

CRPS UK

England & Wales · Charity number 1165597

Details

Status Registered

Legal form CIO

Registered 2016-02-16

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

Contact

Address 58 Station Road
Aldridge
Walsall
WS9 0BN

Phone 07963353787

Email admin@crps-uk.org

Website www.crps-uk.org

Activities

Objects: THE OBJECTS OF THE CIO:1. TO RELIEVE SUFFERING AND TO PRESERVE AND ADVANCE THE HEALTH OF PEOPLE WITH COMPLEX REGIONAL PAIN SYNDROME (CRPS) BY ANY MEANS AS THE TRUSTEES SEE FIT.2. THE ADVANCEMENT, FOR THE PUBLIC BENEFIT, OF EDUCATION OF HEALTHCARE PROFESSIONALS, CRPS FAMILIES AND CARERS, AND THE PUBLIC IN GENERAL, IN ALL AREAS RELATING TO CRPS BY THE PROMOTION OF CRPS HEALTH EDUCATION AND RESEARCH BY, BUT NOT EXCLUSIVELY BY, RAISING AWARENESS THROUGH LECTURES, FORUMS, NEWSLETTERS AND PUBLICATIONS AND THE PROVISION OF RESEARCH GRANTS AND CARRYING OUT RESEARCH.

Activities: CRPS UK provides support for people with Complex Regional Pain Syndrome, education about the condition and grants.

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£5,067	£6,017	-	-
2024-03-31	£6,694	£3,924	-	-
2023-03-31	£2,886	£12,467	-	-
2022-03-31	£12,141	£5,849	-	-
2021-03-31	£21,173	£12,921	-	-

Trustees

Name	Role	Appointed
Amanda Nelson	Chair	2014-09-01
DR Jacqueline Bailey PHD		2017-07-01
Dr Catherine Edgeworth PHD		2018-02-01
FIONA ARMITAGE		2014-09-01
JULIE WEYMOUTH		2014-09-01
REBECCA BOOT		2014-09-01
Richmond Stace		2017-07-01
Rowan Riley		2024-09-19
Sharon McLeod		2024-09-19

CRPS UK

England & Wales - Charity number 1165597

Accounts

Trustees' Annual Report for the period

	Period start date			Period end date			
From	1	April	2024	To	31	March	2025

Section A Reference and administration details

Charity name

CRPS UK

Other names charity is known by

Registered charity number (if any)

1165597

Charity's principal address

58 Station Road	
Aldridge	
Walsall	
Postcode	WS9 0BN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amanda Nelson	Chair		
2	Rebecca Boot	Treasurer		
3	Fiona Armitage	Secretary		
4	Julie Weymouth			
5	Richmond Stace			
6	Dr Jacqueline Bailey PHD			
7	Rowan Riley		Appointed 19.09.24	Board of Trustees
8	Sharon Mcleod		Appointed 19.09.24	Board of Trustees
9				
10				
11				
12				
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14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Elected by the board of trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

- | |
|---|
| <p>1. To relieve suffering and to preserve and advance the health of people with Complex Regional Pain Syndrome (CRPS) by any means as the trustees see fit.</p> <p>2. The advancement, for the public benefit, of education of healthcare professionals, CRPS families and carers, and the public in general, in all areas relating to CRPS by the promotion of CRPS health education and research by, but not exclusively by, raising awareness through lectures, forums,</p> |
|---|

newsletters and publications and the provision of research grants and carrying out research.

In our activities the trustees regarded the guidance issued by the charity commission on the public benefit.

CRPS UK's main activities are to work to:

- reduce the isolation of people with CRPS
- increase understanding about CRPS by people with the condition to enable them to access appropriate treatment
- increase knowledge and understanding of CRPS among the general public in order to reduce suffering of people with CRPS caused by ignorance
- increase knowledge and understanding of CRPS among medical professionals to improve diagnosis and treatment outcomes
- promote, support and coproduce research into CRPS to enable developments in treatment and support of the condition

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

CRPS UK is mainly volunteer run. Without the ongoing dedicated support of our volunteers we would not be able to carry out our activities.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Online support group – CRPS UK has maintained an active online support group which helps to reduce isolation and can aid users by sign posting them to information about treatment and support services.

