

NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH

England & Wales · Charity number 1157217

Details

Other names NCOR

Status Registered

Legal form CIO

Registered 2014-05-28

Register [View on the Charity Commission register](#)

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Activities

Objects: TO PROMOTE FOR THE PUBLIC BENEFIT THE ADVANCEMENT OF EDUCATION AND THE PROMOTION OF GOOD HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY BY:(1) LEADING AND FACILITATING OSTEOPATHIC RESEARCH DEVELOPMENT IN THE UK, INCLUDING DEVELOPING A COMPREHENSIVE AND COHESIVE RESEARCH STRATEGY PROVIDING BOTH DIRECTION AND COORDINATION OF OSTEOPATHIC RESEARCH.(2) REPRESENTING THE OSTEOPATHIC PROFESSION ON MATTERS RELATING TO THE OSTEOPATHIC EVIDENCE BASE AND RESEARCH DEVELOPMENT. ACTING ON BEHALF OF THE PROFESSION, IN A RESEARCH CONTEXT, TO THE MEDIA, THE PUBLIC AND PATIENTS, POLICY-MAKERS, THE INTER-PROFESSIONAL RESEARCH COMMUNITY, OTHER HEALTH PROFESSIONS AND HEALTHCARE REGULATORS.(3) PROVIDING A FORUM FOR OSTEOPATHIC EDUCATIONAL INSTITUTIONS (OEIS) THROUGH WHICH TO FORGE CONSISTENT STANDARDS IN RESEARCH GOVERNANCE, TO SHARE EXPERTISE, ACHIEVE ECONOMIES OF SCALE, AND FOSTER UNDERGRADUATE AND POSTGRADUATE RESEARCH COLLABORATION. TO PROMOTE RESEARCH CAPACITY AND SCHOLARSHIP.(4) PROVIDING OSTEOPATHS, THE PUBLIC AND PATIENTS, HEALTHCARE PROFESSIONALS, AND THE RESEARCH AND ACADEMIC COMMUNITY WITH A RECOGNISED, HIGH QUALITY AND ACCESSIBLE RESOURCE OF RESEARCH-RELATED INFORMATION CONCERNING THE DISTINCTIVE BODY OF KNOWLEDGE WITHIN OSTEOPATHIC PRACTICE.(5) IMPROVING AWARENESS OF OSTEOPATHIC RESEARCH DEVELOPMENT AMONGST OSTEOPATHS AND THE WIDER COMMUNITY. TO ESTABLISH LINKS AND BUILD NETWORKS WITHIN THE RESEARCH FRATERNITY, NATIONALLY AND INTERNATIONALLY, WITH A VIEW TO DEVELOPMENT THROUGH COLLABORATION. TO FORMULATE AND FOSTER STRATEGIES FOR ATTRACTING FUNDING FOR OSTEOPATHIC RESEARCH DEVELOPMENT.(6) PROVIDING SYSTEMS RELEVANT FOR GRANTS GOVERNANCE AND RESEARCH GOVERNANCE FOR THE BENEFIT OF ALL STAKEHOLDERS. (7) FOSTERING AND DISSEMINATING OUTPUTS FROM OSTEOPATHIC AUDIT, EVALUATION, AND RESEARCH ACTIVITIES.

Activities: The National Council for Osteopathic Research (NCOR) was established in 2003 to provide leadership and unity in osteopathic research development. NCOR aims to improve the osteopathic evidence base by fostering research, increasing research capacity and capability within the osteopathic profession, and raising the profile of osteopathic and osteopathic relevant research findings.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£123,705	£138,252	-	-
2024-04-30	£120,551	£84,281	-	-
2023-04-30	£74,739	£68,337	-	-
2022-04-30	£78,534	£110,675	-	-
2021-04-30	£77,606	£102,811	-	-

Trustees

Name	Role	Appointed
Dr Alison Robinson Canham		2026-02-04
Dr Joanne Zamani		2026-01-20
Dr Philip Bright		2024-04-01
Francesca Wiggins		2024-05-01
Glynis Fox		2023-12-18
MATTHEW WILLIAM REDFORD		2020-09-30
Martin Pendry		2026-01-15

NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH

England & Wales - Charity number 1157217

Accounts



**Annual Report and Accounts
for the year ended 30th April 2025**



Registered charity number 1157217

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NCOR Trustees information

- Philip Bright (Chair)
- Glynis Fox
- Francesca Wiggins
- Matthew Redford

NCOR Team

- Jerry Draper-Rodi (Director)
- Carol Fawkes (Senior Research Officer)
- Daniel Bailey (Research Fellow)
- Stefanie Butendieck (Research Administrator)

NCOR interested parties

1. BCNO group: British College of Osteopathic Medicine (BCOM) and European School of Osteopathy (ESO)
2. College of Osteopaths (CO)
3. General Osteopathic Council (GOsC)
4. Institute of Osteopathy (iO)
5. International College of Osteopathic Medicine (ICOM) at NEScot
6. London School of Osteopathy (LSO)
7. Osteopathic Alliance (OA)
8. Osteopathic Foundation (oF)
9. Sutherland Cranial College (SCC)
10. Swansea University
11. University College of Osteopathy (UCO)

NCOR Policies and objectives

The Trustees present their Annual Report together with the financial statements of the National Council for Osteopathic Research (the charity) for the year ended 1 May, 2024 to 30 April, 2025. The Trustees confirm that the Annual Report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document, the Charities Act 2011 and the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January, 2015), as amended by update Bulletin 1 (effective 1 January, 2016).

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit. The role of NCOR is to promote for the public benefit the advancement of education and the promotion of good health in particular, but not exclusively by:

1. Leading and facilitating osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research.
2. Representing the osteopathic profession on matters relating to the osteopathic evidence base and research development. Acting on behalf of the profession, in a research context, to the media, the public and patients, policymakers, the inter-professional research community, other health professions and healthcare regulators.
3. Providing a forum for osteopathic educational institutions (OElS) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration. Promoting research capacity and scholarship.
4. Providing osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice.
5. Improving awareness of osteopathic research development amongst osteopaths and the wider community. Establishing links and building networks within the research fraternity, nationally and internationally, with a view to development through collaboration. Formulating and fostering strategies for attracting funding for osteopathic research development.
6. Providing systems relevant for grants governance and research governance for the benefit of all interested parties.
7. Fostering and disseminating outputs from osteopathic audit, evaluation, and research activities.

Activity Report for the year end to 30th April 2025

Foreword

Since taking on the role of Chair, it has been encouraging to see the continued momentum across NCOR's projects. Over the past year, new partnerships have been established with educational institutions and clinical settings to enhance data collection and feedback loops, ensuring that osteopaths can better show the outcomes and quality of their care. The fledgling engagement of practitioners within the PBRN reflects a collective commitment to embedding research into everyday practice, supporting both professional development and patient benefit.

NCOR has also advanced its digital infrastructure, improving accessibility to research summaries, patient-reported outcome tools, and implementation guidance for practitioners. These developments are helping to translate evidence into practice more efficiently and inclusively. The strengthening of relationships with the Institute of Osteopathy (iO), educational providers, and international research partners has further aligned NCOR's work with national and global health priorities, particularly around preventative and community-based care.

Looking ahead, our focus remains on empowering osteopaths to demonstrate the value of their work within the broader healthcare landscape. Through rigorous research, collaboration, and innovation, NCOR continues to provide the evidence, context, and leadership necessary to support the profession's evolution and its growing contribution to UK healthcare.

Dr Philip Bright

Chair of NCOR Board of Trustees

A handwritten signature in black ink, appearing to read 'Dr Philip Bright', with a long horizontal line extending to the right.

Activity Report

NCOR governance

NCOR Trustees

Dr Philip Bright became Chair on 03/04/2024, succeeding Maurice Cheng MBE who stepped down after many years of dedicated service. The Charity thanks Maurice for his exceptional support, national and international representation, and generous commitment of time.

Prof Duncan Empey stepped down in September 2024 after serving as the Osteopathic Foundation representative. Duncan provided invaluable support in building NCOR's strong relationship with the oF. The process of appointing the trustee representing the oF is ongoing.

NCOR's team

Stefanie Butendieck, Research Administrator, left NCOR on 15 April 2025 when her fixed-term contract concluded. Following board discussion, the position was not replaced, with the team managing workload through:

- Social media management tools (approximately £8/month)
- AI tools for administrative support
- Potentially a flexible admin budget

NCOR's host contract

Following the merger of UCO and AECC UC to form the Health Sciences University (HSU) effective 1 August 2024, NCOR navigated significant contractual challenges. Initial KPMG audits identified VAT liability issues with the hosting arrangement. After extensive negotiations and consultation with HSU Finance Director Joanna Smith:

- The Board agreed in January 2025 to accept VAT liability with costs shared between NCOR and HSU
- HSU agreed to cover half of the VAT costs
- A new contract was approved preserving the same arrangements as the previous UCO contract with minor modernizations
- The contract runs for 39 months from August 2024 to October 2027
- Intellectual property remains with NCOR

Professional collaboration and contribution

Ongoing collaborations

NCOR continues to be involved with Osteopathy Europe (OE), the Osteopathic Development Group (ODG), and the General Osteopathic Council's (GOS) Policy Education and Advisory Committee and Council meetings.

Dr Bailey and Dr Draper-Rodi have continued their involvement with the Osteopathic Development Group (ODG) short life working group on scoping needs, issues and opportunities relating to osteopathy recruitment and retention.

Dr Jerry Draper-Rodi continues chairing the Osteopathy Europe (OE) Research Standing Committee and attending the AGMs. He chairs monthly meetings of the Research Standing Committee and attends the OE AGMs (twice a year) where he presents an update on the activities of the Research Standing Committee.

Interested parties' meetings

The format of interested party engagement has continued to two group meetings per year, and individual meetings (NCOR with each interested party separately).

We have run two Interested party Group meetings, one on the *NCOR Research Network* and workforce planning (October 24) and on Open Research (May 25).

Financial policies

The Board reviewed several financial policies during 2024-25:

1. **Annual Accounts Review:** Following recommendations from accountant Babu Patel, the Board is exploring a modified approach focused on quality assurance rather than complete duplication of the work of the bookkeeper(Tracy Scott).
2. **Expenses Policy:** A new expenses policy was developed following feedback from bookkeeper and approved by the Board in April 2025 (pending amendments – see appendix A). Key features include:
 - Clear limits for accommodation, meals, and travel
 - Documentation requirements
 - Alignment with Financial Delegated Authority policy
3. **Financial Delegated Authority Policy:** Updated to include all current staff members with appropriate approval thresholds.
4. **Interested parties' Fees:** The Board agreed to maintain current fees for 2024-25 with expectations about future inflation-linked increases. A reserves policy review was scheduled following settlement of HSU invoices.

Outreach, education, promotion and dissemination of research

2024 Student Internship

During the summer of 2024, NCOR hosted their first student research internship. This was a placement offered to a final year osteopathy student to work with the NCOR team and gain experience in research skills. The internship was a paid position that ran for six weeks. The focus of the internship was determined through discussion with the intern and the NCOR team so that it aligned with the intern's personal goals and NCOR's research aims. For the 2024 internship, the focus was to develop a questionnaire to gather information about the career goals of osteopaths. This would provide the intern with literature searching and questionnaire development skills, while providing a potential tool that NCOR could use to gather data that would provide valuable information about the osteopathic workforce in the UK.

During the internship, the student had weekly supervisory meetings with each member of the NCOR team to provide a variety of support and expertise. The student undertook a literature review and underwent training related to measurement tool assessment. The student then developed a draft version of a questionnaire about career choices in osteopathy. The student was invited to rejoin the NCOR team after they finished their studies to continue to work on the project so that they could potentially help contribute to a publishable manuscript and receive authorship credit.

Hubs

The hubs remain active, and meetings have included:

Bristol:

- 9th May, 2024: looking at ME and its management with manual therapy;
- 15th August, 2024: Osteoporosis;
- 21st November, 2024: Case studies;
- 27th February, 2025: the physiological effects of vaping;

Leeds:

- 8th July, 2024: the physiological effects of vaping;
- 23rd September, 2024: vaping continued;
- 13th January, 2025: Case studies on boundaries;
- 14th April, 2025: Further case studies on boundaries.

Haywards Heath:

- 16th July, 2024: Case studies;
- 8th October, 2024: Case studies;
- 21st January, 2025: the use of hyaluronic acid and plasma infusion in the treatment of OA knees;
- 29th April, 2025: boundaries in clinical practice.

Exeter:

- 14th September, 2024: Interventions used in pain clinics;
- 11th January, 2025; management on non-union of fractures in patients;

- 26th April, 2025; comparing outcomes in patients with removal or non-removal of fixation devices post-fracture.

CPD

iO Roadshows

Leeds 16th November 2024

Swansea 1st June 2024

NCOR contributed to the iO Roadshows by presenting a 2-hour workshop on the vascular causes of cervical pain, which incorporated a clinical audit activity that could be used as the compulsory 'Objective Activity' component of CPD for GOsC registration purposes. In addition to providing up-to-date clinical information on the best practice approach to managing patient with cervical pain, and a reflective activity for osteopaths to improve their clinical practice, the workshop also collected data on the effectiveness of clinical audit as a CPD activity for a publishable study. The workshops were followed up three months later with an invite to attendees to complete a further online audit activity that they could also claim as CPD hours.

Vascular causes of cervical pain webinar - 14th November 2024

For those that could not attend the iO Roadshow event, an online version of the workshop was provided via a webinar. Osteopaths were able to complete the same clinical audit activity to use as their 'Objective Activity' and were also invited three months later to complete an additional CPD activity.

Research Skills Facebook Group

This free CPD provision by NCOR now has 10 Guides, that cover topics such as: Vascular causes of neck pain, how to create a patient case report, how to use the Cochrane library, and how to use PROMs in your clinic. This provided at least 10 hours of evidence based clinical CPD and has been accessed by 223 osteopaths.

Engagement

NCOR disseminates its own publications and other relevant research through regular social media posts across multiple platforms.

Via regular email newsletters, NCOR-RN communicates its ongoing research activity, publications, and opportunities for members to get involved with various research studies.

Dr Daniel Bailey gave a presentation at the HSU Graduate Workshop in March 2025. This was for final year students and aimed to provide students with information on the variety of career options available to them following graduation. Dr Bailey explained how involvement in research can be combined with clinical work to enhance patient care.

Webinars

Carol Fawkes delivered an online webinar for students at BCOM in relation to clinical audit. This included an introduction to the topic, and some examples relevant to clinical practice (October 2024).

Jerry Draper-Rodi delivered an online webinar to the Institut Toulousain d'Osteopathie, in March 2024.

Conferences

Jerry Draper-Rodi gave a keynote presentation at the Osteopathic European Academic Network (OsEAN), in September 2024.

Articles

We continue to write for *Osteopathy Today*. An article explaining PBRNs and outlining NCOR's Research Network and how to get involved was published in the Autumn edition of *Osteopathy Today*.

