. It outlines the day-to-day procedures that need to be adhered to and ensures decisions are not taken on an ad-hoc basis but are in support of Pain Relief Foundations strategies and objectives.

Trustees' legal obligations

The Trustees take overall legal responsibility for decisions relating to whether a donation can be accepted or refused.

The Trustees must be able to demonstrate that they have acted in the best interest of the Charity.

The Trustees have a duty to carefully, based on evidence made available to them, whether the Charities interests will be better served by accepting or refusing the donation and to act accordingly.

These judgements must not promote any Trustee or employee's personal moral agenda, or interest and the Trustees must not allow individual or collective personal, political or ethical issues, which are not directly related to interests of the Charity, to affect their judgment.

Trustees must not derive any personal benefit (individually or collectively) from donations, offered to the Charity.

Policy

On a day-to-day basis, the Charity's board of Trustees delegates the responsibility to accept or refuse donations as follows, providing the Charity Manager is sure that any potential individual or corporate donor are supporting the charity in accordance with this policy.

- A donation must be clearly evaluated to establish whether it would be in the best interest of the Pain Relief Foundation to accept or refuse it.
- The donation should contribute towards the Charity's overall strategy and plans.
- The Charity will not accept donations from individuals or companies whose wealth are known to result from illegal activities or where there are indications of corruption and related crime.
- The donor's objectives or activities must not appear to be incompatible with the Charity's vision, mission, and values, particularly if this risk is causing significant damage to the Charity's integrity, public image, or professional reputation.

The Pain Relief Foundation will refuse donations in the following circumstances:

- Where the activities of a donor are directly contrary to the objectives or agreed policies of the Charity or the Charity suspects the gift has been donated to facilitate money laundering or other criminal activity.

- Where it can be clearly shown that the cost to the Charity of accepting the donation will be greater than the donation itself, and that the acceptance of the donation will directly lead to a net decline in assets of the Charity.
- Where the offer of support is dependent on the fulfilment of certain conditions placed upon the Charity and any condition,
 - A) Is in itself contrary to the objectives of the Charity
 - B) Is regarded as needing an unreasonable level of support from the Charity especially in relation to the size or impact the donation will have on the Charity's charitable activities.
 - C) Will divert the Charity from pursuing its current objectives, policies, or work priorities as a necessary fulfilment of the conditions alone.

The Trustees will take great care and consideration in deciding whether to accept or refuse a donation.

Donation Recognition

Gift Acknowledgment & Accountability

- All donors will receive a personal thank you letter and receipt, regardless of gift amount.
- All gifts will be formally acknowledged as quickly as possible, and in any event within 5 working days.
- The reporting requirements of all Grant Makers will be fulfilled thoroughly, accurately and within their required timeframe.
- Major donors for specific projects will receive where required and appropriate regular updates on the progress of the project.
- Where appropriate and required the families of legacy donors will receive a report on the use of the bequeathed funds.

Recognition

- Any donors expressed desire for anonymity will be strictly adhered to
- Any public recognition will only be undertaken with the Donors express permission and in compliance with data protection legislation and best practice.
- Recognition may be tangible by way of a physical acknowledgment such as a plaque and would be placed within the Pain Relief Foundation. This type of recognition would be decided by the Trustees.
- In general costs of recognition shall not exceed 5% of the gift amount.
- In all cases the cost of recognition shall be both reasonable and proportional.

The Charity reserves the right to refuse, discontinue or remove public recognition whether tangible or intangible, at any time if for any reason it considers the association to be damaging to its reputation. This course of action will be decided by the Trustees.

The final authority for resolution of any issues related to donor recognition policies rests with the Trustees; they may also amend or modify these policies as appropriate

STATEMENT OF TRUSTEES RESPONSIBILITIES

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

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provision of the Constitution 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charity SORP.
- make judgments and estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees present their report with the financial statements of the charity for the year ended 5 April 2022. The trustees have adopted the provisions of 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).

Approved by order of the Committee of Trustees on and signed on its behalf by:


.....
D Cain - Chairman

Date September 2022

CLINICAL SECTION

Patient & Public Information

The Pain Relief Foundation provides an online help and advice service through their website www.painrelieffoundation.org.uk and also provides a wide range of information leaflets, each of which deals with a specific chronic pain condition. The leaflets have proved to be a source of help to many thousands of chronic pain sufferers in understanding their pain problem and they give advice on the available treatments and additional sources of valuable information. Packs of leaflets are also made available to General Practitioners where they have been shown to be a useful way of guiding the patient into self-help opportunities in support of their treatment. All leaflets are now downloadable from our website.

The full range of leaflets is concise and gives fairly in-depth information about a range of chronic pain conditions and are continually re-written as information and advice is updated, using the guidelines issued by the Centre for Health Information Quality, which seeks to make the use of the leaflets more 'patient friendly' and easier to read and understand. Each of the medical staff working at the Institute, contribute their skills in making the leaflets a prime source of useful information.

Letters and advice columns, written or supported by our doctors, are often seen as features in local and national newspapers, working with feature writers from magazines and newspapers they provide accurate and up-to-date information for the readers. Information disseminated in this way brings many benefits to chronic pain sufferers in particular, and the population in general.