Individual Support – During the reporting period we continued to offer online individual support meetings to our members. These enable the member to discuss their issues and ask questions privately with two CRPS UK team members. This offers a more personal and individual focused session where any questions maybe asked and answered in confidence outside of a group setting. During support meetings, team members provide space for the member to talk openly, give them the benefit of their experience and signpost to relevant services best suited to their situation.

Online Coffee Mornings – Online coffee mornings were held throughout the reporting period which were well attended. These are still ongoing and have a core group of around 10 regular attendees with others attending occasionally. The coffee mornings have enabled people to form friendships and have fun together. They provide peer support and social interaction to our members in addition to enabling them to access support and advice from members of the CRPS UK team. These coffee mornings have been beneficial to members attending by way of reducing the feelings of isolation.

Online talks and seminars – Talks were held throughout the year on a number of topics, including new research into CRPS, methods of managing the condition, and ways to access support. Online talks and seminars provide a valuable alternative to in person events for many of our members who have varying energy levels and difficulty travelling.

Online carers course – in the reporting period CRPS UK ran a course for unpaid carers of people with CRPS following requests from members. This was facilitated by Pain association Scotland. This provided pain education, management and regulation techniques, alongside tools for the carers to support their own health. The course ran for two hours once a month for 6 sessions. **[6 people attended the full duration of the course]** they were additionally provided with a workbook to support ongoing use of the tools from the course. They said that they found it useful **[ways]**.

Production and distribution of literature – CRPS UK continues to distribute a range of literature aimed at health care professionals, people with CRPS and the general public. The education provided through our literature increases understanding about the condition amongst wider audiences, thereby reducing suffering of those with CRPS caused by lack of understanding and knowledge of the condition.

Research – CRPS UK also continues to support clinicians and researchers investigating CRPS, by promoting calls for participation in current research projects and distributing the outcomes of completed research papers.

Training – During the reporting period CRPS UK delivered two upskilling sessions aimed at DWP staff. This was provided for free in order to ensure operational independence. The content for the training was developed in consultation with our online support group. The training delivered aimed to provide front line staff with:

- knowledge of the what Complex Regional Pain Syndrome is

- understanding of what it is like to live with the condition
- connection to the real stories and lives of the people who live with CRPS
- concrete steps to improve people with CRPS' interactions with the DWP

Around 80 people attended each training session. Staff left feeling engaged and with greater awareness of the condition. One of the training sessions was recorded for future use.

Section E Financial review

Brief statement of the charity's policy on reserves

CRPS UK does not have a reserves policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


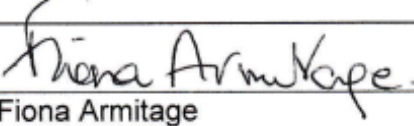
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Rebecca Boot	Fiona Armitage
Position (eg Secretary, Chair, etc)	Treasurer	Secretary
Date	15.1.26	15.1.26



Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2024

To

Period end date
31st March 2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	3 883		-	3 883	-
Monthly Giving	790	-	-	790	-
Merchandise	364	-	-	364	-
Literature	30	-	-	30	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total (Gross income for AR)	5 067	-	-	5 067	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5 067	-	-	5 067	-
A3 Payments					
Storage Rent	1 878	-	-	1 878	-
Volunteer Expenses	412	-	-	412	-
Website and software subscriptions	709	-	-	709	-
Insurance	269	-	-	269	-
Trustee Expenses	321	-	-	321	-
Fundraising Events		-	-	-	-
Workshops, Coffee Monings and Sem	1 500			1 500	
Team uniforms	333			333	
DBS checks/ICO register	59			59	
Bank and paypal fees	27			27	
Computer equipment	510			510	
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	6 017	-	-	6 017	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6 017	-	-	6 017	-
Net of receipts/(payments)	- 950	-	-	- 950	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	26 803	526	-	27 329	-
Cash funds this year end	25 853	526	-	26 379	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Confereces		526	-
	Balance	25 853	-	-
		-	-	-
	Total cash funds	25 853	526	-
	(agree balances with receipts and payments account(s))	OK	OK	OK



Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	lenovo thinkpad t49015-8365u	unrestricted	438	438
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Rebecca Boot	15.1.26
	Fiona Armitage	15.1.26

CRPS UK

England & Wales - Charity number 1165597

Accounts

Trustees' Annual Report for the period							
From	Period start date			To	Period end date		
	1	April	2023		31	March	2024

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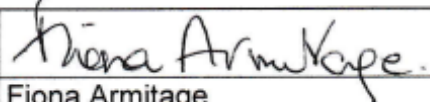
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Rebecca Boot	Fiona Armitage
Position (eg Secretary, Chair, etc)	Treasurer	Secretary
Date	29.1.25	29.1.25



Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2023

To

Period end date
31st March 2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	5 367	-	-	5 367	-
Monthly Giving	660	-	-	660	-
Merchandise	532	-	-	532	-
Literature	27	-	-	27	-
Refunds	108	-	-	108	-
	-	-	-	-	-
Sub total (Gross income for AR)	6 694	-	-	6 694	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6 694	-	-	6 694	-
A3 Payments					
Storage Rent	1 758	-	-	1 758	-
Volunteer Expenses	714	-	-	714	-
Website and software subscriptions	639	-	-	639	-
Insurance	245	-	-	245	-
Trustee Expenses	185	-	-	185	-
Fundraising Events	150	-	-	150	-
Coffee Mornings and Seminars	135	-	-	135	-
Office Equipment	36	-	-	36	-
DBS checks/ICO register	35	-	-	35	-
Bank and paypal fees	27	-	-	27	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3 924	-	-	3 924	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3 924	-	-	3 924	-
Net of receipts/(payments)	2 770	-	-	2 770	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	24 033	526	-	24 559	-
Cash funds this year end	26 803	526	-	27 329	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Confereces		526	-
	Balance	26 803	-	-
		-	-	-
	Total cash funds	26 803	526	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


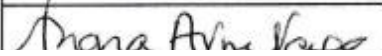
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Refurbished HP pavillion Laptop	Unrestricted	478	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Rebecca Boot	29.01.25
	Fiona Armitage	29.01.25

CRPS UK

England & Wales - Charity number 1165597

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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- | |
|--|
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Achievements and performance

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Online support group – CRPS UK has maintained an active online support group which helps to reduce isolation and can aid users by sign posting them to information about treatment and support services.

Individual Support – During the reporting period we began offering online individual support meetings to our members. These enable the member to discuss their issues and ask questions privately with two CRPS UK team members. This offers a more personal and individual focused session where any questions maybe asked and answered in confidence outside of a group setting. During support meetings, team members provide space for the member to talk openly, give them the benefit of their experience and signpost to relevant services best suited to their situation.

Online Coffee Mornings – Online coffee mornings were held throughout the reporting period which were well attended. These are still ongoing and have a core group of around 10 regular attendees with others attending occasionally. The coffee mornings have enabled people to form friendships and have fun together. They provide peer support and social interaction to our members in addition to enabling them to access support and advice from members of the CRPS UK team. These coffee mornings have been beneficial to members attending by way of reducing the feelings of isolation.

Conference – During the reporting period CRPS UK hosted a conference and social brunch. The CRPS UK 2022 Conference enabled people with CRPS to meet together to connect with one another despite what can be a very isolating condition. We were able to have people with CRPS and their loved ones meet together both formally and informally to learn about the condition, coping techniques, latest treatments and the support available.

People were able to attend either in person or online. 38 people attended in person and 45 individuals logged into the zoom call, though a number of people shared screens. People attending in person benefitted from additional social activities and a social brunch while online access meant that the widest possible group of people with CRPS could benefit from the conference even if they found travelling difficult or were nervous about in person evens due to Covid-19.

Several people commented that the event was the first time they had met another person with CRPS despite having had the condition for years and left with a sense of community. Saying that they realised for the first time “it’s not just me”. Families learned how to support their loved one with CRPS and were able to connect with others in the same position.

Those who attended the social brunch were further able to engage with each other and build community in a relaxed setting. We found that people naturally engaged in talking about their tips and coping mechanisms, amid getting to know one another better. This peer support is crucial for reducing isolation of people with what is an uncommon condition.