This year we have published 14 papers in peer reviewed journals:

- Bailey, D., Fawkes, C., Carnes, D. and Draper-Rodi, J., 2025. The development of the National Council for Osteopathic Research-Research Network (NCOR-RN): A qualitative focus group study of osteopaths' views. *International Journal of Osteopathic Medicine*, 55, p.100742.
<https://www.sciencedirect.com/science/article/abs/pii/S174606892400035X>
- Gordon, T.C., Hope-Bell, J., Draper-Rodi, J., MacMillan, A., Miller, D. and Edwards, D.J., 2025. Effects of manual osteopathic interventions on psychometric and psychophysiological indicators of anxiety, depression and stress in adults: a systematic review and meta-analysis of randomised controlled trials. *BMJ open*, 15(2), p.e095933.
<https://bmjopen.bmj.com/content/15/2/e095933.abstract>
- Hope-Bell, J., Draper-Rodi, J. and Edwards, D.J., 2024. Applying an osteopathic intervention to improve mild to moderate mental health symptoms: a mixed-methods feasibility randomised trial. *Chiropractic & Manual Therapies*, 32(1), p.32.
<https://link.springer.com/article/10.1186/s12998-024-00556-x>
- McIntyre, C., McLeod, G.A., Ferreira, A.P.A., Cerritelli, F., Draper-Rodi, J., Feehan, J., Fleischmann, M., Sampath, K.K., Morin, C., Muddle, L. and Sposato, N.S., 2025. Leadership and capacity building in international osteopathic research: Introducing Strengthening osteopathy leadership and research (SOLAR) program. *International journal of osteopathic medicine*, p.100755
<https://www.sciencedirect.com/science/article/pii/S1746068925000112>
- Steel, A., Draper-Rodi, J., Fleischmann, M., Morin, C., Ferreira, A.P.A., Vaughan, B. and Orrock, P., 2025. Practitioner characteristics of osteopaths who treat pregnant women and children: An Australasian perspective from two practice-based research networks. *Complementary therapies in clinical practice*, 58, p.101929.
<https://www.sciencedirect.com/science/article/pii/S1744388124001026>
- McIntyre, C., Draper-Rodi, J., Ferreira, A.P.A., Muddle, L., McLeod, G.A., Sampath, K.K.,

Sposato, N.S. and Vaughan, B., 2024. Characteristics of the practice of New Zealand osteopaths who manage patients with chronic pain. *Pain management*, 14(12), pp.625-632. <https://www.tandfonline.com/doi/abs/10.1080/17581869.2024.2436836>

- Draper-Rodi, J., Newell, D., Barbe, M.F. and Bialosky, J., 2024. Integrated manual therapies: IASP taskforce viewpoint. *Pain Reports*, 9(6), p.e1192. https://journals.lww.com/painrpts/fulltext/2024/12000/integrated_manual_therapies_iasp_taskforce.15.aspx?context=latestarticles
- Ellwood, J., Kovanur Sampath, K., Rund, I. *et al.* Guidance strategies for infantile asymmetry prevention: a systematic review. *BMC Pediatr* 25, 328 (2025). <https://doi.org/10.1186/s12887-025-05670-0>
<https://link.springer.com/article/10.1186/s12887-025-05670-0#>
- Thomson, O.P., Treffel, L., Wagner, A. *et al.* A national survey of osteopaths' conceptions of practice in France: structural validity of the Osteo-TAQfr and the tendency toward technical rationality. *BMC Health Serv Res* 25, 451 (2025). <https://doi.org/10.1186/s12913-025-12540-z>
<https://link.springer.com/article/10.1186/s12913-025-12540-z>
- Mhadhbi, H., Horta, L.M., Ims, J., Draper-Rodi, J., Mansfield, H., Shaw, R., Rinne, S., Silva, T.C., Metsälä, E. and Ménard, M., 2024. Perceived benefits and limitations of game-based simulation education by osteopathy students in early clinical training: A preliminary mixed methods study. *International Journal of Osteopathic Medicine*, 53, p.100726. <https://www.sciencedirect.com/science/article/abs/pii/S1746068924000191>
- Antunes Ferreira, A.P., Vaughan, B., Draper-Rodi, J., Muddle, L., Treffel, L., McIntyre, C., Fleischmann, M., Cerritelli, F., Sampath, K.K. and Steel, A., 2025. Prevalence and profile of New Zealand osteopaths treating people experiencing headaches and migraines. *Journal of Complementary and Integrative Medicine*, (0). <https://www.degruyterbrill.com/document/doi/10.1515/jcim-2024-0283/html>
- Mhadhbi, H., MacMillan, A., Draper-Rodi, J., Ménard, M. and Sposato, N.S., 2025. Advancing Equitable Osteopathic Practice: Integrating Person-Centredness & Addressing Racial Biases Through the Lens of Critical Theory. *International Journal of Osteopathic Medicine*, 55, p.100752
<https://www.sciencedirect.com/science/article/abs/pii/S1746068925000082>
- Hohenschurz-Schmidt, D., Vase, L. and Draper-Rodi, J., 2025. From placebos and shams to high-quality control interventions in manual therapy trials to study efficacy and mechanisms. *Journal of Manual & Manipulative Therapy*, pp.1-2. <https://www.tandfonline.com/doi/abs/10.1080/10669817.2025.2471477>
- Vaughan, B., Fleischmann, M., Cerritelli, F., Draper-Rodi, J., Feehan, J., Ferreira, A.P., McLeod, G., Morin, C., Muddle, L., Sampath, K. and Thomson, O.P., 2024. Systematic reviews of osteopathic care: protocol for an umbrella review. *Physical therapy reviews*, 29(1-3), pp.1-4. <https://www.tandfonline.com/doi/full/10.1080/10833196.2024.2321558>

Special projects

Practice-Based Research Network

A total of 614 osteopaths have completed the registration survey to become members of NCOR-RN.

The data provided by the NCOR-RN members has been included in two manuscripts that will shortly be submitted for publication. The first paper introduces NCOR-RN as the first PBRN for osteopathy in the UK and provides an overview of the survey results. The second paper compares the demographics and clinical practice of osteopaths who have been in practice less than 10 years or 10 years or more to identify possible patterns that may explain the increased number of osteopaths leaving the register and receiving concerns and complaints after 10 years in practice.

NCOR-RN members regularly receive newsletters updating them on activity within the Network and NCOR generally. This recently included a short survey on which topics and types of research projects members would most like to be involved with to inform out of project planning.

Multiple 'sub-study' projects are now in development that will be conducted within NCOR-RN. Consideration is being given to the current work-force issues within osteopathy and the preferences of NCOR-RN members in the development of these projects.

Patient Reported Outcome Measurement: PROMs

Since the last annual report, data collection has begun in the osteopathic training clinic at Ara Institute of Canterbury in New Zealand. Discussions are ongoing to conduct a pilot data collection study with the osteopathic profession in New Zealand later in the year.

Presentations including summary data reports have been prepared for osteopaths in Denmark, Sweden, and Ireland for local interested party delivery.

Currently data submissions include over 7500 observations from patients. Discussions have been held with Clinvivo, the IT company which develops and supports the app, to create a platform for easier joining to use the app, and a system for automatic data analysis for individual osteopaths to generate as this is currently an extremely time-consuming process.

Workforce planning projects

NCOR secured three grants from the GOsC for workforce planning research:

- Register departure study: Mixed methods research examining why osteopaths leave the register, beginning with qualitative interviews by an independent researcher, followed by a profession-wide survey. Ethical approval was submitted in April 2025.
- Student motivations project: Mixed methods research investigating motivations for studying osteopathy among first and second-year students across all UK Osteopathic Educational Institutions. Ethics was approved on 30/04/2025.

In parallel, NCOR is planning a Career Planning Project to understand osteopaths' career plans for the next 5-10 years to identify potential retention obstacles.

Concerns and Complaints report

[This document](#) was produced again this year analysing data submitted from the GOsC, the iO, and the professions' insurers.

An area where data were lacking related to the patients making the complaints. Work was conducted (CF and JDR) to identify additional questions for inclusion in the previous data collection tool. The revised version of the tool was circulated for the first time in 2024 to try to identify any specific areas where patients and osteopaths could be better supported to reduce the risk of complaints. Although limited data were collected on initial use, this will grow as contributors to the report amend their data collection processes where possible.

Osteopaths' experiences of working in the NHS

This study was awarded funding by the Osteopathic Foundation (oF) to explore osteopaths' experience of working in the NHS. Ethical approval was received in Oct 23 from the UCO ethics committee. A total of 16 osteopaths were recruited for the study. This was the projected number to reach information power with participants from a range of different NHS settings and length of experience.

A range of diverse themes have emerged focussing on the benefits of working in the NHS, the journey from application to starting work in the NHS, career progression and development, professional support and some of the challenges encountered and how they were managed. Themes and sub-themes were developed by Carol Fawkes and Jerry Draper-Rodi. They were reviewed independently for quality assurance. Report writing for the oF is being finalised and the draft content for two peer-reviewed publications have been agreed. A poster abstract for the study has been accepted by the Health Services Research conference in Newcastle in July, 2025. An abstract will be submitted for the iO conference in November, 2025.

Scholarly work

The manuscript on the project conducted with Swansea University is under review.

Trustworthiness of Osteopathic Trials

This project involved multiple reviewers from the profession and was initially led by Amandine Senequier, who worked on the project for approximately one year before accepting a PhD position at QMUL in September 2023. Professor Hilary Abbey subsequently took over to complete the project.

The systematic review examined the methodology of osteopathic trials and assessed their trustworthiness. The article is published in the Journal of Clinical Epidemiology, in open access <https://www.sciencedirect.com/science/article/pii/S0895435625001210>.

The timing of the project was modified to support Amandine's PhD transition and to include additional reviewers due to the substantial number of osteopathic trials included in the systematic review. While this extended the timeline, costs remained similar as Amandine reduced her FTE from 0.2 to 0.1 to cover a longer period while reviewers completed data extraction and trustworthiness assessment.

Dr Jerry Draper-Rodi
NCOR Director



01/10/2025

Dated: 10/12/2025

National Council for Osteopathic Research (NCOR)
c/o Health Sciences University
275 Borough High Street
London
SE1 1JE



Tolsey House
1 Marshside Road
Churchtown
Southport
PR9 9TL

For the attention of: Dr Jerry Draper-Rodi, Director

Dear Jerry,

t: 01704 506405

m: 07767 216515

Re: Assurance and Checking Review of Accounts for Year Ended 30 April 2025

e: babu@sbpatel.co.uk

We are writing to confirm that we have completed our assurance and checking review of NCOR's accounts for the financial year 2024/2025. Overall, the accounts have been very well prepared, and we are pleased to confirm that they present a true and fair view of the charity's financial position. www.sbpatel.co.uk

We would like to commend Tracy Scott for the quality and thoroughness of the bookkeeping work. Our review identified only minor matters relating to nominal account categorisation and one opening balance discrepancy, which we detail below for your records.

Categorisation Suggestions

We noted the following items which we would typically categorise differently, though you may decide to retain the current treatment if it better reflects NCOR's accounting practices:

1. **ICO Renewal payments (£40 x 2)** – Currently allocated to Sundry. We would typically categorise these to Professional Fees, as Sundry is generally reserved for items such as refreshments at meetings (tea, coffee, etc.).
2. **Staff subsistence expenses** – Currently allocated to Staff Costs. We would typically use a separate nominal account named 'Travel, Accommodation & Subsistence' for all expenditure that staff incur when attending meetings outside the office or overnight stays.
3. **Accountancy fees presentation** – We typically show fees for our services on the profit and loss account under Accountancy. However, we understand you may prefer to describe this as 'Independent Examination' to reflect the nature of the work undertaken.

Opening Balance Correction

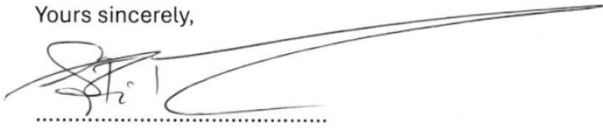
We identified a discrepancy in the opening balance for the NatWest bank account. The trial balance shows an opening figure of £36,010.24, whereas the correct balance brought forward from last year's accounts should be £36,029.13. This adjustment affects the unrestricted funds figure, which should read £133,509.67 to align with last year's accounts.

Conclusion

Following our correspondence, these suggestions and the opening balance correction have been acted upon by Tracy Scott, and the accounts have been duly amended. We are now fully satisfied that the accounts are in order and accurately reflect NCOR's financial position for the year.

We trust this summary is helpful for your records. Should you have any questions regarding these matters or require any clarification, please do not hesitate to contact me or my colleague Lily Kitchen.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'SB Patel', written over a horizontal dotted line. A long, thin horizontal line extends from the end of the signature across the page.

Shahid Babu Patel (FCCA)

SB Patel & Co

**National Council for Osteopathic
Research**

**Statement of Financial Activities for the year
ended 30 April 2025**

	<u>Note</u>	<u>Unrestricted funds 2025</u>	<u>Total Funds 2024</u>
		£	£
Income from			
Membership and donations	2	92960	74459
Grants		29950	45653
Sundry Income		54	350
Interest Received		741	90
		<hr/>	<hr/>
Total Income		123706	120551
		<hr/>	<hr/>
<u>Expenditure on</u>			
Charitable Activities	3-5	138252	84281
		<hr/>	<hr/>
Total Expenditure		138252	84281
		<hr/>	<hr/>
Net Income/ (Expenditure) and movement in funds	6	(14547)	36271
		<hr/>	<hr/>
Reconciliation of funds			
Total funds brought forward		133510	97239
		<hr/>	<hr/>
Total funds carried forward		118963	133510

Balance Sheet as at 30 April 2025

	<u>Note</u>	<u>2025</u>	<u>2024</u>
		<u>£</u>	<u>£</u>
Current Assets			
Debtors	7	0	0
Cash at bank and in hand		<u>200574</u>	<u>137535</u>
Total Current Assets		200574	137535
		<hr/>	<hr/>
Creditors: amount falling due within one year	8	<u>(81611)</u>	<u>(4025)</u>
Net Current assets		118963	133510
		<hr/>	<hr/>
Net Assets		118963	133510
		<hr/>	<hr/>
Charitys funds			
Unrestricted funds		118963	133510
		<hr/>	<hr/>
Total Funds		118963	133510
		<hr/> <hr/>	<hr/> <hr/>

Notes to Financial Statements

2. Income from donations	<u>Unrestricted funds 2025</u>	<u>Total Funds 2024</u>
	£	£
Membership fees	90700	68140
Other donations	2260	6319
Grants	29950	45653
Sundry Income	54	350
Interest Received	741	90
	<hr/>	<hr/>
Total donations and legacies	123706	120551

3. Analysis of expenditure by activities

	Activities undertaken directly 2025	Governance and support costs 2025	Total 2025
	£	£	£
Expenditure	129076	9176	138252
	<hr/>	<hr/>	<hr/>

4. Direct Costs

	Research activities 2025	Total 2024
	£	£
Staff costs recharged	119616	53040
Tuition fees	0	0
Other direct costs	0	0
PROMs project	2955	8334
CUTIES- project research	0	(77)
Convention Project	0	1437
Trust Project	750	11887
NHS Qualitative Project	983	2765
PBRN Project	831	2051
Adverse Events Project	3941	0
	<hr/>	<hr/>
	129076	79436

5. Governance and support costs

	Total 2025	Total 2024
	£	£
Travel Expenses	1736	557
Consultancy & Legal Fees	3031	40
Insurance	413	391
Bad debt	0	0
Sundry costs	546	932
Honoraria costs	0	0
Accountancy & Bookkeeping	2081	2531
Artwork	0	0
Website design & Hosting	200	397
Bank Charges	20	(5)
Software Costs	1148	0
	<hr/>	<hr/>
	9176	4805

6. Net income/ (expenditure)

This is stated after charging:

	2025	2025
	£	£
Independent Examination fee	1500	1400
	<hr/>	<hr/>

7. Debtors

	2025	2024
	£	£
Other debtors	600	0
	<hr/>	<hr/>
	600	0

8. Creditors: amounts falling due within one year

	2025	2024
	£	£
Other creditors, including accrued expenses	81011	4025
	<hr/>	<hr/>
	81011	4025

9. Related party transactions

Health Sciences University (HSU) provided administration services to NCOR. Total costs were £11,9616 (2024: £53,040)

A donation of £26,500 (2024: £26,500) was received from the General Osteopathic Council, a trustee of NCOR is any employee of this organisation.