CD's

The ***Coping with Pain*** CD was one of the early self-help aids for chronic pain sufferers. With an introduction by Magnus Magnusson, it soon became part of the pain patient's medicine cupboard. Each section of the CD has been specifically designed to focus the minds of pain sufferers on ways of easing their pain through relaxation and gentle exercise. As many as 2 out of 3 people who have used it report that they have been able to improve their quality of life and find that their chronic pain problem is eased.

Over 65,000 copies of the ***Coping with Pain*** CD have now been distributed through a range of outlets covering the medical field and the retail sector. Additional CD's dealing with specific pain conditions are also available and they include: ***Coping with Headaches & Migraine, Feeling Good, Coping with Back Pain*** and ***Relaxation*** and ***Coping with Anxiety***. Each of the CDs contains relaxation programmes that help so many sufferers to find relief.

PAIN RELIEF FOUNDATION INFORMATION SCIENCES, RESEARCH CO-ORDINATION & EDUCATION

Introduction

The work of this department draws on the expertise of Pain Clinicians and is closely aligned with the work of the Foundation Education Sub-committee. The work of the Committee encompasses all educational courses, conferences and meetings for health care professionals and the department provides the administrative support for those developed courses and conferences plus the provision of information about chronic pain to both patients and the general public, including an online resource about chronic pain. This fulfills the remit of the Foundation to provide such education.

EDUCATION

Meetings and Courses

Meetings and courses which are developed and structured are aimed at all health care professionals with the sole purpose being to educate participants about all aspects of chronic pain management the courses are initially aimed at a national level but such as the interest has grown in the treatment of chronic pain, we now attract participants from all over the globe.

Foundation courses & lectures

Each July we normally hold our annual ***Clinical Management of Chronic Pain*** course but unfortunately due to the pandemic we have been unable to proceed this year 2022 with the organising, however we fully intend on resuming in 2023. The courses will remain participative clinical, hands-on with the most up to date information and techniques of treating chronic pain available. The course or courses will still be aimed at Consultants, Specialist Registrars, Anaesthetists, Advanced Specialist Nurses, GP's, and Physiotherapists with some experience of pain management. The format will still consist of a mixture of lectures, seminars, clinics, theatre sessions and the grand round. The participants also spend a day in the Pain Management Programme at Walton Centre where they see firsthand the multidisciplinary assessments and treatments that patients receive.

However, being masters of our own destiny and the forced requirement to learn how to use virtual platforms such as zoom we have cultivated a series of online lectures titled '**Virtual Pain Series: Clinical updates in Pain Medicine, Walton Centre and Pain Relief Foundation, Liverpool**' which were delivered monthly until we are able to resume our normal events. Pain Education on the go! Topics covered where: - Cancer Pain, Musculoskeletal and joint Pain, Complex Regional Pain Syndrome (CRPS), Peripheral nerve pain, Pelvic Pain: Female & Male, Spinal Pain, Pharmacological/Opioid/genetics, Headache, Trigeminal, and Facial Pain.

The Foundation also supported the running the **North England Pain Group (NEPG)** to deliver their first virtual meeting in 2021. This year's meeting was organised by Dr John Titterington, Consultant in Anaesthesia and Pain Medicine, Leeds Teaching Hospitals was very different for two reasons; the first being it was held virtually and secondly it was opened up to an international audience which saw delegates attending from India and Canada which has proved to be a resounding success and could shape the format of a hybrid meeting in 2022.

Another first for the Foundation this year was a study day set up for therapists only '**Practical Pain Management for Therapists**' a series of sessions to provide knowledge and skills to support therapists in the management of chronic pain patients in a non-specialist setting. The Course Organisers were Alison Bradshaw - Specialist Occupational Therapist in Pain Management, John Tetlow, Lead Occupational Therapist in Pain Management and Graham Derbyshire, Specialist Physiotherapist in Pain Management. Such was the demand for the course it was soon oversubscribed. The feedback was excellent and has prompted the organiser to plan another study day for 2022.

All courses run at the Foundation are accredited in the form of Continuing Medical Education points awarded from the Royal College of Anaesthetists of Great Britain or such relevant body and are eligible for CPD points.

We also hold biannually the ***European Pain Federation EFIC Liverpool Winter Cancer Pain School***, with the next one due in October 2022 which will be organised by Dr Manohar Sharma, Consultant in Pain Medicine and Trustee of the Foundation.

The 21st Pain ***Relief Foundation Annual Lecture*** took place in November 2021, and was delivered by Professor Claudia Summer, Professor of Neurology at the University of

Würzburg, Germany, the title of the lecture is *"55 years on. Are we any nearer to closing the gate?"* Again, this lecture was conducted online with the audience reaching globally and has gone down as one of our most successful Annual lectures

The evening's proceedings are to honour the life and work of Professor Ronald Melmac a Canadian psychologist and professor of psychology.

The Foundation Essay Competition

The competition is run annually the aim of this competition is to raise awareness nationally among medical undergraduates about chronic pain and the Pain Research Institute.