People who attended commented that they felt they better understood how to access support now, many were not aware of the services that existed or that they may be eligible for them. We were able to sign post them to specific services who can assist with their individual needs on an ongoing basis.

Production and distribution of literature – CRPS UK continues to distribute a range of literature aimed at health care professionals, people with CRPS and the general public. The education provided through our literature increases understanding about the condition amongst wider audiences, thereby reducing suffering of those with CRPS caused by lack of understanding and knowledge of the condition.

Research – During the reporting period CRPS UK continued to work on a research project Mr Ben Miranda, and Mr Alex Smith from the St Andrews Centre for Plastic Surgery and Mid and South Essex Hospital Services NHS Trust on a collaborative patient centred study for people with CRPS. The aim of the study is to find out ‘who is more likely to suffer from CRPS’, ‘which are the most effective treatments for CRPS’ and ‘how much does CRPS affect the lives of patients’. The study aims to provide positive outcome affecting the future management of patients who are at risk of developing or who have already developed CRPS. This project completed shortly after the during of the reporting period and produced useful data some of which was reported at the summer 2022 conference. The data from the research is being used from the researchers to guide the development of further studies and they hope to be able to publish in the future.

CRPS UK continues to work on the ‘Living with CRPS’ research project. It focuses on the impact of living with CRPS on people’s health, wealth and disability. Work continues on this project into the next reporting period.

CRPS UK also continues to support clinicians and researchers investigating CRPS, by promoting calls for participation in current research projects and distributing the outcomes of completed research papers.

Section E Financial review

Brief statement of the charity's policy on reserves

CRPS UK does not have a reserves policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


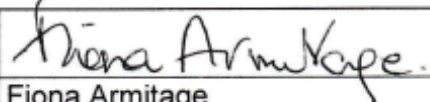
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Rebecca Boot	Fiona Armitage
Position (eg Secretary, Chair, etc)	Treasurer	Secretary
Date	23.1.24	23.1.24



Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2022

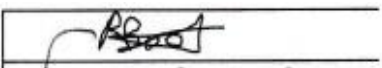
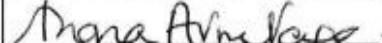
To

Period end date
31st March 2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
			-	-	-
Conference	256		-	256	-
Donations	1,750	-	-	1,750	-
Monthly Giving	603	-	-	603	-
Merchandise	229	-	-	229	-
Literature	29	-	-	29	-
Repayment of payment made in error	19	-	-	19	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,886	-	-	2,886	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,886	-	-	2,886	-
A3 Payments					
Storage Rent	1,758	-	-	1,758	-
Website and software subscriptions	660	-	-	660	-
		-	-	-	-
Insurance	236	-	-	236	-
Volunteer Expenses	149	-	-	149	-
Fundraising Events	170	-	-	170	-
Trustee Expenses	100			100	
Stirling Conference		9,336		9,336	
Bank and paypal fees	23			23	
DBS checks/ICO register	35			35	
				-	
				-	
				-	
				-	
Sub total	3,131	9,336	-	12,467	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,131	9,336	-	12,467	-
Net of receipts/(payments)	- 245	- 9,336	-	- 9,581	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	24,278	9,862	-	34,140	-
Cash funds this year end	24,033	526	-	24,559	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Confereces		526	-
	Balance	24,559	-	-
		-	-	-
	Total cash funds	24,033	526	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Refurbished HP pavillion Laptop	Unrestricted	478	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
			Rebecca Boot	23.1.24
			Fiona Armitage	23.1.24

CRPS UK

England & Wales - Charity number 1165597

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	1	April	2021	To	31	March	2022

Section A Reference and administration details

Charity name

CRPS UK

Other names charity is known by

Registered charity number (if any)

1165597

Charity's principal address

58 Station Road	
Aldridge	
Walsall	
Postcode	WS9 0BN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amanda Nelson	Chair		
2	Rebecca Boot	Treasurer		
3	Fiona Armitage	Secretary		
4	Julie Weymouth			
5	Richmond Stace			
6	Dr Jacqueline Bailey PHD			
7	Dr Catherine Edgeworth PHD			
8				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Elected by the board of trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

- | |
|---|
| <p>1. To relieve suffering and to preserve and advance the health of people with Complex Regional Pain Syndrome (CRPS) by any means as the trustees see fit.</p> <p>2. The advancement, for the public benefit, of education of healthcare professionals, CRPS families and carers, and the public in general, in all areas relating to CRPS by the promotion of CRPS health education and research</p> |
|---|

by, but not exclusively by, raising awareness through lectures, forums, newsletters and publications and the provision of research grants and carrying out research.