A provision was made for a donation of £2,200 (2024: £0) from the General Osteopathic Council for the Concerns and Complaints report, a trustee of NCOR is any employee of this organisation.

A donation of £26,500 (2024: £26,500) was received from the Institute of Osteopathy, a trustee of NCOR is a director of this organisation.

A donation of £2,800 (2024: £2,800) was received from the Health Science University, a trustee of NCOR is an employee of this organisation.

APPENDIX A - Expenses Policy [draft April 2025]

1. Introduction

The National Council for Osteopathic Research (NCOR) is a charitable organisation with a responsibility to ensure that all funds are used appropriately and in accordance with our charitable objectives. This policy establishes clear guidelines for claiming expenses and defines what constitutes acceptable expenditure.

This policy applies to all trustees, staff members, researchers, and any individuals engaged in activities on behalf of NCOR. It aims to ensure transparency, accountability, and consistency in the management of expenses while maintaining the charitable ethos of the organisation.

2. General principles

All individuals claiming expenses must:

- Act honestly, responsibly, and within the guidelines of this policy
- Ensure all expenditure is reasonable, necessary, and in the best interests of NCOR
- Base expenditure decisions on value for money, practicality, and relevance to NCOR's objectives
- Submit expense claims promptly, within one month of incurring the expense
- Provide appropriate documentation (receipts, invoices) to support all claims
- Ensure expenses fall within the approved budget where applicable

3. Submission of claims

- All expense claims must be submitted within one month of incurring the expense
- Claims submitted after three months will not be considered unless there are exceptional circumstances, which must be explained in writing to the Director
- All claims must be submitted on the NCOR Expense Claim Form
- Original VAT receipts must be attached for all expenses claimed
- Claims without appropriate documentation will not be processed
- Expenses should be claimed in GBP; any expenses incurred in foreign currencies will be reimbursed at the exchange rate on the date of the transaction

4. Travel expenses

4.1 Public transport

- Standard class rail or bus travel will be reimbursed for necessary business travel
- Tickets should be booked in advance where possible to take advantage of discounted fares
- First class travel is not permitted unless it can be demonstrated that it is more economical than standard class

4.2 Air travel

- Economy class must be used for all flights
- All air travel must be pre-approved by the Director
- Flights should be booked as far in advance as possible to secure the best rates

4.3 Private vehicles

- Mileage can be claimed at 45p per mile for cars and vans
- A VAT receipt for fuel, dated on or before the date of travel, must be provided
- Parking fees and toll charges incurred on NCOR business will be reimbursed upon production of receipts
- Parking fines, speeding tickets, and other driving penalties will not be reimbursed

4.4 Taxis

- Taxis should only be used when:
 - Public transport is unavailable or impractical
 - Travelling with heavy equipment or materials
 - Travelling late at night (after 9pm)
 - Where there are accessibility requirements
- A receipt must be obtained for all taxi journeys

5. Accommodation

- Hotel accommodation will be reimbursed up to a maximum of £150 per night (£190 in London)
- Bookings should be for standard rooms only
- Expenses for accompanying partners or family members will not be reimbursed
- Where possible, accommodation should be booked in advance through the NCOR office

6. Subsistence

- Reasonable costs for meals will be reimbursed when staff or trustees are away from their normal place of work on NCOR business
- Maximum reimbursement limits per person per day are:
 - Breakfast: £20 (if not included in hotel accommodation)
 - Lunch: £25
 - Dinner: £45
- Alcohol is not generally reimbursable except in limited circumstances of business hospitality, and must be approved by the Director
- Business hospitality must be modest and appropriate to the occasion
- Claims for business hospitality must include:
 - The names of all attendees
 - The organisations they represent
 - The purpose of the hospitality
- Staff entertaining each other is not considered business hospitality and will not be reimbursed

7. Other expenses

7.1 Stationery and office supplies

- Reasonable expenses for stationery and office supplies required for NCOR business will be reimbursed
- Where possible, office supplies should be ordered through the NCOR office

7.2 Conference and event fees

- Fees for attendance at conferences and events relevant to NCOR's work will be reimbursed if pre-approved by the Director
- All conference attendances must be justified in terms of benefit to NCOR

8. Expenses that will not be reimbursed

The following expenses will not be reimbursed:

- Personal items or services
- Excessive alcohol
- Entertainment not directly related to NCOR business
- Fines for parking or traffic offences
- Expenses for spouses, partners, or family members
- Premium services (e.g. first-class travel, luxury accommodation)
- Personal travel insurance
- Gym or leisure facilities
- Expenses not supported by receipts
- Expenses submitted more than three months after being incurred without prior approval
- Laundry services (unless staying away for more than 4 nights)
- Minibar purchases
- Books, newspapers, or magazines not directly relevant to NCOR business

9. Approval process

All expense claims must be authorised in accordance with NCOR's Financial Delegated Authority policy:

- The Health Services Researcher or Research Fellow may approve expenses up to £250
- The Director may approve expenses up to £1,000 for unbudgeted expenditure and up to £5,000 for approved budgeted programmes
- Unbudgeted expenditure over £1,000 and up to £5,000 requires three competitive quotes and written agreement from the Chair of the Board of Trustees
- Expenditure over £5,000 requires competitive tender (three competitive quotes) and approval by the Board of Trustees
- The Health Services Researcher or Research Fellow need written agreement from the Director for expenses between £250 and £1,000

Should the Financial Delegated Authority policy be updated in the future, the most current version of that policy supersedes the approval limits outlined in this document.

10. Use of NCOR credit cards

- NCOR credit cards must only be used for legitimate NCOR business expenses
- Personal expenses must never be charged to NCOR credit cards
- Receipts for all credit card transactions must be submitted to the NCOR bookkeeper within one week of purchase
- Failure to provide receipts may result in the cardholder being personally liable for the expense

11. Policy Review

This policy will be reviewed annually by the Board of Trustees to ensure it remains appropriate and up to date.

Last reviewed: March 2025

NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH

England & Wales - Charity number 1157217

Accounts



**Annual Report and Accounts
for the year ended 30th April 2024**



Registered charity number 1157217

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NCOR Trustees information

- Maurice Cheng (up to 03/04/2024), Philip Bright (from 03/04/2024) (Chair)
- Glynis Fox
- Duncan Empey
- Steven Vogel
- Matthew Redford

NCOR Team

- Jerry Draper-Rodi (Director)
- Carol Fawkes (Senior Research Officer)
- Daniel Bailey (Research Fellow)
- Amandine Senequier (Research Associate)
- Stefanie Butendieck (Research Administrator)

NCOR stakeholders

1. BCNO group: British College of Osteopathic Medicine (BCOM) and European School of Osteopathy (ESO)
2. College of Osteopaths (CO)
3. General Osteopathic Council (GOsC)
4. Institute of Osteopathy (iO)
5. International College of Osteopathic Medicine (ICOM) at NEScot
6. London School of Osteopathy (LSO)
7. Osteopathic Alliance (OA)
8. Sutherland Cranial College (SCC)
9. Swansea University
10. University College of Osteopathy (UCO)

NCOR Policies and objectives

The Trustees present their Annual Report together with the financial statements of the National Council for Osteopathic Research (the charity) for the year ended 1 May, 2023 to 30 April, 2024. The Trustees confirm that the Annual Report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document, the Charities Act 2011 and the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January, 2015), as amended by update Bulletin 1 (effective 1 January, 2016).

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit. The role of NCOR is to promote for the public benefit the advancement of education and the promotion of good health in particular, but not exclusively by:

1. Leading and facilitating osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research.
2. Representing the osteopathic profession on matters relating to the osteopathic evidence base and research development. Acting on behalf of the profession, in a research context, to the media, the public and patients, policymakers, the inter-professional research community, other health professions and healthcare regulators.
3. Providing a forum for osteopathic educational institutions (OElS) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration. Promoting research capacity and scholarship.
4. Providing osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice.
5. Improving awareness of osteopathic research development amongst osteopaths and the wider community. Establishing links and building networks within the research fraternity, nationally and internationally, with a view to development through collaboration. Formulating and fostering strategies for attracting funding for osteopathic research development.
6. Providing systems relevant for grants governance and research governance for the benefit of all stakeholders.
7. Fostering and disseminating outputs from osteopathic audit, evaluation, and research activities.

Activity Report for the year end to 30th April 2024

Foreword

It has been my privilege to assume the role of Chair as the successor to Maurice Cheng who stepped down earlier this year. I want to thank Maurice for his support and guidance in handing over duties during a busy time for the profession and for NCOR. The impetus behind the Practice-Based Research Network (PBRN) continues as part of this busy schedule, with further investment in resources to support osteopaths in demonstrating evidence around patient encounters.

The work of NCOR is critical to the UK practice of osteopaths and given the challenges we see within the NHS and the need for more preventative measures, practitioners can strive to be integral to this initiative. The collaborative approach afforded by strong stakeholder involvement and research dissemination through specialist activities, both online and at conferences with the iO, make NCOR's services indispensable in providing context and evidence to allow osteopaths to further their careers both within and outside of the NHS. I look forward to working with my fellow trustees and the NCOR team to help further the growth of this evidence base.

Dr Philip Bright
Chair of NCOR Board of Trustees

A handwritten signature in black ink, appearing to read 'Dr Philip Bright', with a long horizontal line extending to the right.

Activity Report

NCOR governance

NCOR Trustees

Maurice Cheng stepped down as Chair of NCOR on 03/04/2024 after having held this position for many years. He supported the Charity extremely well, represented it nationally and internationally, and was very generous with his time. The Charity would like to thank him for his years of service.

Dr Philip Bright became Chair on 03/04/2024, and we congratulate him on his appointment.

Prof Duncan Empey has informed the Board that he will step down in September 2024 and has notified the Osteopathic Foundation that a successor is needed. Duncan has been instrumental in helping NCOR build a strong bond with the OF, and we would like to thank him for all the time and advice he gave to the executive team, particularly the director.

NCOR's team growth

Amandine Senequier joined the NCOR in April 2023 to contribute to a study investigating the trustworthiness of osteopathic trials methodology. She started a PhD at QMUL in September 2023.

The timing of the Trustworthiness project was slightly modified to support Amandine's start of her PhD, and to include more reviewers due to the number of osteopathic trials included in the systematic review. Whilst it took longer to complete the study, the costs were similar as Amandine decided to decrease her FTE (from 0.2 to 0.1 FTE) to be able to cover a longer period, whilst the reviewer are completing the data extraction and trustworthiness assessment.

In August 2023, Ms Stefanie Butendieck was recruited as an Administrator. Stefanie holds an MSc. in Social Anthropology (LSE, UK) and an MA. in Cultural Management (UCM, Spain). She has also contributed as a volunteer Research Assistant and Editor at the Nuffield Centre of Experimental Social Sciences at Oxford University. With a background spanning editorial management, academic coordination and event organisation, she brings a multidisciplinary working experience and is eager to contribute and learn from the field of osteopathic research and education.

NCOR's host contract

Due to the growth of the team, the contract was updated accordingly.

NCOR's host institution, the University College of Osteopathy, is due to merge with AECC University College in August 2024. A dedicated item was shared with the Trustees and discussed at several meetings to assess various considerations including financial due diligence, regulatory compliance, strategic fit, cultural compatibility, staff transition, stakeholder relationships, supplier relationships, communication strategy, contingency planning, post-merger integration and long-term strategy. In January 2024, Dr Jerry Draper-Rodi travelled to Bournemouth to visit the Vice-Chancellor, Prof Lesley Haig, to explore options for the future hosting of NCOR.

The Board of Trustees decided to continue to monitor the situation during the merger process and to decide closer to the merger what to do about the hosting contract, which expires in October

2024.

NCOR's bank account

Due to the ongoing problems with NCOR's longstanding bank and their inability to support us or respond to our official complaints, we opened an account with another bank, the Co-operative Bank, in July 2023.

Professional collaboration and contribution

Ongoing collaborations

NCOR continues to be involved with [Osteopathy Europe](#) (previously known as the European Federation and Forum for Osteopathy (EFFO)), the Osteopathic Development Group (ODG), and the General Osteopathic Council's (GOsC) Policy Education and Advisory Committee and Council meetings. The NCOR Director's chairing with the [QAA Osteopathy Subject Benchmark](#) was completed in January 24 (update on the benchmark statement below).

NCOR provided detailed feedback on the structure and content of the proposed 2024 iO Census in response to a request to investigate the possibility of combining the NCOR Research Network Survey and the iO Census.

Dr Jerry Draper-Rodi met with the new GOsC Council members during their induction day in March 2024 to ensure a smooth transition as many members were terminating their mandates, which could have created a risk of loss of legacy knowledge and relationships between NCOR and the GOsC Council.

Dr Bailey and Dr Draper-Rodi have taken part in the newly formed Osteopathic Development Group (ODG) short life working group on scoping needs, issues and opportunities relating to osteopathy recruitment and retention. Dr Bailey has presented and shared the findings of the [PBRN](#) focus group study and the NCOR-RN registration survey to inform the activity of this group.

Dr Jerry Draper-Rodi was appointed Chair of the [Osteopathy Europe \(OE\) Research Standing Committee](#) at the OE General Assembly in London (23 October). Since then, he has chaired monthly meetings of the Research Standing Committee and attended the OE meeting in Milan (24 March) where he presented an update on the activities of the Research Standing Committee.

Stakeholders' meetings

After consultation with the stakeholders, the format of stakeholder engagement was changed to two group meetings per year, and individual meetings (NCOR with each stakeholder separately): all respondents were in favour (6 said the new format would better support their organisation, and 7 said maybe). Half of them prefer morning meetings, and half afternoon meetings so full participation within the same meeting may be challenging. Planning in advance is of utmost importance.

We have run two Stakeholder Group meetings, one on grant application (July 23) and one on *NCOR Research Network* (October 23). We noted a decrease in stakeholder engagement during our

meetings. This may be due to the increased offer from NCOR, with the addition of evidence summaries. To understand why this was happening, a survey was disseminated to the stakeholders. 13 responses were received, c. half of them had attended one or more stakeholder meetings in the last 12 months and all of them found them helpful, the ones who did not attend reported these reasons for non-attendance: someone else attends the meetings and represents my organisation (n=4), lack of time (n=3), other (n=8 – no details).

We also ran 1 evidence summary in September 23 (on a recent large RCT involving back pain patients, and on a meta-analysis on cervicogenic headache). These were available live for our stakeholders' members, faculty and students, and put online for anyone to watch (VOD).

Outreach, education, promotion and dissemination of research

Hubs

[The hubs](#) remain active, and meetings have included:

Bristol:

- 1st June 2023 looking at Functional Neurological Disorder;
- 7th September 2023 looking at Parkinson's disease;
- 30th November 2023 looking at patient communication;
- 15th February 2024 looking at apps and low back pain.

Leeds:

- 15th May 2023 looking at clinical audit;
- 2nd October 2023 looking at interventions used in pain clinics;
- 15th January 2024 looking at Parkinson's disease;
- 8th April 2024 looking at case studies.