It was agreed to run the Essay Competition this year with multiple discipline entries Medicine and all health profession Undergraduates including occupational therapists, physiotherapist, nurses and psychologists as a trial.

This year's winners were: -

Emily Graepel (University of Cardiff) - "The Mindbody Syndrome".

Imogen Tuke (University of Essex) - "Managing Chronic Pain in the Community, the invisible epidemic".

Ellen Clarke (Queen Mary University) - "The Effect of Pain Neuroscience Education on Fear Avoidance Behaviours in Chronic Pain Populations".

Each winner received the winning prize of £500.00 their essays can be viewed on our website.

Pain Relief Foundation Website

The Pain Relief Foundation website www.painrelieffoundation.org.uk is a premier online resource for the general public where they can find information about chronic pain and importantly be directed to other specialist websites which offer good, current, medically correct, and easily understood information about specific chronic pain conditions.

All recommended sites have been assessed before being included on the site by the Walton Centre pain team. All the leaflets in the "Dealing with Pain Series" on chronic pain conditions and drugs for pain are available to download from the website. Topical and informative articles written by staff of the Foundation and Institute and Walton Centre Pain team are regularly featured on the website. The website also features any current news, fundraising events and gives online access to Health Professionals to register and attend any events or course that we may be running.

WORK & STUDY AREAS

The Institute continued to provide accommodation for research personnel to study their research developments and prepare research reports and applications. The accommodation is furnished and serviced, fully set out with computers workstations, and associated equipment.

RESEARCH

Below is a snapshot selection and brief description of research that is currently being undertaken with the support of the Pain Relief Foundation. An in-depth progress report of the research can be found on our website. www.painrelieffoundation.org.uk under the tab marked research.

Grant title: A double burden? A multi-method investigation into the experience of paediatric chronic pain and mental health symptoms

Award holders: *Dr Abbie Jordan (University of Bath; PI), Dr Line Caes (University of Stirling), Professor Christopher Eccleston (University of Bath) & Dr Melanie Noel (University of Calgary)*

Project aims:

This PhD studentship aims to provide a detailed account of the challenges that youth who experience chronic pain and mental health symptoms face and how these challenges form barriers to their treatment. The first study will include a review of the current literature to better understand the evidence concerning the relationship between chronic pain in youth and psychopathology. The second study will involve collecting questionnaire and interview data over two-time points from 100 youth aged 11-19 years and their parents/caregivers regarding their pain-related disability, mental health symptoms and social relationships. The final study will use interviews and an online survey to explore how 50 clinicians think about treating youth with chronic pain and mental health symptoms and associated challenges faced in this treatment process.

Grant title: Identifying spinal circuits in chronic widespread pain

Award holders *Dr Stephanie. C. Koch, (University College London)*

Background

Chronic pain affects more than two fifths of the UK population, with one third of pain sufferers experiencing pain that impedes their lifestyle. This pain is often difficult to treat, making pain-related diseases the leading cause of disability worldwide. One form of chronic pain is known as chronic widespread pain (CWP), where pain spreads unpredictably across all regions of the body. The lack of understanding of how pain can spread far outside areas of original harm is a barrier to the discovery of new pain therapies. Importantly, there is evidence that CWP may be the result of changes in the connections in the areas of the brain and spinal cord that normally process pain. Understanding how pain circuits are shaped will help us understand what is wrong with the circuits underlying CWP and reveal new pain treatments.

In the healthy adult specialised pain circuits in the spinal cord act as spatial indicators of harm. These allow localisation of a harmful stimulus and direct pain behaviour ensuring that the appropriate body area moves away from danger. In animal models of CWP however, reflex pain behaviour is spread across widespread body regions. In previous work I have identified specialised spinal subpopulations are involved in controlling responses to touch and itch. Others have identified specialised interneurons involved in pain but to date no known spinal population has been associated with the spatial distribution of pain across the body, a key feature of CWP. A good candidate is a subset of substance P (SP)-expressing propriospinal neurons whose long axons span multiple segments of the spinal cord and thus can relay information between body areas. These neurons are innervated by CGRP-expressing primary afferents, and the neuropeptide SP is thought to be involved in chronic pain development and maintenance. We therefore hypothesise that SP-expressing propriospinal neurons are involved in the spread of pain across the body in CWP.

Aims

By combining cutting-edge technology and molecular biology in models, this programme aims to determine how the nervous system learns to control pain and how these controls are disrupted in chronic widespread pain. In order to characterise the process by which spinal pain circuits learn to

spatially restrict pain signals and so how they can become dysregulated in CWP, the following objectives were proposed:

- to map the SP propriospinal circuit.
- to determine how SP propriospinal circuits are affected in a modified model of CWP
- to determine the role of CGRP afferent activity in the maintenance of CWP

Grant title: Reversal of EEG theta band rhythm as an objective measure of efficacy of spinal cord stimulation in chronic neuropathic pain – A pilot study

Award holders *Dr Andrew Marshall, Mr Jibril Osman Farah, Dr Manohar Sharma, Dr Andrej Stancak*