In our activities the trustees regarded the guidance issued by the charity commission on the public benefit.

CRPS UK's main activities are to work to:

- reduce the isolation of people with CRPS
- increase understanding about CRPS by people with the condition to enable them to access appropriate treatment
- increase knowledge and understanding of CRPS among the general public in order to reduce suffering of people with CRPS caused by ignorance
- increase knowledge and understanding of CRPS among medical professionals to improve diagnosis and treatment outcomes
- promote, support and coproduce research into CRPS to enable developments in treatment and support of the condition

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

CRPS UK is mainly volunteer run. Without the ongoing dedicated support of our volunteers we would not be able to carry out our activities.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Online support group – CRPS UK has maintained an active online support group which helps to reduce isolation and can aid users by sign posting them to information about treatment and support services.

Individual Support – During the reporting period we began offering online individual support meetings to our members. These enable the member to discuss their issues and ask questions privately with two CRPS UK team members. This offers a more personal and individual focused session where any questions maybe asked and answered in confidence outside of a group setting. During support meetings, team members provide space for the member to talk openly, give them the benefit of their experience and signpost to relevant services best suited to their situation.

Online Coffee Mornings – Online coffee mornings were held throughout the reporting period which were well attended. These are still ongoing and have a core group of around 10 regular attendees with others attending occasionally. The coffee mornings have enabled people to form friendships and have fun together. They provide peer support and social interaction to our members in addition to enabling them to access support and advice from members of the CRPS UK team. These coffee mornings have been beneficial to members attending by way of reducing the feelings of isolation.

Conference – During the reporting period a significant amount of planning and preparation took place for the 2022 conference which took place during the following reporting period including ensuring that the conference would be held in a hybrid manner to increase accessibility.

Production and distribution of literature – CRPS UK continues to distribute a range of literature aimed at health care professionals, people with CRPS and the general public. The education provided through our literature increases understanding about the condition amongst wider audiences, thereby reducing suffering of those with CRPS caused by lack of understanding and knowledge of the condition.

Research – During the reporting period CRPS UK continued to work on a research project Mr Ben Miranda, and Mr Alex Smith from the St Andrews Centre for Plastic Surgery and Mid and South Essex Hospital Services NHS Trust on a collaborative patient centred study for people with CRPS. The aim of the study is to find out ‘who is more likely to suffer from CRPS’, ‘which are the most effective treatments for CRPS’ and ‘how much does CRPS affect the lives of patients’. The study aims to a provide positive outcome affecting the future management of patients who are at risk of developing or who have already developed CRPS. This project complete shortly after the end of the reporting period and produced useful data.

CRPS UK continues to work on the ‘Living with CRPS’ research project. It focuses on the impact of living with CRPS on people’s health, wealth and disability. Work continues on this project into the next reporting period.

CRPS UK also continues to support clinicians and researchers investigating CRPS, by promoting calls for participation in current research projects and distributing the outcomes of completed research papers.

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Section E Financial review

Brief statement of the charity's policy on reserves

CRPS UK does not have a reserves policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:


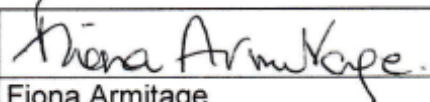
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Rebecca Boot	Fiona Armitage
Position (eg Secretary, Chair, etc)	Treasurer	Secretary
Date	16.1.23	16.1.23