Haywards Heath:

- 2nd May 2023 looking at functional neurological disorder;
- 25th July 2023 involving case-based discussions;
- 3rd October 2023 looking at vagal nerve stimulation;
- 23rd January 2024 looking at cannabis and related products and their use in healthcare;
- 23rd April 2024 looking at fibromyalgia.

Exeter:

- 22nd July 2023 looking at functional neurological disorder;
- 30th September 2023 looking at prehabilitation;
- 13th January 2024 looking at fibromyalgia;
- 27th April 2024 looking at case studies.

CPD

NCOR delivered two CPDs on its PBRN this year, in Swansea, 24th June 2023; and Manchester, 1st July 2023. These activities consisted of focus groups to explore osteopaths' views on the utility, barriers, and facilitators to a PBRN in the UK, and some activities relating to clinical audit of case notes. Branding and naming options were also explored with attendees.

A series of online presentations were given to different regional CPD groups of osteopaths. These presentations have covered how research can benefit clinical practice, introduced various research focussed clinical resources, and explained the PBRN and how to get involved. A recording of one of the presentations is available on the NCOR Research Network web page.

An [online learning resource for osteopaths](#) has been created, providing free CPD and training related to research skills and how research skills can benefit clinical practice. The resource currently consists of 9 'modules', each with multiple activities, totalling an estimated 9-hours of learning. This resource serves to demonstrate to osteopaths how involvement in the Research Network could benefit their osteopathic practice.

Dr Bailey took part in a live online interview discussing PBRN research and the NCOR Research Network for the Academy of Physical Medicine on the 16th of November. This is a multi-profession CPD service, which provides informal, 'chat-show' style, accessible, online CPD for clinicians. A recording of the interview is available on the NCOR website.

In collaboration with Glynis Fox, NCOR Trustee and iO President, Dr Daniel Bailey provided multiple online 'drop-in' mentoring sessions to support osteopaths.

A one-hour video lecture was created concerning exercise adherence for inclusion in the training course for osteopaths taking part in the NeuOst study. The training course aims to equip fully qualified UK osteopaths with the knowledge and practical skills to work with people living with painful diabetic neuropathy, as part of the NeuOst study investigating osteopathy for neuropathic pain.

Dr Jerry Draper-Rodi co-presented a series of events on "Setting up your own PBRN". The events were hosted by the COME Collaboration and supported by NCOR and UTS: ARCCIM. Prof Paul Vaucher moderated the events and Dr Amie Steel and Dr Jerry Draper-Rodi delivered a series of presentations: 1/ Presenting PBRNs (23/5/23 - online); 2/ Ingredients that help ensure success (05/09/23 - online); and 3/ Practical aspects of building PBRNs (19/10/23, face-to-face in London). These events were all free of charge. Attendance was good and feedback was very positive.

Webinars

Carol Fawkes has held a series of webinars with osteopaths in various European countries (Sweden, Italy, Greece and Austria), New Zealand and Israel to explain the use of PROMs in their practices, and some of the areas for consideration prior to piloting the PROMs app in their respective countries. The PROMs app has been very successfully piloted at two OEIs in France with a significant amount of data submitted by patients. The app will be introduced into the teaching clinic at Ara university, New

Zealand later this year. The app is currently being piloted at the UCO and LSO clinics. This is an important area of development for students entering practice life and a recognition of the growing requirements for data from various stakeholders in healthcare. Discussions will be held with other OEIs during the next year to try to introduce PROMs into other UK OEI teaching clinics.

Carol Fawkes held a webinar with osteopaths in Spain to explain the use of [PROMs](#) in their practices prior to starting a national pilot of the PROMs app.

Carol Fawkes delivered two sessions online for students at BCOM in relation to clinical audit. This included an introduction to the topic, and some examples relevant to clinical practice (October 2023).

Daniel Bailey held 6 online webinars on [NCOR's PBRN](#) to regional groups: Kent and East Sussex, Surrey, Edinburgh, London and Midlands.

Dr Bailey provided an online presentation about exercise and musculoskeletal (MSK) pain on behalf of NCOR, to the Clinical Research Network (CRN) West Midlands Musculoskeletal Research Collaborative (28th November 2023). Membership of the Collaborative includes clinicians and researchers working in the field of MSK pain at NHS sites across the West Midlands.

An [online presentation](#) was provided to stakeholders giving a breakdown of a recent large RCT involving back pain patients. This served to identify the difficulties of translating research evidence into practice, therefore highlighting the benefits of PBRN based research. This presentation was recorded and is available on the NCOR Research Skills Facebook page.

Convention

[Convention 2023](#) was a one-of-a-kind event commemorating the 30th anniversary of Osteopathy's regulatory recognition in Europe and the 20th anniversary of NCOR. Hosted at the Radisson Hotel & Conference Centre London Heathrow in London, it served as a global gathering point for osteopaths from the UK and across the world. The Convention featured internationally renowned speakers, attracting clinicians, educators, researchers, and influential figures within the osteopathic field. In addition to the presentations, the event offered access to top-tier continuing professional development (CPD) courses. It provided a platform for attendees to establish connections, nurture professional networks, and encourage collaborative efforts within the global osteopathic community. The Convention was organised by the Institute of Osteopathy, the National Council for Osteopathic Research and the University College of Osteopathy, in collaboration with Osteopathy Europe, the General Osteopathic Council, and the Osteopathic International Alliance.

NCOR was responsible for the research stream. There was an open call for abstracts and presentations at the conference were based on merit. Dr Carol Fawkes and Dr Draper-Rodi independently assessed the abstracts to decide which were accepted for oral or poster presentation. Unsuccessful applicants were given feedback to assist them with future submissions. The NCOR research stream was organised around four themes:

- Paediatrics
- Effectiveness in osteopathy

- Clinical practice
- Research in practice

Daniel Bailey, Carol Fawkes and Jerry Draper-Rodi chaired the sessions, delivering oral and poster presentations also.

Stefanie Butendieck provided support towards the organisation of the 2023 Convention by:

- Coordinating NCOR speakers and poster presenters' participation.
- Following-up and updating registration for all presenters.
- Collating video presentations for iO marketing team.
- Providing presentation instructions, briefs and tailored support as needed.
- Maintaining daily communication with presenters to address queries and concerns.
- Promoting NCOR's active participation on various social media platforms.
- Facilitating effective communication with the iO organising committee and Conference Care focal points to enhance event coordination.
- Providing onsite support throughout the convention.

Conferences

Jerry Draper-Rodi gave a keynote presentation at the Journée Ostéopathique de Paris, in June 2023. Jerry Draper-Rodi participated to a round-table discussion on research and practice at the conference in Toulouse (France) in September 2023.

Articles

We continue to write for Osteopathy Today. An article explaining PBRNs and outlining NCOR's Research Network and how to get involved was published in the Autumn edition of Osteopathy Today.

This year we have published 11 papers in peer reviewed journals:

- [Bailey D, Bishop A, McCray M, Foster NE, Holden MA \(in press\) A New Measure of Exercise Adherence: The ATEMPT \(Adherence To Exercise for Musculoskeletal Pain Tool\). British Journal of Sports Medicine](http://dx.doi.org/10.1136/bjsports-2022-106347) <http://dx.doi.org/10.1136/bjsports-2022-106347>.
- [Draper-Rodi, J., Delion, T., MacMillan, A., Storey, A. I., Spadaccini, J., Jebi, W., ... & Hohenschurz-Schmidt, D. \(2024\). Primary and secondary prevention of musculoskeletal pain and disability in chiropractic, osteopathy, and physiotherapy: A scoping review. International Journal of Osteopathic Medicine, 100725.](#)
- [Hope-Bell, J., Draper-Rodi, J. and Edwards, D.J., 2023. Applying an osteopathic intervention to improve mild to moderate mental health symptoms: a mixed-methods feasibility study protocol. BMJ open, 13\(6\), p.e071680.](#)
- [Draper-Rodi, J., Abbey, H., Brownhill, K. and Vogel, S., 2023. OSCAR \(Osteopathic Single CAse Research\)–Assessing the effect of standard and biopsychosocial osteopathic management for patients with non-specific low back pain: Protocol for a Single Case Experimental Design \(SCED\). International Journal of Osteopathic Medicine, 48,](#)

[p.100660.](#)

- [Hohenschurz-Schmidt, D., Vase, L., Scott, W., Annoni, M., Ajayi, O.K., Barth, J., Bennell, K., Berna, C., Bialosky, J., Braithwaite, F. and Finnerup, N.B., 2023. Recommendations for the development, implementation, and reporting of control interventions in efficacy and mechanistic trials of physical, psychological, and self-management therapies: the CoPPS Statement. *bmj*, 381.](#)
- [MacMillan, A. and Draper-Rodi, J., 2023. Osteopathic education: A scoping review. *International Journal of Osteopathic Medicine*. 49, 100663](#)
- [Gessa, A., Greaves, I. and Draper-Rodi, J., 2023. The role of touch in osteopathic clinical encounters—A scoping review. *International Journal of Osteopathic Medicine*, p.100704.](#)
- [Kovanur Sampath, K., Treffel, L., P. Thomson, O., Rodi, J.D., Fleischmann, M. and Tumilty, S., 2024. Changes in biochemical markers following a spinal manipulation—a systematic review update. *Journal of Manual & Manipulative Therapy*, 32\(1\), pp.28-50.](#)
- [Vaughan, B., Fleischmann, M., Cerritelli, F., Draper-Rodi, J., Feehan, J., Ferreira, A.P., McLeod, G., Morin, C., Muddle, L., Sampath, K. and Thomson, O.P., 2024. Systematic reviews of osteopathic care: protocol for an umbrella review. *Physical Therapy Reviews*, pp.1-4.](#)
- [Soreau, A., Ferey, C., Hardouin, J.B., Draper-Rodi, J., Sarzeaud, R., Benoist, H., Ostelo, R.W. and Merdy, O., 2024. Translation, validity and reliability of the pain attitudes and beliefs scale for physiotherapists in French. *Physiotherapy research international*, 29\(2\), p.e2078.](#)
- [Draper-Rodi, J., Abbey, H., Hammond, J., Thomson, O.P., Brownhill, K., MacMillan, A., Fabusuyi, Y. and Vogel, S., 2024. Overcoming barriers to equality, diversity, inclusivity, and sense of belonging in healthcare education: the Underrepresented Groups' Experiences in Osteopathic Training \(UrGEnT\) mixed methods study. *BMC medical education*, 24\(1\), p.468.](#)

Professional meetings

Carol Fawkes attended the MSK data meeting in December 2023.

Jerry Draper-Rodi attended meetings with the Arthritis and Musculoskeletal Alliance to share good practice and intelligence on Equity, Diversity and Inclusion.

Jerry Draper-Rodi was invited to join the International Association for the Study of Pain taskforce on Integrative Pain Care. He contributed to the Integrated Manual Therapies and Behaviour Change Principals for Persistent Pain factsheets and was invited to write an article for Pain Reports on Integrated Manual Therapies.

Jerry Draper-Rodi gave a one-day workshop on Equity, Diversity, Inclusion and Belonging at Osteopathy House, organised by the GOsC. The delegates were educators from UK OEIs.

Social media

Dr Bailey developed an online learning resource on NCOR's Facebook account for osteopaths providing free CPD and training related to research skills and how research skills can benefit clinical practice. The resource currently consists of 7 'modules', each with multiple activities, totalling an estimated 6-hours of learning, with 34 active users.

As a result of increased social media, NCOR has experienced a significant surge in its follower count and overall visibility. For illustration, over the course of 365 days NCOR attained 348 new followers on [LinkedIn](#). In summary, our [X account](#) has 2,097 followers, [Facebook](#) 3.2K, [LinkedIn](#) 674 followers, and Instagram 482 followers.

Special projects

Practice-Based Research Network

NCOR was awarded the iO Collaboration in Practice in October 2023 to establish the UK's first [PBRN](#) for osteopathy.

A research study focused on the development of a [Practice-Based Research Network \(PBRN\)](#) is underway. This study aims to gather osteopaths' perspectives on the benefits, barriers and facilitators of this initiative. Preliminary findings were presented at the iO convention, and a publication is being prepared for submission to the IJOM.

In addition, a survey of UK osteopaths is being designed and developed to investigate their demographics, clinical practice and patient demographics. The results will not only enhance our research capacity but also provide valuable insights into the state of osteopathic practice in the UK. This data will be disseminated to a wider health audience beyond osteopathy.

NCOR was also present at the iO Convention with a stand to promote the [PBRN](#) with free giveaways and information on how to sign up to the project.

An online digital interface (the Plugin Project) is being developed in partnership with an osteopathic IT specialist. This interface will automate data collection from osteopathy patients via integration with Cliniko and other online clinical software programs. This will streamline the data collection process from patients for future PBRN studies. The interface will also contain a 'dashboard' that will display audit type information for the benefit of the osteopath using it. This will help with practice management and clinical audit, such as for the objective activity component of the GOSc's CPD requirement. The data collection aspect has undergone initial testing and is now being developed further before pilot testing using real data commences, for which an ethics application has been submitted.

Following the consultation with osteopaths (described above – CPD events), a manuscript has been submitted to the International Journal for Osteopathic Medicine (IJOM), describing the study, its findings and the implications for establishing a PBRN for osteopathy in the UK, to be known as the *NCOR Research Network (NCOR-RN)*.

QAA Subject Benchmark Statement: Osteopathy

Dr Jerry Draper-Rodi chaired the [QAA SBS Advisory Group for Osteopathy](#), which consisted of 17 members, including two osteopathic students, from a range of backgrounds including osteopathic education providers (BCNO Group, London School of Osteopathy, Swansea University and University College of Osteopathy), the General Osteopathic Council, the Institute of Osteopathy, the Council for Osteopathic Education Institutions, the Osteopathic Alliance and the QAA. The updated document was published in April 2024.

The Subject Benchmark Statement for Osteopathy is intended to be read and used by students, employers and academics. Subject Benchmark Statements describe the nature of study and the benchmark academic standards expected of graduates in specific subject areas, in respect of qualifications. They provide a picture of what graduates in a particular subject might reasonably be expected to know, do and understand at the end of their course or programme.

Subject Benchmark Statements are presented in four sections. Section 1 outlines the contextual information - providing the operational landscape, and boundaries, of subject discipline. This includes consideration of the ways in which the discipline addresses wider social goals, specifically in relation to equality, diversity and inclusion (EDI); the requirements of disabled students; education for sustainable development (ESD); and enterprise and entrepreneurship. Section 2 covers distinctive features of the course, including curriculum design, partnership arrangements, flexibility of delivery, progression and ongoing monitoring processes. Section 3 explains any features relevant to teaching, learning and assessment activities for the subject. Section 4 describes the benchmark standards of achievement reached by all graduates with some subjects also including achievement at master's level.

The full SBS document is freely accessible here: <https://www.qaa.ac.uk/docs/qaa/sbs/sbs-osteopathy-24.pdf> and a summary is available here <https://www.qaa.ac.uk/docs/qaa/sbs/osteopathy-sbs-the-basics-24.pdf>

CUTIES trial

The [CUTIES trial](#) testing the effectiveness of osteopathic care for infants with colic has finished and the results' manuscript is now published: Carnes, D., Bright, P., Brownhill, K., Carroll, K., Engel, R., Grace, S., Vogel, S. and Vaucher, P., 2024. Usual light touch osteopathic treatment versus simple light touch without intent in the reduction of infantile colic crying time: A randomised controlled trial. *International journal of osteopathic medicine*, 51, p.100710.

The study and its results were presented at the Osteopathic Convention in London, October 2023. A webinar for participating osteopaths was also held and patients will be able to view the results of the study once published via the CUTIES page (HSU website).