Summary of the project

There is convincing evidence in the literature that chronic neuropathic pain results from abnormal brain processing of pain. Thalamocortical dysrhythmia is one of the main mechanisms resulting in abnormal firing of thalamic neurones in the brain as bursts within the theta frequency range (4-8 Hz). QEEG and SSEPs have been used to visualise the effects of thalamocortical dysrhythmia on the brain cortex in neuropathic pain patients. In chronic neuropathic pain an increase in theta QEEG frequency power (4-8 Hz) is observed with neighbouring areas showing increases in beta (13-25 Hz) QEEG power. Similarly, SSEPs show an increase in amplitude in chronic neuropathic pain in keeping with somatosensory cortical excitation. Spinal cord stimulation (SCS) is offered to patients with medically refractory neuropathic pain of more than 6 months duration and a subjective pain score >5. In the clinical setting the three most frequently used spinal cord stimulator settings are low, high, and burst frequency stimulation. There is debate in the literature on which of these three is the best however it is recognised that after a failed trial of one type of stimulation a second trial of another type of stimulation is effective in another 10-15% patients. After a successful trial of at least 50% pain reduction only 50-70% of true responders maintain sustained benefit after implantation. Therefore, to personalise the treatment for an individual patient there is an argument to trial all three types of stimulation prior to decision making regarding the implant. The ability to predict on an individual level both the therapeutic response to spinal cord stimulation and the best method of stimulation would have significant impact on patient suffering and health economics. Currently there are no objective measures to predict true responders or which method of stimulation is the best for a given patient.

Hypothesis:

An increase in QEEG theta power and augmentation of SSEP amplitudes can be used as biomarkers of chronic neuropathic pain and that theta QEEG power and SSEP amplitudes are reduced by effective spinal cord stimulation using either low, high, or burst stimulation.

Specific aims of the study

To determine if reversal in QEEG theta power and/or SSEP amplitude during the stimulator trial period can predict a sustained response 6 months post implantation

Grant title: “One and the same?”: An in-depth investigation into the complexities of pain experiences of children and young people with inflammatory and non-inflammatory conditions

Award holders: *Dr Lis Cordingley, Dr Rebecca Lee, Dr Janet McDonagh, Dr Daniela Ghio, University of Manchester.*

Background and aims of project:

Musculoskeletal pain affects approximately 40% of children and young people, although causes vary. There is some evidence suggesting that pain is managed differently depending upon whether children and young people are believed of either having inflammatory or non-inflammatory conditions. For example, those with inflammatory conditions may be more likely to receive pharmacologically focused treatment and those with non-inflammatory conditions are predominantly provided with psychological management techniques. Currently, however, rationale for the different approaches is unclear. Little is known about the similarities and differences of pain experiences between these groups and whether the apparent differences in approaches to pain management is warranted or not.

This PhD will explore and characterise chronic pain experiences in children and young people with musculoskeletal conditions with different underlying pathologies/diagnoses and will begin to identify their management pathways.

BTMR Limited
Statutory Auditor
Century Buildings
14 St Mary's Parsonage
Manchester
M3 2DF

Opinion

We have audited the financial statements of The Pain Relief Foundation (the 'charitable company') for the year ended 5 April 2022 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. 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).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 5 April 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, 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, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- we identified the significant laws and regulations applicable to the company which we considered could have a direct material effect on the financial statements or the operations of the company. Said laws and regulations include but are not limited to, the Companies Act 2006, taxation legislation and data protection, anti-bribery and employment legislation;
- the identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur. We also addressed the risk of fraud through management bias and override of controls by;

- updating and reviewing our knowledge of the company, its officers and internal financial function, together with their systems and internal controls. This included making enquiries of management as to their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations. We concluded that whilst the company had controls in place that were appropriate to its size and the nature of its activities, we could not rely on those systems and internal controls exclusively for the purposes of our audit work. We therefore adopted a substantive and transactional approach to our audit, seeking to verify figures in the balance sheet to third party evidence and transactions within the Income Statement to external independent documentation;
- We did not review every transaction. However, we adopted an approach based on testing a sample of transactions. In choosing our sample, we tested transactions that were material in nature and in addition a random sample of other transaction. By choosing transactions of a material nature, our audit work is designed to detect material misstatements. The use of random testing on other transactions is designed to detect other irregularities and the operation of the charity's internal control systems generally. If exceptions were noted, our audit work was expanded to test more transactions with a view to determining whether the exception was of an isolated nature;
- We performed analytical procedures to identify any unusual or unexpected relationships;
- We tested journal entries to identify unusual transactions and investigated the rationale behind significant or unusual transactions.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**Report of the Independent Auditors to the Trustees of
The Pain Relief Foundation**

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees 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 the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

BTMR Limited

BTMR Limited
Statutory Auditor
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
Century Buildings
14 St Mary's Parsonage
Manchester
M3 2DF