Receipts and payments accounts

For the period from	Period start date 1st April 2021	To	Period end date 31st March 2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
			-	-
Community Fundraising	8,361		-	8,361
Donations	2,668	-	-	2,668
Monthly Giving	662	-	-	662
Merchandise	423	-	-	423
Literature	27	-	-	27
		-	-	-
	-	-	-	-
Sub total (Gross income for AR)	12,141	-	-	12,141
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	12,141	-	-	12,141
A3 Payments				
Storage Rent	1,758	-	-	1,758
Website and software subscriptions	1,555	-	-	1,555
Computer equipment	478	-	-	478
Insurance	238	-	-	238
Volunteer Expenses	310	-	-	310
Fundraising Events	1,270	-	-	1,270
Support bags project	143	-	-	143
Stirling Conference		83		83
Bank and paypal fees	62			62
DBS checks/ICO register	35			35
				-
				-
				-
				-
				-
				-
Sub total	5,849	83	-	5,932
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	5,849	83	-	5,932
Net of receipts/(payments)	6,292	- 83	-	6,209
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	24,278	9,862	-	34,140
Cash funds this year end	30,570	9,779	-	40,349

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	National Lottery Grant (Stirling Conference)		9,779
	Balance	30,570	-
		-	-
	Total cash funds	30,570	9,779

(agree balances with receipts and payments account(s))

OK

Unrestricted funds
to nearest £

OK

Restricted funds
to nearest £

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)
		-
		-
		-
		-
		-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)
Refurbished HP pavillion Laptop	Unrestricted	478
		-
		-
		-
		-
		-
		-
		-
		-


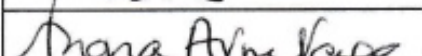
B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)
		-
		-
		-
		-
		-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Rebecca Boot
Fiona Armitage

CC16a



**Last year
to the nearest £**

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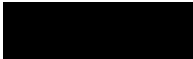
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Endowment funds
to nearest £

-
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-
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OK

Endowment funds
to nearest £

-
-
-
-
-
-

Current value
(optional)

-
-
-
-
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Current value
(optional)

-
-
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-
-
-
-
-
-

When due
(optional)

Date of approval

16.1.23
16.1.23

CRPS UK

England & Wales - Charity number 1165597

Accounts

Trustees' Annual Report for the period

	Period start date	Period end date
From	6 April 2020	31 March 2021
	To	

Section A Reference and administration details

Charity name	CRPS UK
Other names charity is known by	
Registered charity number (if any)	1165597
Charity's principal address	58 Station Road
	Aldridge
	Walsall
Postcode	WS9 0BN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amanda Nelson	Chair		
2	Rebecca Boot	Treasurer		
3	Fiona Armitage	Secretary		
4	Julie Weymouth			
5	Richmond Stace			
6	Dr Jacqueline Bailey PHD			
7	Dr Catherine Edgeworth PHD			
8	Samantha Fields		2/10/2020	9/11/2020
9				
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14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Elected by the board of trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. To relieve suffering and to preserve and advance the health of people with Complex Regional Pain Syndrome (CRPS) by any means as the trustees see fit.

2. The advancement, for the public benefit, of education of healthcare professionals, CRPS families and carers, and the public in general, in all areas relating to CRPS by the promotion of CRPS health education and research by, but not exclusively by, raising awareness through lectures, forums,

newsletters and publications and the provision of research grants and carrying out research.

In our activities the trustees regarded the guidance issued by the charity commission on the public benefit.

CRPS UK's main activities are to work to:

- reduce the isolation of people with CRPS
- increase understanding about CRPS by people with the condition to enable them to access appropriate treatment
- increase knowledge and understanding of CRPS among the general public in order to reduce suffering of people with CRPS caused by ignorance
- increase knowledge and understanding of CRPS among medical professionals to improve diagnosis and treatment outcomes
- promote, support and coproduce research into CRPS to enable developments in treatment and support of the condition

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

CRPS UK is mainly volunteer run. Without the ongoing dedicated support of our volunteers we would not be able to carry out our activities.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Online support group – CRPS UK has maintained an active online support group which helps to reduce isolation and can aid users by sign posting them to information about treatment and support services.

Individual Support – During the reporting period we began offering online individual support meetings to our members. These enable the member to discuss their issues and ask questions privately with two CRPS UK team members. This offers a more personal and individual focused session where any questions maybe asked and answered in confidence outside of a group setting. During support meetings, team members provide space for the member to talk openly, give them the benefit of their experience and signpost to relevant services best suited to their situation.