Patient Reported Outcome Measurement: PROMs

No new languages have been added to the app this year as most European languages have been included and [PROMs](#) data collection continues across Europe and the UK.

Presentations including summary data reports have been delivered to osteopaths in Denmark, Sweden, and Ireland for local stakeholder delivery.

Currently data submissions include over 7000 observations from patients. Discussions have been

held with Clinvivo, the IT company which develops and supports the app, to create a platform for easier joining to use the app, and a system for automatic data analysis as this is currently an extremely time-consuming process.

A summary description of the development and implementation of the PROMs app has been prepared for CAHPR under its “Technology and Innovation” section it is preparing relating to AHP’s activities. A similar piece of work has been submitted to Health Education England (HEE) at their request (September 2023). An online interview was also held with HEE staff on the topic of the use of apps in musculoskeletal patients’ management as a follow up to this article (January 2024).

Posters describing the use of PROMs and outcomes of osteopathic patient care were presented at the 2023 iO conference. This included one specifically focussing on the data from patients in the UK, and a second poster with data from patients in Germany, Belgium, Switzerland, France, Denmark, Sweden, Greece, Italy, Spain, and Eire.

Workforce planning projects

NCOR has been awarded three grants by the GOsC to carry out work on osteopathic workforce planning to investigate the reasons why osteopaths decide to leave the register voluntarily, and to investigate the factors that influence students' motivation to choose osteopathy as a course of study.

Once the contract is written and signed, we will work with the GOsC to plan these projects effectively.

Concerns and Complaints report

[This document](#) was produced again this year analysing data submitted from the GOsC, the iO, and the professions’ insurers.

An area where data are lacking relates to the patients making the complaints. Work was conducted (CF and JDR) to identify additional questions which could be included in the current data collection tool. The revised version was shared with insurers, the GOsC and iO following a meeting for stakeholders in December 2023. The revised version of the tool has been circulated for the first time in 2024 to try to identify any specific areas where patients and osteopaths could be better supported to reduce the risk of complaints.

Dr Jerry Draper-Rodi was interviewed on a French osteopathic podcast on the work done by NCOR with GOsC regarding the Concerns and Complaints reports, the lessons learnt, and future projects.

PhD update - using AI to disseminate research evidence

Prof Dawn Carnes provided a summary report of Austin Plunkett's PhD. He submitted his final thesis at the end of March 2024. Dawn thanked NCOR and the oF, for their financial support over these years.

Artificial Intelligence (AI) based technologies can play a role in the translation of knowledge into clinical practice, the failure of that translation, and the potential spread of disinformation. AI’s role in the osteopathic profession is under-explored.

In this study we asked osteopath’s how they engaged in with research evidence, as part of a

questionnaire survey and we looked at the literature about how forms of AI are used in health care. We also developed and tested (with osteopaths) a web-app (OsteoScout) to search for and summarise research literature and share research information.

However, in 2022, new highly sophisticated global AI platforms were launched which out-performed our web-app, rendering further investment redundant. However, during the process of OsteoScout's development and testing we learned a lot about how osteopaths engage with and make-sense of research information and potentially AI. Peer conversations were the dominant form of sense-making among osteopaths, these occurred inside and outside the clinic, in-person, online and on social media. These conversations inevitably included not just peer-reviewed 'evidence' but information from a wide variety of sources, with clinical utility being the primary focus.

Mutually respectful conversations were far more likely to engage osteopaths, online or in-person.

There are repeated opportunities for information to enter, and leave clinical practice, some information 'sticks', other information leaves and returns and some is rejected. Clinical utility, timing, endorsement by others, peer and group discussion, personal validity and value were factors influencing retention of information and use.

We recommend:

- Establishing a working group to explore the impact of AI on the profession.
- Serendipity engineering – allowing for optimum receipt of research information.
- Using behaviour change models to implement evidence based 'good practice'.
- Undergraduate education in the 'first' principles of AI.

Experience osteo NHS

This study was awarded funding by the Osteopathic Foundation (oF) to explore osteopaths' experience of working in the NHS. Ethical approval was received in Oct 23 from the UCO ethics committee. A total of 16 osteopaths were recruited for the study. This was the projected number to reach information power with participants from a range of different NHS settings and length of experience.

A range of diverse themes have emerged focussing on the benefits of working in the NHS, the journey from application to starting work in the NHS, career progression and development, professional support and some of the challenges encountered and how they were managed. Themes and sub-themes were developed by Carol Fawkes and Jerry Draper-Rodi. They were reviewed independently for quality assurance. Report writing for the oF is being finalised and the draft content for two peer-reviewed publications have been agreed.

Some key areas for development have been identified to support osteopaths considering applying for NHS roles. These will be addressed in discussion with various NCOR stakeholders.

Mental health and osteopathy

This project is now completed. The [protocol manuscript is published in BMJ Open](https://bmjopen.bmj.com/content/13/6/e071680.abstract) (https://bmjopen.bmj.com/content/13/6/e071680.abstract), the meta-analysis is under review, and the proof-of-concept manuscript is under preparation.

Scholarly work

The manuscript on the project conducted with Swansea University is under preparation.

Scoping reviews

Both scoping reviews, led by Carol Fawkes and Jerry Draper-Rodi, on prevention and care for older patients are now completed. The [prevention article](#) is published and the manuscript on care for older adults is being prepared.

Dr Jerry Draper-Rodi
NCOR Director

A handwritten signature in black ink, appearing to be 'J. Draper-Rodi', written over a light blue horizontal line.

11/09/2024

National Council for Osteopathic Research

Statement of Financial Activities for the year ended 30 April 2024

	<u>Note</u>	<u>Unrestricted funds 2024</u>	<u>Total Funds 2023</u>
		<u>£</u>	<u>£</u>
Income from			
Membership and donations	2	74,459	74,739
Grants		45,653	0
Sundry Income		350	0
Interest Received		90	0
		<hr/>	<hr/>
Total Income		120,551	74,739
		<hr/>	<hr/>
<u>Expenditure on</u>			
Charitable Activities	3-5	84,281	68,337
		<hr/>	<hr/>
Total Expenditure		84,281	68,337
		<hr/>	<hr/>
Net Income/ (Expenditure) and movement in funds	6	36,271	6,402
		<hr/>	<hr/>
Reconciliation of funds			
Total funds brought forward		97,239	90,837
		<hr/>	<hr/>
Total funds carried forward		133,510	97,239
		<hr/> <hr/>	<hr/> <hr/>

Balance Sheet as at 30 April 2024

	<u>Note</u>	<u>2024</u>	<u>2023</u>
		£	£
Current Assets			
Debtors	7	0	0
Cash at bank and in hand		<u>137,535</u>	<u>115,118</u>
Total Current Assets		137,535	115,118
		<hr/>	<hr/>
Creditors: amount falling due	8		
within one year		<u>(4,025)</u>	<u>(17,879)</u>
Net Current assets		133,510	97,239
		<hr/>	<hr/>
Net Assets		133,510	97,239
		<hr/>	<hr/>
Charitys funds			
Unrestricted funds		133,510	97,239
		<hr/>	<hr/>
Total Funds		133,510	97,239
		<hr/>	<hr/>

Notes to Financial Statements

2. Income from donations	<u>Unrestricted</u> <u>funds 2024</u> £	<u>Total Funds</u> <u>2023</u> £
Membership fees	68,140	67,640
Other donations	6,319	7,099
Grants	45,653	0
Sundry Income	350	0
Interest Received	90	0
	<hr/>	<hr/>
Total donations and legacies	120,551	74,739
	<hr/>	<hr/>

3. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Governance and support costs 2024 £	Total 2024 £
Expenditure	79,436	4,805	84,241
	<hr/>	<hr/>	<hr/>

4. Direct Costs

	Research activities 2024 £	Total 2023 £
Staff costs recharged	53,040	60,058
Tuition fees	0	0
Other direct costs	0	3,109
PROMs project	8,334	0
CUTIES- project research	(77)	0
Convention Project	1,437	0
Trust Project	11,887	0
NHS Qualitative Project	2,765	0
PBRN Project	2,051	0
	<hr/>	<hr/>
	79,436	63,167
	<hr/>	<hr/>

5. Governance and support costs

	Support 2024	Total 2023
	£	£
Travel Expenses	557	0
Consultancy & Legal Fees	40	70
Insurance	391	381
Bad debt	0	0
Sundry costs	932	1,701
Honoraria costs	0	0
Accountancy & Bookkeeping	2,531	1,931
Artwork	0	0
Website design & Hosting	397	738
Bank Charges	(5)	62
Software Costs	0	288
	<hr/>	<hr/>
	4,805	5,171

6. Net income/ (expenditure)

This is stated after charging:

	2024	2023
	£	£
Independent Examination fee	1,400	1,200

7. Debtors

	2024	2023
	£	£
Other debtors	0	0
	<hr/>	<hr/>
	0	0

8. Creditors: amounts falling due within one year

	2024	2023
	£	£
Other creditors, including accrued expenses	4,025	17,879
	<hr/>	<hr/>
	4,025	17,879

Notes to Financial Statements

9. Related party transactions

University College of Osteopathy (UCO) provided administration services to NCOR. Total costs were £57,845 (2023: £60,250 and comprised of recharged salary costs: £53,040 (2023: £56,250) support costs: £4,805 (2023: £4,000).

A donation of £26,500 (2023: £26,500) was received from the General Osteopathic Council, a trustee of NCOR is any employee of this organisation; and an employee of NCOR is a council member of this organisation.

A donation of £26,500 (2023: £26,500) was received from the Institute of Osteopathy, a trustee of NCOR is any employee of this organisation.

A donation of £2,500 (2023: £2,800) was received from the University College of Osteopathy, a trustee of NCOR is any employee of this organisation.

NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH

England & Wales - Charity number 1157217

Accounts



**Annual Report and Accounts
for the year ended 30 April, 2023**



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NCOR Trustees information

- Maurice Cheng (Chair)
- Glynis Fox
- Duncan Empey
- Steven Vogel
- Matthew Redford

NCOR Team

- Jerry Draper-Rodi (Director)
- Carol Fawkes (Senior Research Officer)
- Daniel Bailey (Research Fellow)
- Amandine Senequier (Research Associate)

NCOR stakeholders

1. BCNO group: British College of Osteopathic Medicine (BCOM) and European School of Osteopathy (ESO)
2. College of Osteopaths (CO)
3. General Osteopathic Council (GOsC)
4. Institute of Osteopathy (iO)
5. International College of Osteopathic Medicine (ICOM) at NEScot
6. London School of Osteopathy (LSO)
7. Osteopathic Alliance (OA)
8. Sutherland Cranial College (SCC)
9. Swansea University
10. University College of Osteopathy (UCO)

NCOR Policies and objectives

The Trustees present their Annual Report together with the financial statements of the National Council for Osteopathic Research (the charity) for the year ended 1 May, 2022 to 30 April, 2023. The Trustees confirm that the Annual Report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document, the Charities Act 2011 and the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January, 2015), as amended by update Bulletin 1 (effective 1 January, 2016).

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit. The role of NCOR is to promote for the public benefit the advancement of education and the promotion of good health in particular but not exclusively by:

1. Leading and facilitating osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research.
2. Representing the osteopathic profession on matters relating to the osteopathic evidence base and research development. Acting on behalf of the profession, in a research context, to the media, the public and patients, policymakers, the inter-professional research community, other health professions and healthcare regulators.
3. Providing a forum for osteopathic educational institutions (OEs) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration. Promoting research capacity and scholarship.
4. Providing osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice.
5. Improving awareness of osteopathic research development amongst osteopaths and the wider community. Establishing links and building networks within the research fraternity, nationally and internationally, with a view to development through collaboration. Formulating and fostering strategies for attracting funding for osteopathic research development.
6. Providing systems relevant for grants governance and research governance for the benefit of all stakeholders.
7. Fostering and disseminating outputs from osteopathic audit, evaluation, and research activities.

Activity Report for the year end to 30 April 2023

Foreword

This has been another busy and exciting year. Whilst working on growing the NCOR team, we have also been successful in several grant applications towards the development of the first osteopathic Practice-Based Research Network (PBRN) in the UK. In parallel of this, we have worked closely with our stakeholders and have developed a strategy to maximise the benefits of our involvement with and support to them.

We have also continued to provide our services to the profession, including PROMs in the UK and internationally, facilitating research hubs in the UK, attending professional meetings and conferences, disseminating our work through different mediums to maximise impact and interaction. This was helped with the launch of NCOR's new website which provides streamlined access to updated content.

Mr Maurice Cheng
Chair of NCOR Board of Trustees

A handwritten signature in black ink, appearing to read 'M Cheng', with a large, stylized initial 'M'.

Activity Report

NCOR governance

NCOR policies

Following the governance review conducted last year, we developed several policies including Conflict of Interests, and a register; Complaints, EDI, and Reserve. The Reserve Policy enabled to fund two 2-year part-time contracts: Research Fellow and Research Administrator.

NCOR Trustees

Following a skills audit of the Board of Trustees, it was decided to invite a fifth trustee to join the Board. The current Chair, Maurice Cheng, is planning to step down. Glynis Fox will be the Trustee representing the iO, and to ensure a smooth transition, Maurice is continuing to chair the Board whilst looking for another Chair.

NCOR's team growth

Following discussion with the Trustees, it was agreed to increase the Director's time from 0.2 FTE to 0.4 FTE, and to increase Carol Fawkes's salary.

In April 2023, Dr Daniel Bailey PhD joined NCOR's team as Research Fellow. His work will mostly be to set up and manage our PBRN. His bio:

Daniel graduated from the BCNO in 2002 and has since worked in his own private practice in the Midlands, this has included a five-year spell in the medical department for the local premier league football club. In addition, Daniel has worked at multiple osteopathic education institutions since 2004, with varying responsibilities from clinic tutoring to course development. He has been a registrant member of the General Osteopathic Council (GOsC) since 2020 and also sits on the Policy and Education Committee.

Daniel has a master's degree in Neuromusculoskeletal Healthcare from Keele University's School of Physiotherapy and a Postgraduate Certificate in Academic and Clinical Education. Daniel's PhD was awarded from Keele University's School of Medicine for developing and testing a new measure of adherence to exercise for musculoskeletal pain. His research interests include survey methodology, exercise, and adherence. Click here to view Daniel's research:
<https://www.researchgate.net/profile/Daniel-Bailey-17>

Following a successful grant application to the oF, NCOR shortlisted 3 applicants (out of >30 strong applications). Amandine Senequier was successful, and she's been in post since April (for 8 months, 0.2 FTE). She's making good progress. She completed the Cochrane training in systematic review and meta-analysis, manages a big team (of experts and reviewers). Her bio:

Amandine graduated in 2021 with a Masters in Osteopathy (M.Ost) degree from the British College of Osteopathic Medicine in London. With a keen interest in sports, she enrolled on an MSc in Sport and Exercise Medicine at the University of Exeter

and graduated in September 2022.

Since graduating, Amandine has been working as an Osteopath in a private clinic and is a Research Associate at the University of Exeter. Currently, she is working on a project aiming to improve healthy lifestyle behaviours in adolescents with low socioeconomic status and a study investigating the use of digital physical activity materials in young people suffering from cystic fibrosis.

Amandine joined the NCOR in April 2023 to contribute to a study investigating the trustworthiness of osteopathic trials methodology. She started a PhD at QMUL in September 2023.

NCOR's host contract

Due to the growth of the team, the contract was updated accordingly. The host have charged for the salary, NIC and pension but have only increased the *Provision of physical resources and IT* by £400 as the team works mostly from home.