Date: *15 September 2022*

THE PAIN RELIEF FOUNDATION

Statement of Financial Activities
for the Year Ended 5 April 2022

| | Notes | Unrestricted funds £ | Restricted fund £ | 5.4.22 Total funds £ | 5.4.21 Total funds £ |
|------------------------------------|-------|----------------------------|-------------------------|-------------------------------|-------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 3 | 159,392 | 25,000 | 184,392 | 113,694 |
| Other trading activities | 4 | 4,254 | - | 4,254 | 5,674 |
| Investment income | 5 | 89,475 | - | 89,475 | 78,887 |
| Total | | 253,121 | 25,000 | 278,121 | 198,255 |
| EXPENDITURE ON | | | | | |
| Raising funds | | | | | |
| Other trading activities | 6 | 14,677 | - | 14,677 | 14,398 |
| Investment management costs | 7 | 12,469 | - | 12,469 | 11,476 |
| | | 27,146 | - | 27,146 | 25,874 |
| Charitable activities | | | | | |
| Research | 8 | 412,687 | 401 | 413,088 | 360,831 |
| Education | | 5,759 | - | 5,759 | 8,397 |
| Total | | 445,592 | 401 | 445,993 | 395,102 |
| Net gains on investments | | 254,619 | - | 254,619 | 415,190 |
| NET INCOME | | 62,148 | 24,599 | 86,747 | 218,343 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 2,939,310 | 1,044 | 2,940,354 | 2,722,011 |
| TOTAL FUNDS CARRIED FORWARD | | 3,001,458 | 25,643 | 3,027,101 | 2,940,354 |

The notes form part of these financial statements

THE PAIN RELIEF FOUNDATION

Balance Sheet
5 April 2022

| | Notes | Unrestricted funds £ | Restricted fund £ | 5.4.22 Total funds £ | 5.4.21 Total funds £ |
|--|-------|--------------------------------|-----------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 11 | 71,916 | 1,201 | 73,117 | 86,496 |
| Investments | 12 | <u>2,949,283</u> | <u>-</u> | <u>2,949,283</u> | <u>2,805,265</u> |
| | | 3,021,199 | 1,201 | 3,022,400 | 2,891,761 |
| CURRENT ASSETS | | | | | |
| Stocks | 13 | 700 | - | 700 | 776 |
| Debtors | 14 | 9,558 | - | 9,558 | 11,433 |
| Cash at bank and in hand | | <u>20,799</u> | <u>24,492</u> | <u>45,291</u> | <u>83,428</u> |
| | | 31,057 | 24,492 | 55,549 | 95,637 |
| CREDITORS | | | | | |
| Amounts falling due within one year | 15 | <u>(50,798)</u> | <u>(50)</u> | <u>(50,848)</u> | <u>(47,044)</u> |
| NET CURRENT ASSETS | | <u>(19,741)</u> | <u>24,442</u> | <u>4,701</u> | <u>48,593</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>3,001,458</u> | <u>25,643</u> | <u>3,027,101</u> | <u>2,940,354</u> |
| NET ASSETS | | <u><u>3,001,458</u></u> | <u><u>25,643</u></u> | <u><u>3,027,101</u></u> | <u><u>2,940,354</u></u> |
| FUNDS | 17 | | | | |
| Unrestricted funds: | | | | | |
| General fund | | | | 31,380 | 73,854 |
| Designated unrestricted | | | | <u>2,970,078</u> | <u>2,865,456</u> |
| | | | | <u>3,001,458</u> | <u>2,939,310</u> |
| Restricted funds: | | | | | |
| Restricted fund | | | | <u>25,643</u> | <u>1,044</u> |
| TOTAL FUNDS | | | | <u><u>3,027,101</u></u> | <u><u>2,940,354</u></u> |

The notes form part of these financial statements

THE PAIN RELIEF FOUNDATION

Balance Sheet - continued 5 April 2022

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 5 April 2022.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:



.....
D Cain - Chairman - Trustee

1. DESIGNATED FUND

The designated fund represents sums set aside, out of unrestricted funds, to meet the ongoing costs of the chair of Professor of Pain.

| | 2022 | 2021 |
|---|----------------|----------------|
| | £ | £ |
| Investment income: | | |
| Interest received | 2,908 | 2,849 |
| Dividends | 86,564 | 76,039 |
| Realised gains on investments sold | 100,175 | 2,683 |
| Unrealised gain on revaluing investments to market value | - | - |
| Total designated income | 189,647 | 81,571 |
| Less: | | |
| Realised loss on sale of investments | - | - |
| Unrealised profit/(loss) on revaluing investments to market value | 154,444 | 412,507 |
| | (12,469) | (11,475) |
| Expenditure out of designated funds | - | - |
| Transfer of net expenditure to General Fund | (227,000) | (23,000) |
| Net designated (expenditure)/income | 104,622 | 459,602 |

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS102, 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)', and the Charities Act 2011. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds and 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 costs 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.

Grants offered subject to conditions, such as duration of the grant, which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Allocation and apportionment of costs

Certain expenditure is directly attributable to specific activities and has been included in those cost categories. Certain other costs, which are attributable to more than one activity, are apportioned across categories on the basis of an estimate of the proportion of time spent by staff on those activities.

Tangible fixed assets

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

| | |
|-----------------------|---|
| Long leasehold | - Over the period of the lease |
| Plant and machinery | - 25% on reducing balance and 15% on cost |
| Fixtures and fittings | - 25% on cost |

Expenditure on individual assets which is less than £500 is not capitalised.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

2. ACCOUNTING POLICIES - continued

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 fund

The Designated fund represents the investment and related income which the trustees have designated to be used specifically for funding the chair of the Professor of Pain.

Restricted fund

The Restricted fund represents the income which was made available for the purposes of acquiring a Transcranial Magnetic Scanner and sponsorships received. The related expenditure represent money spent in relation to restricted income.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

Financial instruments are classified and accounted for according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Investments

Investments are made by the trustees acting through and on advice of professional investment managers. The investment strategy focuses on low to medium risk investments.

Investment gains and losses

Gains and losses which arise on the sale of investments during the year are termed "Realised gains and losses". Those gains and losses that arise from the disclosure of investments at market value as at 5th April each year are termed "Unrealised gains and losses".

Governance costs

Governance costs relate to the general running of the charity, as opposed to fundraising or charitable activities expenditure. They include audit and legal fees, accountancy and related support costs.

Costs of generating funds

The costs of fundraising events include the costs incurred by the Charity in arranging golf days, appeals and sponsorships and are included in the SOFA on an accruals basis.

Charitable activities - Grants payable

Expenditure on charitable activities includes grants payable to individuals to conduct research into pain, its causes and relief, and to disseminate research information together with related direct costs and support costs, all of which are accounted for on an accruals basis.

THE PAIN RELIEF FOUNDATION

Notes to the Financial Statements - continued
for the Year Ended 5 April 2022

3. DONATIONS AND LEGACIES

| | 5.4.22 | 5.4.21 |
|---------------------------------------|----------------|----------------|
| | £ | £ |
| Gifts | 89,086 | 43,172 |
| Gift aided donations | 29,047 | 4,446 |
| Tax recovered on gift aided donations | 7,262 | 1,099 |
| Legacies | 58,530 | 64,977 |
| Sundry income | 467 | - |
| | <u>184,392</u> | <u>113,694</u> |

4. OTHER TRADING ACTIVITIES

| | 5.4.22 | 5.4.21 |
|----------------------|--------------|--------------|
| | £ | £ |
| Books leaflets tapes | 145 | - |
| Sponsorships | 100 | 60 |
| Meeting fees | 4,009 | 5,614 |
| | <u>4,254</u> | <u>5,674</u> |

5. INVESTMENT INCOME

| | 5.4.22 | 5.4.21 |
|--------------------|---------------|---------------|
| | £ | £ |
| Rents received | 2 | (1) |
| Listed investments | 89,473 | 78,888 |
| | <u>89,475</u> | <u>78,887</u> |

6. OTHER TRADING ACTIVITIES

| | 5.4.22 | 5.4.21 |
|-------------|---------------|---------------|
| | £ | £ |
| Purchases | 76 | - |
| Staff costs | 14,601 | 14,398 |
| | <u>14,677</u> | <u>14,398</u> |

7. INVESTMENT MANAGEMENT COSTS

| | 5.4.22 | 5.4.21 |
|----------------------|--------|--------|
| | £ | £ |
| Portfolio management | 12,469 | 11,476 |

THE PAIN RELIEF FOUNDATION

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

8. CHARITABLE ACTIVITIES COSTS

| | Direct Costs £ | Grant funding of activities £ | Support costs £ | Totals £ |
|-----------|----------------------|--|-----------------------|----------------|
| Research | 68,255 | 282,658 | 62,175 | 413,088 |
| Education | 487 | - | 5,272 | 5,759 |
| | <u>68,742</u> | <u>282,658</u> | <u>67,447</u> | <u>418,847</u> |

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

| | 5.4.22 £ | 5.4.21 £ |
|---|----------------|-------------|
| Auditors' remuneration | 5,000 | 5,000 |
| Auditors' remuneration for non audit work | 3,340 | 3,840 |
| Depreciation - owned assets | 13,379 | 16,749 |
| Other operating leases | 3,975 | 6,475 |
| Surplus on disposal of fixed assets | <u>(1,186)</u> | <u>-</u> |

10. TRUSTEES' REMUNERATION AND BENEFITS

No trustees' remuneration or other benefits were paid for the year ended 5 April 2022 nor for the year ended 5 April 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2022 nor for the year ended 5 April 2021.