Professional collaboration and contribution

Ongoing collaborations

NCOR continues to be involved with Osteopathy Europe (previously known as the European Federation and Forum for Osteopathy (EFO)), the Osteopathic Development Group (ODG), and the General Osteopathic Council's (GOsC) Policy Education and Advisory Committee. The NCOR Director's chairing with the QAA Osteopathy Subject Benchmark is ongoing.

Stakeholders meetings

We have run three stakeholder meetings: one on what basis we teach what we teach (May 22), the AGM with general updates on NCOR's activity and the stakeholders (Oct 23), and one on research supervision (Feb 23). We also ran one evidence summary, following our pilot last year in November 22 on cauda equina syndrome and low back pain management. This was available live for our stakeholders' members, faculty and students, and put online for anyone to watch (VOD).

We have noted a decrease in stakeholder engagement during our meetings. This may be due to the increased offer from NCOR, with the addition of evidence summaries. We have planned to survey the stakeholders to understand this phenomenon and find solutions to increase engagement.

Outreach, education, promotion and dissemination of research

Hubs

The hubs remain active, and meetings have included:

Bristol:

- 16th June 2022 looking at osteoporosis;
- 22nd September 2022 looking at musculoskeletal conditions presenting in children;

- 1st December 2022 looking at biopsychosocial interventions and musculoskeletal pain;
- 23rd February 2023 looking at migraine;

Leeds:

- 10th May 2022 involving case-based discussions;
- 26th September 2022 continuing with case-based discussions;
- 5th December 2022 looking at Functional Neurological Disorder;
- 20th February 2023 looking at dysautonomia;

Haywards Heath:

- 7th June 2022 looking at mood and mental state in patients with chronic pain;
- 11th October 2022 looking at the management of intermittent claudication;
- 10th January 2023 looking at patients' expectations and their influence on outcomes;

Exeter:

- 28th May 2022 looking at scoliosis diagnosis and management;
- 15th October 2022 looking at vertigo;
- 21st January 2023 looking at lasers and intervertebral differential dynamics;

CPD

NCOR delivered four CPDs on its PBRN this year, in three of the home nations: Oxford: 19th November, 2022; Glasgow: 21st April, 2023; Swansea: 24th June, 2023; Manchester: 1st July, 2023.

Webinars

Carol Fawkes held a webinar with osteopaths in Greece to explain the use of PROMs in their practices prior to starting a national pilot of the PROMs app.

Carol Fawkes held a webinar with osteopaths in Spain to explain the use of PROMs in their practices prior to starting a national pilot of the PROMs app.

Mentorship

An online mentorship service has been developed in conjunction with the iO, providing fortnightly online drop-in sessions where osteopaths can discuss any issues or concerns they have. The service is free to all osteopaths and two sessions have been conducted to date.

Conference

Jerry Draper-Rodi presented the protocol for a single case experimental design (SCED) on the Effects of standard and biopsychosocially-informed osteopathic management for patients with non-specific low back pain, at the Society for Back Pain Research conference in July 2022 (Warwick, UK).

Jerry Draper-Rodi delivered a keynote presentation for Danske Osteopater on "Patient Reported Outcome Measures (PROMs) – European and Danish data & Evidence Based Practice", in Copenhagen in April 2023.

Jerry Draper-Rodi had a keynote presentation at the ROE conference in Majorca in 2023 on “how can we support osteopaths to take part in research?”

Articles

We continue to write for Osteopathy Today.

This year we have published 5 papers in peer reviewed journals:

- Bailey D, Bishop A, McCray M, Foster NE, Holden MA (in press) A New Measure of Exercise Adherence: The ATEMPT (Adherence To Exercise for Musculoskeletal Pain Tool). British Journal of Sports Medicine <http://dx.doi.org/10.1136/bjsports-2022-106347>.
- Hope-Bell, J., Draper-Rodi, J. and Edwards, D.J., 2023. Applying an osteopathic intervention to improve mild to moderate mental health symptoms: a mixed-methods feasibility study protocol. *BMJ open*, 13(6), p.e071680.
- Draper-Rodi, J., Abbey, H., Brownhill, K. and Vogel, S., 2023. OSCAR (Osteopathic Single Case Research)—Assessing the effect of standard and biopsychosocial osteopathic management for patients with non-specific low back pain: Protocol for a Single Case Experimental Design (SCED). *International Journal of Osteopathic Medicine*, 48, p.100660.
- Hohenschurz-Schmidt, D., Vase, L., Scott, W., Annoni, M., Ajayi, O.K., Barth, J., Bennell, K., Berna, C., Bialosky, J., Braithwaite, F. and Finnerup, N.B., 2023. Recommendations for the development, implementation, and reporting of control interventions in efficacy and mechanistic trials of physical, psychological, and self-management therapies: the CoPPS Statement. *bmj*, 381.
- MacMillan, A. and Draper-Rodi, J., 2023. Osteopathic education: A scoping review. *International Journal of Osteopathic Medicine*. 49, 100663

Professional meetings

Carol Fawkes attended the MSK data meeting in December, 2022 and June, 2023.

Jerry Draper-Rodi attended meetings with the Arthritis and Musculoskeletal Alliance to share good practice and intelligence on Equity, Diversity and Inclusion.

Website

The NCOR website continues to be our outward face to the osteopathic community. Following the strategy review conducted last year, one of the priorities set was to update NCOR’s website which looked old. Another problem was that the amount of information was large but quite disorganised. We worked with a webmaster to use a modern website template and reorganise the website in two sections: osteopaths and other healthcare professionals; and Patients. You can now visit the new website here (same URL) www.ncor.org.uk

The task took longer than anticipated due to the amount of information that we had to audit, update (when required), or create (mostly for the patient section).

Part of the work included changing hosts as our previous ones (which we were very happy with) have stopped offering hosting only options. NCOR’s website is now hosted by the

webmaster we used for the website update (Webscape Gardener
<https://webscapedgardener.co.uk/>)

Social media

As a result of increased social media, NCOR has experienced a significant surge in its follower count and overall visibility. For illustration, over the course of one-month NCOR attained a 20% increase with 60 new followers on LinkedIn. In summary, our Twitter/X account has 2,113 followers, Facebook 3,100, LinkedIn 444 followers, Instagram 334 followers.

Special projects

Practice-Based Research Network

The PBRN logo and name were created after extensive stakeholder consultation. Ongoing efforts are being made to raise awareness of the project through regular social media posts. 55 osteopaths have expressed interest in joining the PBRN via the NCOR website.

A research study focused on the development of a Practice-Based Research Network (PBRN) is underway. This study aims to gather osteopaths' perspectives on the benefits, barriers and facilitators of this initiative. Three focus groups were conducted in two different locations; in Oxford (19th November, 2022) and Glasgow (21st April, 2023). Two more meetings are planned: in Swansea (24th June, 2023) and Manchester (1st July, 2023).

A digital interface is being developed in collaboration with an IT specialist to automate data collection from osteopathic patients. This interface will integrate with Cliniko and other clinical software programs, streamlining the data collection process for future PBRN studies. The interface is in the final stages of development and will soon undergo initial testing.

Funding was received from the UCO, from the UK Research Innovation Grant for Higher Education Innovation Funding (c. £50,000). In addition, the Osteopathic Foundation has provided an annual grant of £26,500 for this initiative that will be paid across next year.

CUTIES trial

The CUTIES trial testing the effectiveness of osteopathic care for infants with colic has finished, the results have been shared at the Danish Conference in Copenhagen at the end of last year.

The trial protocol is published and available in the IJOM [Crying Unsettled and disTressed Infants Effectiveness Study of osteopathic care (CUTIES trial): Pragmatic randomised superiority trial protocol - International Journal of Osteopathic Medicine]. The final results manuscript is currently available to view on a pre-peer review platform: research Square [Usual Light Touch Osteopathic Treatment Versus Simple Light Touch Without Intent in the Reduction of Infantile Colic Crying Time: A Randomised Controlled Trial | Research Square]

and is under review with IJOM, we expect a response soon.

Patient Reported Outcome Measurement: PROMs

New languages have been added to the app this year including Italian and Brazilian Portuguese. Discussions have been held with osteopathic groups in Portugal, Austria, Israel, and New Zealand. Carol has been working with the osteopathic course team based at Ara University in New Zealand to prepare an ethics application for their institution.

Presentations including summary data reports have been delivered to osteopaths in Denmark (23.01.2023) and Sweden (11.03.2023). Presentations of summary data have also been delivered to osteopaths in the Irish Republic by Dr Julie Ellwood (January and May, 2023).

Currently, baseline data have been submitted by 2509 osteopaths in the United Kingdom (UK) and 954 in other European countries including Greece, Germany, Belgium, Spain, Sweden, Denmark, France, Switzerland and the Irish Republic. Piloting of the PROMs app will be taking place in Italy and Brazil next year.

A summary description of the development and implementation of the PROMs app has been prepared for CAHPR under its "Technology and Innovation" section it is preparing relating to AHP's activities.

Further AHP-related activities include attending the NIHR/HEE research day for AHPs in November, 2022, and being interviewed by a researcher concerning osteopaths and AHPs use of outcome measurement and clinical audit activities in January, 2023.

PhD update - using AI to disseminate research evidence

This PhD project is nearing completion. The final submission deadline is the 28th November 2023, Austin Plunkett has not applied for an extension. Austin is currently writing up and myself and Megan Clinch, as supervisors, are commenting on draft chapters. Two external examiners have been approached Dylan Morrissey and Robert Froud and agreed to act as examiners, they were expecting to receive the thesis early 2023 this will now realistically be early 2024. Prof Carnes is waiting for the final submission to be deposited with Post graduate studies before re-confirming their availability.

The research has been completed, there are various findings within this that will be relevant to the profession going forward, however the rapid evolution of AI throughout the duration of the PhD has meant some of the initial AI ideas have been superseded and are now redundant.

The final chapter of the PhD will review the role of AI in research dissemination going forward.

Current grants

- Mental health and osteopathy

This project is now completed. The protocol manuscript is published in BMJ Open (<https://bmjopen.bmj.com/content/13/6/e071680.abstract>), the meta-analysis is under

review, and the proof-of-concept manuscript is under preparation.

- Experience of osteopaths working in the NHS

An application was made to the Osteopathic Foundation to investigate osteopaths' experiences of working in the NHS. Funding was awarded in April 2023.

- Scholarly work

The manuscript on the project conducted with Swansea University is under preparation.

- Scoping reviews

Both scoping reviews, led by Carol Fawkes and Jerry Draper-Rodi, on prevention and care for older patients are now completed. Manuscripts are being prepared.

- Trustworthiness

NCOR applied for funding to the Osteopathic Foundation, and were successful in January 2023 to develop a Research Assistant post for 8 months to be trained in systematic reviews methods, develop a team of researchers and assess the trustworthiness of osteopathic clinical trials in the literature.

Dr Jerry Draper-Rodi

NCOR Director

A handwritten signature in black ink, appearing to be 'J. Draper-Rodi', with a small dot to the right of the signature.

26/10/2023

Statement of Financial Activities for the year ended 30 April 2023

	<u>Note</u>	<u>Unrestric- ted funds 2023</u> £	<u>Total Funds 2022</u> £
Income from			
Membership and donations	2	74739	78534
Charitable Activities		0	0
Total Income		74739	78534
 <u>Expenditure on</u>			
Charitable Activities	3-5	68337	110675
Total Expenditure		68337	110675
 Net Income/ (Expenditure) and movement in funds			
	6	6402	(32141)
 Reconciliation of funds			
Total funds brought forward		90837	122978
Total funds carried forward		97239	90837

Balance Sheet as at 30 April 2023

	<u>Note</u>	<u>2023</u>	<u>2022</u>
		<u>£</u>	<u>£</u>
Current Assets			
Debtors	7	0	318
Cash at bank and in hand		<u>115118</u>	<u>95735</u>
Total Current Assets		115118	96053
		<hr/>	<hr/>
Creditors: amount falling due within one year	8	<u>(17879)</u>	<u>(5216)</u>
Net Current assets		97239	90837
		<hr/>	<hr/>
Net Assets		97239	90837
		<hr/>	<hr/>
Charity's funds			
Unrestricted funds		<u>97239</u>	<u>90837</u>
		<hr/>	<hr/>
Total Funds		97239	90837
		<hr/> <hr/>	<hr/> <hr/>

Notes to Financial Statements

2. Income from donations	<u>Unrestricted</u> <u>funds 2023</u> £	<u>Total</u> <u>Funds</u> <u>2022</u> £
Membership fees	67640	59600
Other donations	7099	18934
	<hr/>	<hr/>
Total donations and legacies	74739	78534
	<hr/>	<hr/>

3. Analysis of expenditure by activities

	Activities undertaken	Governance and support	Total	Total 2022
	directly	costs	2023	
	2023	2023	2023	£
	£	£	£	£
Expenditure	63167	5171	68337	110675
	<hr/>	<hr/>	<hr/>	<hr/>

4. Direct Costs

	Research activities	Total
	2023	2022
	£	£
Staff costs recharged	60057	76814
Tuition fees	0	14857
PROMs project	3109	4601
CUTIES- project research	0	1284
HEE SPEP Project	0	3430
	<hr/>	<hr/>
	63167	100986
	<hr/> <hr/>	<hr/> <hr/>

5. Governance and support costs

	Support	Total
	£	2022
		£
Travel Expenses	0	168
Consultancy & Legal Fees	70	1810
Insurance	381	308
Bad debt	0	0
Sundry costs	1701	1186
Honoraria costs	0	3000
Accountancy & Bookkeeping	1931	1323
Artwork	0	240
Website design & Hosting	738	1093
Bank Charges	62	0
Software Costs	288	561
	<hr/>	<hr/>
	5171	9689
	<hr/> <hr/>	<hr/> <hr/>

6. Net income/ (expenditure)

This is stated after charging:

	2023	2022
	£	£
Independent Examination fee	1200	1200
	<hr/> <hr/>	<hr/> <hr/>

7. Debtors

	2023	2022
	£	£
Other debtors	0	318
	<hr/>	<hr/>
	0	318
	<hr/> <hr/>	<hr/> <hr/>

8. Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors, including accrued expenses	17879	5216
	<hr/>	<hr/>
	17879	5216
	<hr/> <hr/>	<hr/> <hr/>

9. Related party transactions

University College of Osteopathy (UCO) provided administration services to NCOR. Total costs were £60250, (2022: £53123 and comprised of recharged salary costs: £56250 (2022: £37439) support costs: £4000 (2022: £15684).

A donation of £26500 (2022: £26500) was received from the General Osteopathic Council, a trustee of NCOR is any employee of this organisation.

A donation of £1100 (2022: £1100) was received from the General Osteopathic Council for the Concerns and Complaints report, a trustee of NCOR is any employee of this organisation.

A donation of £26500 (2022: £26500) was received from the Institute of Osteopathy, a trustee of NCOR is any employee of this organisation.

A donation of £2800 (2022: £2800) was received from the University College of Osteopathy, a trustee of NCOR is any employee of this organisation.

Project: PBRN plug-in development, paid to Vivakit SAS, funded by UCO through their UKRI HEIF grant.

Project: PBRN CPD in Oxford, funded by UCO through their UKRI HEIF grant, paid to Oxford Rippon College, Dr Carol Fawkes, Dr Jerry Draper-Rodi, Deborah McStrafick and Helen Williams. Value: £2922 (19/11/2022)

Project: PBRN CPD in Glasgow, funded by UCO through their UKRI HEIF grant, paid to Hilton Hotel Glasgow, Dr Carol Fawkes, Mr Steven Vogel, Dr Jerry Draper-Rodi, Deborah and Helen Williams. Value: £2598 (21/04/2023)

National Council for Osteopathic Research

Notes to Financial Statements

9. Related party transactions

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A donation of £2800 (2022: £2800) was received from the University College of Osteopathy, a trustee of NCOR is any employee of this organisation.