11. TANGIBLE FIXED ASSETS

| | Long leasehold £ | Plant and machinery £ | Fixtures and fittings £ | Totals £ |
|----------------------------------|------------------------|-----------------------------|----------------------------------|----------------|
| COST | | | | |
| At 6 April 2021 and 5 April 2022 | <u>114,302</u> | <u>204,403</u> | <u>324,487</u> | <u>643,192</u> |
| DEPRECIATION | | | | |
| At 6 April 2021 | 68,256 | 167,111 | 321,329 | 556,696 |
| Charge for year | <u>3,265</u> | <u>9,324</u> | <u>790</u> | <u>13,379</u> |
| At 5 April 2022 | <u>71,521</u> | <u>176,435</u> | <u>322,119</u> | <u>570,075</u> |
| NET BOOK VALUE | | | | |
| At 5 April 2022 | <u>42,781</u> | <u>27,968</u> | <u>2,368</u> | <u>73,117</u> |
| At 5 April 2021 | <u>46,046</u> | <u>37,292</u> | <u>3,158</u> | <u>86,496</u> |

THE PAIN RELIEF FOUNDATION

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2022**

12. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|------------------------|----------------------------|
| MARKET VALUE | |
| At 6 April 2021 | 2,805,265 |
| Additions at cost | 222,186 |
| Disposals at book cost | (232,612) |
| Revaluations | <u>154,444</u> |
| At 5 April 2022 | <u>2,949,283</u> |
| NET BOOK VALUE | |
| At 5 April 2022 | <u>2,949,283</u> |
| At 5 April 2021 | <u>2,805,265</u> |

Overseas investment assets amounted to £1,233,485 (2021: £1,188,671).

Cost or valuation at 5 April 2022 is represented by:

| | Listed investments £ |
|-------------------|----------------------------|
| Valuation in 2022 | 154,444 |
| Cost | <u>2,794,839</u> |
| | <u>2,949,283</u> |

13. STOCKS

| | 5.4.22 £ | 5.4.21 £ |
|----------------|-------------|-------------|
| Finished goods | <u>700</u> | <u>776</u> |

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 5.4.22 £ | 5.4.21 £ |
|--------------------------------|--------------|---------------|
| Tax | 7,262 | 1,099 |
| Prepayments and accrued income | <u>2,296</u> | <u>10,334</u> |
| | <u>9,558</u> | <u>11,433</u> |

THE PAIN RELIEF FOUNDATION

Notes to the Financial Statements - continued
for the Year Ended 5 April 2022

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 5.4.22 £ | 5.4.21 £ |
|---|---------------|---------------|
| Bank loans and overdrafts (see note 16) | 11,493 | 508 |
| Social security and other taxes | 123 | 159 |
| Accruals and deferred income | 39,232 | 46,377 |
| | <u>50,848</u> | <u>47,044</u> |

16. LOANS

An analysis of the maturity of loans is given below:

| | 5.4.22 £ | 5.4.21 £ |
|--|---------------|-------------|
| Amounts falling due within one year on demand: | | |
| Bank overdrafts | <u>11,493</u> | <u>508</u> |

17. MOVEMENT IN FUNDS

| | At 6.4.21 £ | Net movement in funds £ | Transfers between funds £ | At 5.4.22 £ |
|---------------------------|------------------|----------------------------------|------------------------------------|-------------------|
| Unrestricted funds | | | | |
| General fund | 73,854 | (269,474) | 227,000 | 31,380 |
| Designated unrestricted | <u>2,865,456</u> | <u>331,622</u> | <u>(227,000)</u> | <u>2,970,078</u> |
| | 2,939,310 | 62,148 | - | 3,001,458 |
| Restricted funds | | | | |
| Restricted fund | <u>1,044</u> | <u>24,599</u> | <u>-</u> | <u>25,643</u> |
| TOTAL FUNDS | <u>2,940,354</u> | <u>86,747</u> | <u>-</u> | <u>3,027,101</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 163,649 | (433,123) | - | (269,474) |
| Designated unrestricted | <u>89,472</u> | <u>(12,469)</u> | <u>254,619</u> | <u>331,622</u> |
| | 253,121 | (445,592) | 254,619 | 62,148 |
| Restricted funds | | | | |
| Restricted fund | <u>25,000</u> | <u>(401)</u> | <u>-</u> | <u>24,599</u> |
| TOTAL FUNDS | <u>278,121</u> | <u>(445,993)</u> | <u>254,619</u> | <u>86,747</u> |

THE PAIN RELIEF FOUNDATION

Notes to the Financial Statements - continued
for the Year Ended 5 April 2022

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 6.4.20 £ | Net movement in funds £ | Transfers between funds £ | At 5.4.21 £ |
|---------------------------|------------------|----------------------------------|------------------------------------|-------------------|
| Unrestricted funds | | | | |
| General fund | 314,579 | (263,725) | 23,000 | 73,854 |
| Designated unrestricted | <u>2,405,854</u> | <u>482,602</u> | <u>(23,000)</u> | <u>2,865,456</u> |
| | 2,720,433 | 218,877 | - | 2,939,310 |
| Restricted funds | | | | |
| Restricted fund | 1,578 | (534) | - | 1,044 |
| TOTAL FUNDS | <u>2,722,011</u> | <u>218,343</u> | <u>-</u> | <u>2,940,354</u> |

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 119,367 | (383,092) | - | (263,725) |
| Designated unrestricted | <u>78,888</u> | <u>(11,476)</u> | <u>415,190</u> | <u>482,602</u> |
| | 198,255 | (394,568) | 415,190 | 218,877 |
| Restricted funds | | | | |
| Restricted fund | - | (534) | - | (534) |
| TOTAL FUNDS | <u>198,255</u> | <u>(395,102)</u> | <u>415,190</u> | <u>218,343</u> |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 6.4.20 £ | Net movement in funds £ | Transfers between funds £ | At 5.4.22 £ |
|---------------------------|------------------|----------------------------------|------------------------------------|-------------------|
| Unrestricted funds | | | | |
| General fund | 314,579 | (533,199) | 250,000 | 31,380 |
| Designated unrestricted | <u>2,405,854</u> | <u>814,224</u> | <u>(250,000)</u> | <u>2,970,078</u> |
| | 2,720,433 | 281,025 | - | 3,001,458 |
| Restricted funds | | | | |
| Restricted fund | 1,578 | 24,065 | - | 25,643 |
| TOTAL FUNDS | <u>2,722,011</u> | <u>305,090</u> | <u>-</u> | <u>3,027,101</u> |

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 283,016 | (816,215) | - | (533,199) |
| Designated unrestricted | <u>168,360</u> | <u>(23,945)</u> | <u>669,809</u> | <u>814,224</u> |
| | 451,376 | (840,160) | 669,809 | 281,025 |
| Restricted funds | | | | |
| Restricted fund | 25,000 | (935) | - | 24,065 |
| | <u>476,376</u> | <u>(841,095)</u> | <u>669,809</u> | <u>305,090</u> |
| TOTAL FUNDS | <u>476,376</u> | <u>(841,095)</u> | <u>669,809</u> | <u>305,090</u> |

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 5 April 2022.

19. FINANCIAL COMMITMENTS

During the year grants payable to researchers were approved in the total amount of £866,574 of which £576,572 remains payable in respect of future periods.

THE PAIN RELIEF FOUNDATION

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2022**

| | 5.4.22 £ | 5.4.21 £ |
|---------------------------------------|----------------|----------------|
| INCOME AND ENDOWMENTS | | |
| Donations and legacies | | |
| Gifts | 89,086 | 43,172 |
| Gift aided donations | 29,047 | 4,446 |
| Tax recovered on gift aided donations | 7,262 | 1,099 |
| Legacies | 58,530 | 64,977 |
| Sundry income | <u>467</u> | <u>-</u> |
| | 184,392 | 113,694 |
| Other trading activities | | |
| Books leaflets tapes | 145 | - |
| Sponsorships | 100 | 60 |
| Meeting fees | <u>4,009</u> | <u>5,614</u> |
| | 4,254 | 5,674 |
| Investment income | | |
| Rents received | 2 | (1) |
| Listed investments | <u>89,473</u> | <u>78,888</u> |
| | 89,475 | 78,887 |
| Total incoming resources | 278,121 | 198,255 |
| EXPENDITURE | | |
| Other trading activities | | |
| Purchases | 76 | - |
| Wages | 14,100 | 13,900 |
| Social security | 343 | 350 |
| Pensions | <u>158</u> | <u>148</u> |
| | 14,677 | 14,398 |
| Investment management costs | | |
| Portfolio management | 12,469 | 11,476 |
| Charitable activities | | |
| Wages | 50,675 | 48,980 |
| Social security | 1,543 | 1,631 |
| Pensions | 1,584 | 1,484 |
| Student essay costs | - | 75 |
| Venue & meeting costs | 2,468 | 4,353 |
| Sundry | 278 | 661 |
| Depreciation of tangible fixed assets | 13,380 | 16,750 |
| Loss on sale of tangible fixed assets | (1,186) | - |
| Grants to individuals | <u>282,658</u> | <u>228,920</u> |
| | 351,400 | 302,854 |
| Support costs | | |

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THE PAIN RELIEF FOUNDATION

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2022**

| | 5.4.22 £ | 5.4.21 £ |
|--|------------------------|-------------------------|
| Support costs | | |
| Management | | |
| Other operating leases | 3,975 | 6,475 |
| Rates and water | 17,548 | 17,505 |
| Insurance | 2,571 | 2,422 |
| Telephone | 1,047 | 959 |
| Postage and stationery | 1,791 | 1,559 |
| Advertising | 7,611 | 4,094 |
| Sundries | 235 | 577 |
| Travel | 501 | - |
| Computer software | 1,352 | 955 |
| Credit card charges | 261 | 309 |
| | <u>36,892</u> | <u>34,855</u> |
| Finance | | |
| Bank charges | 150 | 188 |
| Information technology | | |
| Repairs and renewals | 5,056 | 6,134 |
| Governance costs | | |
| Wages | 15,800 | 15,000 |
| Social security | 370 | 412 |
| Pensions | 634 | 594 |
| Auditors' remuneration | 5,000 | 5,000 |
| Auditors' remuneration for non audit work | 3,340 | 3,840 |
| Postage and stationery | 205 | 196 |
| Legal fees | - | 155 |
| | <u>25,349</u> | <u>25,197</u> |
| Total resources expended | <u>445,993</u> | <u>395,102</u> |
| Net expenditure before gains and losses | (167,872) | (196,847) |
| Realised recognised gains and losses | | |
| Net investment gains/ (losses) | <u>100,175</u> | <u>2,683</u> |
| Net expenditure | <u>(67,697)</u> | <u>(194,164)</u> |

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Pain Relief Foundation