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NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH

England & Wales - Charity number 1157217

Accounts

National Council for Osteopathic Research

Financial Accounts

Year Ended 30 April 2022

National Council for Osteopathic Research

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Year Ended 30 April 2022

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National Council for Osteopathic Research

Trustees Annual Report

Year Ended 30 April 2022

NCOR Trustees information

Maurice Cheng (Chair)
Duncan Empey
Steve Vogel
Matthew Redford

NCOR Team

Dawn Carnes (Director until October 2021)
Jerry Draper – Rodi (Director from November 2021)
Carol Fawkes
Ryan Grainger (Administrator)

NCOR Stakeholders

College of Osteopaths (CO)
European School of Osteopathy (ESO)
General Osteopathic Council (GOC)
Institute of Osteopathy (IO)
International College of Osteopathic Medicine (ICOM) at Nescot
Sutherland Cranial College (SCC)
Swansea University

NCOR Annual Report and Accounts for the Year Ended 30 April 2022

Finance and governance review

Financial Review

During the year, total income amounted £78534 with costs of £110675. Unrestricted reserves at the year end were £90837.

Reserves Policy

The Trustees have yet to establish a reserves policy.

Principal Funding

NCOR is funded by donations from the General Osteopathic Council, the Institute of Osteopathy, the osteopathic educational institutions and by other donations from members of public, osteopaths, and supporters.

Structure, governance, and management

NCOR is a charitable Incorporated Organisation (registered charity number 1157217).

Maurice Cheng is the chair of the board of trustees (appointed by the Institute of Osteopathy) with Steve Vogel (elected by the NCOR Research Council), Professor Duncan Empey (representative of the Osteopathic Foundation) and Matthew Redford, Chief Executive from the General Osteopathic Council.

The Trustees' role is not to sit as 'representatives' of their respective organisations but to ensure the effective operation of the charity, while the day to day research-related activities of NCOR are the responsibility of the NCOR Director and her team.

Dawn Carnes was the NCOR Director until October 2021 (at 20% full time equivalent (FTE)), Jerry Draper – Rodi has been the Director since November 2021 (at 20% FTE), Carol Fawkes is the Senior Research Officer (at 50% FTE), and Ryan Grainger (at 10% FTE) until October 2021.

We continue to audit and review our compliance with the General Data Protection Regulation legislation.

NCOR Annual Report and Accounts for the Year Ended 30 April 2022

Trustees' responsibilities statement

The Trustees are responsible for preparing the Trustees' Report 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 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 of the charity for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and accounting 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 operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

This report was approved by the Trustees on 19 January 2023 and signed on their behalf by:



Signed
Maurice Cheng Chair of the Trustees

National Council for Osteopathic Research

Independent Examiner's Report to the Trustees of National Council for Osteopathic Research

Year Ended 30 April 2022

I report to the trustees on my examination of the accounts of National Council for Osteopathic Research for the year ended 30 April 2022.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shahid Babu Patel (FCCA)
Independent Examiner



SBP (Southport) Limited
T/as S.B. Patel & Co
Tolsey House
1 Marshside Road
Southport
PR9 9TL



Dated: 19 January 2023

National Council for Osteopathic Research

Statement of Financial Activities for the year ended 30 April 2022

	<u>Note</u>	<u>Unrestricted funds 2022</u> £	<u>Total Funds 2021</u> £
Income from			
Membership and donations	2	78534	77606
Charitable Activities		<u>0</u>	<u>0</u>
Total Income		78534	77606
		<hr/>	<hr/>
<u>Expenditure on</u>			
Charitable Activities	3-5	<u>110675</u>	<u>102811</u>
Total Expenditure		110675	102811
		<hr/>	<hr/>
Net Income/ (Expenditure) and movement in funds	6	(32141)	(25205)
		<hr/>	<hr/>
Reconciliation of funds			
Total funds brought forward		<u>122978</u>	<u>148183</u>
		<hr/>	<hr/>
Total funds carried forward		90837	122978
		<hr/> <hr/>	<hr/> <hr/>

National Council for Osteopathic Research

Balance Sheet as at 30 April 2022

	<u>Note</u>	<u>2022</u>	<u>2021</u>
		<u>£</u>	<u>£</u>
Current Assets			
Debtors	7	318	64000
Cash at bank and in hand		<u>95735</u>	<u>61301</u>
Total Income		<u>96053</u>	<u>125301</u>
Creditors: amount falling due within one year	8	<u>(5216)</u>	<u>(2323)</u>
Net Current assets		<u>90837</u>	<u>122978</u>
Net Assets		<u>90837</u>	<u>122978</u>
Charitys funds			
Unrestricted funds		<u>90837</u>	<u>122978</u>
Total Funds		<u>90837</u>	<u>122978</u>

The financial statements were approved by the Trustees on 5 October 22 and signed on their behalf, by:



Maurice Cheng (Chair of the trustees)

The attached notes form part of these financial statements.

National Council for Osteopathic Research

Notes to Financial Statements

2. Income from donations	<u>Unrestricted funds 2022</u>	<u>Total Funds 2021</u>
	£	£
Membership fees	59600	56600
Other donations	18934	21006
Total donations and legacies	78534	77606

3. Analysis of expenditure by activities

	Activities undertaken directly 2022	Governance and support costs 2022	Total 2022
	£	£	£
Expenditure	100986	9689	110675

4. Direct Costs

	Research activities 2022	Total 2021
	£	£
Staff costs recharged	76814	28408
Tuition fees	14857	25121
Other direct costs	0	1985
PROMs project	4601	1721
CUTIES- project research	1284	15838
HEE SPEP Project	3430	5720
	100986	78793

National Council for Osteopathic Research

Notes to Financial Statements

5. Governance and support costs

	Support £	Total 2021 £
Travel Expenses	168	65
Consultancy	1810	5824
Insurance	308	0
Bad debt	0	300
Sundry costs	1180	429
Honoraria costs	3000	15000
Accountancy & Bookkeeping	1323	2400
Artwork	240	0
Website design & Hosting	1093	0
Software Costs	561	0
	<hr/>	<hr/>
	9689	24018
	<hr/> <hr/>	<hr/> <hr/>

6. Net income/ (expenditure)

This is stated after charging:

	2022 £	2021 £
Independent Examination fee	1200	1560
	<hr/>	<hr/>

The key management personnel of the charity comprise the Trustees and the Director. The Trustees all give their time and expertise without any kind of remuneration or other benefits in kind (2021:£nil) . The Director received honorarium of £3000 (2021: £15000)

During the year no Trustee received any reimbursement of expenses (2021: £nil).

7. Debtors

	2022 £	2021 £
Other debtors	318	64000
	<hr/>	<hr/>
	318	64000
	<hr/> <hr/>	<hr/> <hr/>

National Council for Osteopathic Research

Notes to Financial Statements

8. Creditors: amounts falling due within one year

	2022	2021
	£	£
Other creditors, including accrued expenses	5216	2323
	<hr/>	<hr/>
	5216	2323
	<hr/> <hr/>	<hr/> <hr/>

9. Related party transactions

Queen Mary University London (QMUL) provided administration services to NCOR. Total costs were £53123, (2021: £55890 and comprised of recharged salary costs: £37439 (2021: £28408) support costs: £15684 (2021: £27482).

A donation of £26500 (2021: £26500) was received from the General Osteopathic Council, a trustee of NCOR is any employee of this organisation.

A donation of £1100 (2021: £1100) was received from the General Osteopathic Council for the Concerns and Complaints report, a trustee of NCOR is any employee of this organisation.

A donation of £26500 (2021: £26500) was received from the Institute of Osteopathy, a trustee of NCOR is any employee of this organisation.

A donation of £0 (2021: £2800) was received from the University College of Osteopathy, a trustee of NCOR is any employee of this organisation.

NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH

England & Wales - Charity number 1157217

Accounts



Annual Report and Accounts for the year ended 30 April, 2021



Barts and The London
School of Medicine and Dentistry

www.smd.qmul.ac.uk

Registered charity number 1157217

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NCOR Trustees information

Maurice Cheng (Chair)
Duncan Empey
Steve Vogel
Matthew Redford

NCOR Team

Dawn Carnes
(Director)
Carol Fawkes
Austin Plunkett
Ryan Grainger (Administrator)

NCOR stakeholders

British College of Osteopathic Medicine (BCOM)
College of Osteopaths (CO)
European School of Osteopathy
(ESO)
General Osteopathic Council (GOsC)
Institute of Osteopathy (iO)
International College of Osteopathic Medicine (ICOM) at NESCOL
Osteopathic Alliance (OA)
Sutherland Cranial College (SCC)
Swansea University
University College of Osteopathy (UCO)

NCOR Policies and objectives

The Trustees present their Annual Report together with the financial statements of the National Council for Osteopathic Research (the charity) for the year ended 1 May, 2020 to 30 April, 2021. The Trustees confirm that the Annual Report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document, the Charities Act 2011 and the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January, 2015), as amended by update Bulletin 1 (effective 1 January, 2016).

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit. The role of NCOR is to promote for the public benefit the advancement of education and the promotion of good health in particular but not exclusively by:

1. Leading and facilitating osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research.
2. Representing the osteopathic profession on matters relating to the osteopathic evidence base and research development. Acting on behalf of the profession, in a research context, to the media, the public and patients, policy-makers, the inter-professional research community, other health professions and healthcare regulators.
3. Providing a forum for osteopathic educational institutions (OEs) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration. Promoting research capacity and scholarship.
4. Providing osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice.
5. Improving awareness of osteopathic research development amongst osteopaths and the wider community. Establishing links and building networks within the research fraternity, nationally and internationally, with a view to development through collaboration. Formulating and fostering strategies for attracting funding for osteopathic research development.
6. Providing systems relevant for grants governance and research governance for the benefit of all stakeholders.
7. Fostering and disseminating outputs from osteopathic audit, evaluation, and research activities.

Director's Activity Report for the year end to 30 April 2021

Forward

Since our last report in May 2020 we have seen the relentless impact of the COVID-19 pandemic pervading all aspects of daily life. It has fundamentally changed the way we work. It has had some advantages in terms of accessibility to the work of NCOR and the impact and relevance of health research. Shifting to online rather than predominantly face to face meetings has enabled us to run our first online conference. We had more attendees than other years and we opted for short TED type talks which were well received. We also ran a series of free webinars, also well attended, and our two webinars about COVID-19 attracted more than 500 attendees each. The future impact of COVID-19 will see many repercussions and unknowns especially with regard to Long COVID we need to understand this condition and see how osteopathy can contribute to care in this field. We launched a new question on our PROM app and initiated a case study project to explore the characteristics of long COVID patients, the osteopathic approaches used and patient outcomes.

This will be my last forward on the Annual Report as I will step down as Director in October 2021. It has been a great pleasure and privilege to hold this post and contribute to the advancement of the osteopathic profession over the last nine years. I wish the new Director the best as they take NCOR into its next phase to address the key challenges ahead.

Professor Dawn Carnes

Director of NCOR

Activity

Professional collaboration and contribution

NCOR continues to be involved with the Council for Allied Health Professions in Research (CAHPR), the Director of NCOR was elected Chair of the CAHPR strategy committee in December 2020.

In addition NCOR works closely with the European Federation and Foundation for Osteopathy (EFFO) on the European PROMs project and the EFFO Research Working Group.

NCOR continues to have a role as observer with speaking rights on the General Osteopathic Council's (GOsC) Policy Education and Advisory Committee and has contributed to working groups for the review of Guidance for Osteopathic Pre-registration Education, a review surrounding Expert Witnesses and an overhaul of the collection and analysis of data about concerns and complaints about osteopaths.

NCOR continues to play an active and leading role in the Osteopathic Development Group (ODG) contributing extensively to the strategic planning for the future of osteopathy.

We also represent osteopathic research with NHS Digital.

Outreach, education, promotion and dissemination of research

Hubs

The four Research hubs in Exeter, Bristol, Leeds and Haywards Heath remained very active this year. NCOR facilitates these hubs and the hubs contribute to the development of a research ethos within the profession. Meetings continue to be held approximately 5 times per year in each hub. All meetings have moved to online platforms. Topics covered at meetings include Covid-19, Long Covid, infection transmission in practice, the physiological effects of wearing PPE, head injury in sport and post-concussion syndrome, failed back surgery syndrome, the autonomic effects of osteopathic treatment, the management of headache, management of migraine, chronic pain management, and cauda equina syndrome.

Webinars

We delivered two major webinars about COVID-19; one at the start of the pandemic (6.5.2021) to summarise the evidence and knowledge around COVID -19 and what this meant for osteopathic practice: Considerations for COVID-19 infection prevention and control webinar and a further webinar in March 2021 to summarise the research around Long COVID and how this could inform the osteopathic care of patients with it. These webinars were delivered free to members of the profession in collaboration with the Institute of Osteopathy. Both webinars attracted over 500 registrants.

In addition, we produced ongoing summary information about the latest research around COVID identification, care and self-management for osteopaths to use to enhance the care they gave to patients.

We ran a series of four monthly lunchtime webinars between September to December about paediatric care, PROMs, Osteosurvey and concerns and complaints. These webinars attracted between 75 and 120 patients.

Conference

In January 2021 we ran our first virtual conference over two half days. The theme was based around applying research to inform good practice. We had 22 contributors and around 160 delegates. We used a TED talk format which enabled delegates to watch live or watch recordings of talks in bite size chunks. The conference was well received and generated around

NCOR Annual Report and Accounts for the year ended 30 April 2021

£5,000 for NCOR.

Articles

We continue to write articles for *Osteopathy Today* and in addition this year we contributed to the publication of the Osteopathic International Alliance Global Review 2020 [<https://oialliance.org/the-oia-global-report-global-review-of-osteopathic-medicine-and-osteopathy-2020/>]

This year we have published 5 papers in peer reviewed journals:

Fawkes C, Carnes D. Patient reported outcomes in a large cohort of patients receiving osteopathic care in the United Kingdom. PLOS ONE 2021; 16(4): e0249719. <https://doi.org/10.1371/journal.pone.0249719>

Ellwood J, Carnes D. An international profile of the practice of osteopaths: A systematic review of surveys. Int J. Ost. Med. 2021 (March) DOI: <https://doi.org/10.1016/j.ijosm.2021.03.007>

Plunkett A, Fawkes C, Carnes D. Profiling UK osteopathic care 2020: a questionnaire survey and retrospective audit of patient records. PlosOne 2020 submitted under review

Carnes D, Bright P, Carrol K, Engel R, Grace S, Vogel S, Vaucher P. Crying Unsettled and disTressed Infants Effectiveness Study of osteopathic care (CUTIES trial): Pragmatic randomised superiority trial protocol. International Journal of Osteopathic Medicine 2020; 38:31-38 DOI:<https://doi.org/10.1016/j.ijosm.2020.08.001>

Ellwood J, Draper-Rodi J, Carnes, D. The effectiveness and safety of conservative interventions for positional plagiocephaly and congenital muscular torticollis: a synthesis of systematic reviews and guidance. *Chiropr Man Therap* 28, 31 (2020). <https://doi.org/10.1186/s12998-020-00321-w>

Website

The NCOR website continues to be our outward face to the osteopathic community. Traffic is somewhat lower than the previous 12 month period, down from 1,500 visitors per month to around 1,200. However, this seems to be rising again in 2021. Mobile and tablet devices comprise approximately 48% of visitors to the site, a figure that has risen since last year.

Social media

Our Twitter account has 2,045 followers, up 40 from the last report. Twitter have changed how their system reports data, so it is not straightforward to determine details for the past 12 months. The most popular tweet garnered 1,156 views, it asked osteopaths to complete a survey for CAHPR about research networks. The second most popular tweet publicised the pre-print version of the OsteoSurvey paper, reaching 512 people.

Facebook demonstrates continued modest growth, now with 2,724 followers. There was a significant peak in activity in May 2021 with over 1,000 people seeing our post about the paper "Direct and mediated effects of treatment context on low back pain outcome".

Special projects

CUTIES trial

The CUTIES trial is a randomised controlled trial funded by NCOR, the Osteopathic Foundation, Swiss Science Foundation for Osteopathy and Osteopathy Australia. This study is testing the effectiveness of osteopathic care for the treatment of infantile colic. Unfortunately the study had to be suspended for 6 months in March 2020 due to the corona virus. The trial was re-started in September 2020 and we continue to recruit infants into the study. The estimated completion date is now February 2022.

Patient Reported Outcome Measurement: PROMs (UK)

The PROMs project continues to develop although this has been much slower during the past year as many practices have been closed or facing reduced numbers of patients due to Covid. Current data contributions in the United Kingdom (UK) total 3824 (current at May, 2021).

Analysis of the data shows that patients continue to report high levels of satisfaction and experience with osteopathic care. In recognition of the longer term effects of Covid for patients, an additional question has been included in the app to ask if they are experiencing Long Covid symptoms. Paediatric data continues to be small in quantity but, as with the adult population, appointments for younger children have been markedly reduced.

Patient Reported Outcome Measurement: PROMs (Europe)

European data collection has been impacted also by Covid. Current data submissions from all participating European countries now totals 859 observations. Since last year's report, Sweden have translated the app contact and have recently completed a small pilot. Data collection will start among the wider Swedish osteopathic community from June onwards. Osteopaths in Spain will start their pilot data collection in September, 2021. The translation of the app into Danish has been completed, and hopefully a small pilot will be undertaken later this year. The translation process is ongoing in Norway, but completion has been slowed due to the focus on national regulation recently awarded in Norway. Translation in Finland has not yet begun in earnest due to some personnel changes.

A publication describing the pilot data collection is ongoing, and it is hoped an additional paper can be published once more of the countries return to normal practice as Covid infections abate.

NHS England

The work with the NHS England Outcomes Task and Finish group has now finished since the completion of a tool to support clinicians looking to examine the usefulness of an outcome measure for clinical practice. Discussions are being held about the process for updating the tool in the next few years as outcome measurement becomes more standardized into day-to-day practice. A copy of the final version of the tool can be found at <https://www.rcslt.org/wp-content/uploads/media/docs/selecting-outcome-measures.pdf?la=en&hash=12ECB2CFDA0B2EFB1979E592A383D24E792AB9DD>.

Dissemination PhD project

In April 2021, Queen Mary University London assessed AP for the 18-month progression to the second half of the PhD. The assessors have asked for further documentation before passing their judgement, which AP has now supplied. AP has so far produced a literature review (as yet unpublished) and chapter material for the final thesis. He is currently preparing for the next phase, which will recruit osteopaths to use an app and website that AP is developing as part of the PhD. The app/website will use artificial intelligence to retrieve research evidence from public repositories and facilitate evidence-led conversations between osteopaths.

The paper summarising OsteoSurvey remains with PLOS ONE who cannot provide any indication of timescales. It is currently in the “under review” stage, having been with them for nearly 8 months.

Finance and governance review

Financial Review

During the year, total income amounted to £77,606 with costs of £102,811. Unrestricted reserves at the year end were £122,978.

Reserves policy

The Trustees have yet to establish a reserves policy.

Principal funding

NCOR is funded by donations from the General Osteopathic Council, the Institute of Osteopathy, the osteopathic educational institutions and by other donations from members of public, osteopaths and supporters.

Structure, governance and management

NCOR is a Charitable Incorporated Organisation (registered charity number 1157217).

Maurice Cheng, is the chair of the board of trustees (appointed by the Institute of Osteopathy) with Steve Vogel (elected by the NCOR Research Council), Professor Duncan Empey (representative of the Osteopathic Foundation) and Matthew Redford, Chief Executive from the General Osteopathic Council.

The Trustees' role is not to sit as 'representatives' of their respective organisations but to ensure the effective operation of the charity, while the day to day research-related activities of NCOR are the responsibility of the NCOR Director and her team.

Dawn Carnes is the NCOR director (at 20% full time equivalent (FTE)), Carol Fawkes is the Senior Research Officer (at 50% FTE), Austin Plunkett is the Research Assistant (at 60% FTE) and Ryan Grainger (at 10% FTE)

We continue to audit and review our compliance with The General Data Protection Regulation legislation.

Trustees' responsibilities statement

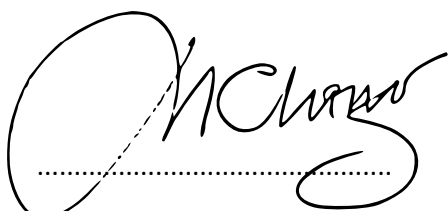
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales 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 of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting 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 operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

This report was approved by the Trustees on 20 October 2021 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'M. Cheng', written over a horizontal dotted line. The signature is fluid and cursive.

Maurice Cheng Chair of the Trustees

Reference and administrative details of the charity, its trustees and advisers

Trustees

Maurice Cheng

Steve Vogel

Duncan Empey

Matthew Redford

Charity registration number

1157217

Principal office

Yvonne Carter Building

58 Turner Street

London

E1 2AB

Accountants

Goldwins

Chartered Accountants

75 Maygrove Road

West Hampstead

London

NW6 2EG

Bankers

NatWest

Black Lion House

45 Whitechapel Road

London

E1 1DU

Independent Examiner's Report to the Trustees of National Council for Osteopathic Research

I report to the trustees on my examination of the accounts of National Council for Osteopathic Research for the year ended 30 April 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Anthony Epton BA FCA CTA FCIE
Goldwins
Chartered accountants
75 Maygrove Road
West Hampstead
London NW6 2EG

National Council for Osteopathic Research

Statement of Financial Activities for the year ended 30 April 2021

	Note	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from				
Membership and donations	2	77,606	77,606	83,376
Charitable activities		-	-	-
Total income		77,606	77,606	83,376
Expenditure on				
Charitable activities	3-5	102,811	102,811	112,535
Total expenditure		102,811	102,811	112,535
Net income/(expenditure) and movement in funds	6	(25,205)	(25,205)	(29,159)
Reconciliation of funds				
Total funds brought forward		148,183	148,183	177,342
Total funds carried forward		122,978	122,978	148,183

All activities relate to continuing operations.

The attached notes form part of these financial statements.

National Council for Osteopathic Research

Balance Sheet as at 30 April 2021

	Note	£	2021 £	£	2020 £
Current assets					
Debtors	7	64,000		66,465	
Cash at bank and in hand		61,301		84,041	
		<u>125,301</u>		<u>150,506</u>	
Creditors: amounts falling due within one year					
	8	(2,323)		(2,323)	
Net current assets			<u>122,978</u>		<u>148,183</u>
Net assets			<u>122,978</u>		<u>148,183</u>
Charity funds					
Unrestricted funds			<u>122,978</u>		<u>148,183</u>
Total funds			<u>122,978</u>		<u>148,183</u>

The financial statements were approved by the Trustees on 20 October 2021 and signed on their behalf, by:


Maurice Cheng (Chair of the Trustees)

The attached notes form part of these financial statements.

National Council for Osteopathic Research

Notes to the Financial Statements

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice from 1 April 2005 which has since been withdrawn.

National Council for Osteopathic Research constitutes a public benefit entity as defined by FRS 102. There are no significant estimates or judgements made by management in preparing these financial statements.

1.2 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

1.3 Going concern

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

With respect to the next financial period, 2021-22, the most significant area of uncertainty that affects the charity is the level of income received.

There are no significant estimates at the reporting data that have a risk of causing a material adjustment to the carrying value of assets and liabilities within the next reporting period.

1.4 Income

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

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Membership fees are recognised in the period to which the membership relates. Income received in advance is deferred.

Other donations are recognised when the charity has entitlement to the donation.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

National Council for Osteopathic Research

Notes to the Financial Statements

1. Accounting policies (continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

All expenditure is recognised on an accrual basis.

Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include governance costs. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

All resources expended are inclusive of irrecoverable VAT.

1.6 Financial instruments

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

1.7 Debtors

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

1.8 Cash at bank and in hand

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

1.9 Creditors and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services, it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

National Council for Osteopathic Research

Notes to the Financial Statements

2. Income from donations

	Unrestricted funds 2021 £	Total Funds 2021 £	Total funds 2020 £
Membership fees	56,600	56,600	70,940
Other donations	21,006	21,006	12,436
Total donations and legacies	77,606	77,606	83,376

3. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Governance and support costs 2021 £	Total 2021 £	Total 2020 £
Expenditure	78,793	24,018	102,811	112,535

4. Direct costs

	Research activities 2021 £	Total 2021 £	Total 2020 £
Staff costs recharged	28,408	28,408	37,134
Tuition fees	25,121	25,121	14,684
Other direct costs	1,985	1,985	1609
PROMs project	1,721	1,721	6813
CUTIES- project research	15,838	15,838	30,000
HEE SPEP project	5,720	5,720	-
	78,793	78,793	90,240

National Council for Osteopathic Research

Notes to the Financial Statements

5. Governance and support costs

	Support £	Total 2021 £	Total 2020 £
Travel expenses	65	65	2,845
Consultancy	5,824	5,824	4,160
Insurance	-	-	308
Bad debt	300	300	-
Sundry costs	429	429	582
Honoraria costs	15,000	15,000	12,000
Accountancy	840	840	840
Independent examination fee	1,560	1,560	1,560
	24,018	24,018	22,295

6. Net income/(expenditure)

This is stated after charging:

	2021 £	2020 £
Independent Examination fee	1,560	1,560

The key management personnel of the charity comprise the Trustees and the Director. The Trustees all give their time and expertise without any kind of remuneration or other benefits in kind (2020: £nil). The Director received an honorarium of £15,000 (2020: £12,000).

During the year no Trustee received any reimbursement of expenses (2020: £nil).

7. Debtors

	2021 £	2020 £
Other debtors	64,000	66,465
	66,465	66,465

National Council for Osteopathic Research

Notes to the Financial Statements

8. Creditors: amounts falling due within one year

	2021	2020
	£	£
Other creditors, including accrued expenses	2,323	2,323
	<u>2,323</u>	<u>2,323</u>

9. Related party transactions

Queen Mary University London (QMUL) provided administration services to NCOR. Total costs were £55,890 (2020: £55,890 and comprised of recharged salary costs: £28,408 (2020: £37,134), and support costs: £27,482 (2020: £16,292). At the period end £64,000 (2020: £66,166) was due to NCOR and is included within other debtors.

A donation of £26,500 (2020: £26,500) was received from the General Osteopathic Council, a trustee of NCOR is an employee of this organisation.

A donation of £26,500 (2020: £26,500) was received from the Institute of Osteopathy, a trustee of NCOR is an employee of this organisation.

A donation of £2,800 (2020: £2,800) was received from the University College of Osteopathy, a trustee of NCOR is an employee of this organisation.

Annex A Forward Plan

NCOR is working to a four year strategic plan for 2017 – 2021 as set out below.

Objective		Activity/initiatives
Strategic leadership	Advance and facilitate osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research. This will focus the limited expertise and resources essential to deliver measurable progress in identified priority areas.	<p>Continue to contribute to profession development</p> <p>Collaborate with the Osteopathic Foundation for strategic targeting of funds</p> <p>Convene meetings of the NCOR committee to provide a platform to generate initiatives, ratify decisions, help and support the NCOR staff achieve it aims.</p> <p>Convene meetings with the management board of trustees to ensure adequate oversight of expenditure and activity.</p>
Advocacy	Represent the profession on matters relating to the osteopathic evidence base and research development. Act on behalf of the profession, in a research context, to the media, the public and patients, policy-makers, the inter-professional research community, other health professions, and others (such as the United Kingdom (UK) Advertising Standards Authority, Care Quality Commission, National Institute for Health and Clinical Excellence (NICE), etc.	<p>Work with the iO, GOsC and others in representing osteopathic research interests to for example the ASA, NICE.</p> <p>Provide research information to support the promotion and image of osteopathy in the media and the wider health care community</p> <p>Promote osteopathic research, research priorities, and the work of NCOR within academic research networks, funding bodies, government departments, higher education institutions and other relevant healthcare bodies.</p> <p>Promote osteopathic research and the work of NCOR among patient groups, practices, and charitable organisations.</p>
Research capacity and capability	To provide a forum for the Osteopathic Educational Institutions (OElS) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration. To promote research capacity and scholarship in the wider profession.	<p>Provide research advice and establish a training course for osteopathic researchers and research supervisors.</p> <p>Liaise and network with international researchers and develop mechanisms for sharing international intelligence and expertise.</p> <p>Continue and develop the role and operation of the research hubs.</p> <p>Support osteopaths in clinical audit, using PROMs/PREMs to capture information about osteopathic practice and to disseminate the results.</p>

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Information provision	To provide osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice.	Maintain and further develop information on the NCOR website.
		Provide website areas for patients, osteopaths, and other healthcare practitioners.
		Encourage osteopaths and other relevant organisations to link their websites to NCOR.
		Produce monthly NCOR e-bulletin and other regular updates for The Osteopath and Osteopathy Today.
		Publish new research summaries and update current research summaries. Identify hierarchy of areas for new research summaries.
		Provide suitable patient related outcome measures for use by osteopaths.
		Use social media to disseminate research relevant to osteopaths.
Liaison and promotion	To improve awareness of osteopathic research amongst osteopaths and the wider community. To establish links and build networks within the research fraternity, nationally and internationally, with a view to development through collaboration. To formulate and foster strategies for attracting funding for osteopathic research development.	Liaise and network with international researchers to promote NCOR and new initiatives, broker international relations.
		Promote the use of the NCOR website, research summaries to osteopaths via communication channels of the NCOR stakeholder organisations.
		Support and broker collaboration among osteopathic researchers.
		Seek to identify any international opportunities for research collaboration.
Research Governance	To provide a research governance framework, disseminate and advise where appropriate standards for writing grant applications and clinical research governance.	Provide advisory and review service for those wishing to publish their research about minimum standards for publishing research in medical journals
		Provide a research advisory service for osteopaths/educators/professional organisations considering applying for funding and undertaking research.
Knowledge Transfer	To foster and disseminate outputs from osteopathic audit, evaluation, and research activities via, for example, an annual research conference.	Organise research conferences and other events to help osteopaths understand the relevance and importance of research to their practice.
		Promote the work of NCOR through other osteopathic events.
		Support osteopaths' CPD through research <i>e.g.</i> online learning.
		Further develop online forums to facilitate research dialogue among osteopaths.
		Promote knowledge transfer into OEIs through regular stakeholder meetings.
Generation of funding	To formulate and foster strategies for attracting funding for osteopathic research development.	Promote opportunities for obtaining funding to continue with special projects funding.
		Promote, guide, advise OEIs and other interested bodies in applying for funding.