Online Coffee Mornings – At the start of the Covid-19 lockdown CRPS UK began holding online coffee mornings twice a week in order to provide social interaction and peer support for our members. Later, as restrictions eased and the weather improved this was reduced to once a week. These are still ongoing and have a core group of around 10 regular attendees with others attending occasionally.

The coffee mornings have enabled people to form friendships and have fun together. These coffee morning have been beneficial to members attending by way of reducing the feelings of isolation.

Once a month during the lockdown period of the pandemic, CRPS UK invited a speaker to attend the coffee morning to give a talk on specific aspects of living with CRPS, including treatments available, medications, mental health, benefits and research. This provided education to the members who attended, about the condition, self-management and how they can access support.

Leading on from the coffee mornings CRPS UK, organised virtual social evenings, which included quiz nights, bingo and crafting to name but a few.

Online Seminars – during the reporting period CRPS UK held online seminars with clinicians and other experts in the field related to CRPS. The majority of these took place during the November 'CRPS Awareness Month' when we held 2-3 seminars per week. These were well received and well attended.

The following are some of the online seminars held:

- Medical treatment options available
- Interactive research and the importance of getting involved
- Medication and how to get the best from it
- Neuromodulation
- Tai Chi and the importance of movement
- Diet and the role it plays in keeping well
- Mental Health and how to stay safe and well during Covid 19
- Benefits available

All of the above included Q&A sessions.

After each of the seminars time was given for peer support and to discuss how useful our members found the information given.

Production and distribution of literature – CRPS UK continues to distribute a range of literature aimed at health care professionals, people with CRPS and the general public. The education provided through our literature increases understanding about the condition amongst wider audiences, thereby reducing suffering of those with CRPS caused by lack of understanding and knowledge of the condition.

Research – During the reporting period CRPS UK began working with Mr Ben Miranda, and Mr Alex Smith from the St Andrews Centre for Plastic Surgery and Mid and South Essex Hospital Services NHS Trust on a collaborative patient centred study for people with CRPS. The aim of the study is to find out ‘who is more likely to suffer from CRPS’, ‘which are the most effective treatments for CRPS’ and ‘how much does CRPS affect the lives of patients’. The study aims to provide a positive outcome affecting the future management of patients who are at risk of developing or who have already developed CRPS.

CRPS UK continues to work on the ‘Living with CRPS’ research project. It focuses on the impact of living with CRPS on people’s health, wealth and disability. Work continues on this project into the next reporting period.

CRPS UK also continues to support clinicians and researchers investigating CRPS, by promoting calls for participation in current research projects and distributing the outcomes of completed research papers.

Brief statement of the charity's policy on reserves

CRPS UK does not have a reserves policy

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.


Section F Other optional information

[Empty box for optional information]

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

 Signature(s)		
Full name(s)	Rebecca Boot	Amanda Nelson
Position (eg Secretary, Chair, etc)	Treasurer	Chair
Date	13.9.21	13.9.21



Receipts and payments account

For the period from	Period start date 6th April 2020	To
------------------------	-------------------------------------	----

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Opening Balance	25,888		-
National Lottery Grant (stirling conference)		9,968	-
Community Fundraising	5,234	-	-
Donations	4,779	-	-
Monthly Giving	713	-	-
Merchandise	461	-	-
Literature	18	-	-
	-	-	-
Sub total (Gross income for AR)	11,205	9,968	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	11,205	9,968	-
A3 Payments			
Merchandise	6,163	-	-
Storage Rent	1,758	-	-
VA Services and volunteer DBS checks	1,663	-	-
Website and software subscriptions	1,583	-	-
Volunteer expenses	510	-	-
Insurance	394	-	-
Fundraising events	350	-	-
Trustee Expenses	138	-	-
Literature	128	-	-
Stirling Conference		106	-
Meetups/coffee mornings	100	-	-
Bank and paypal fees	16	-	-
Postage and Stationary	13	-	-
	-	-	-
	-	-	-
Sub total	12,815	106	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-

Total payments	12,815	106	-
Net of receipts/(payments)	- 1,610	9,862	-
A5 Transfers between funds	-	-	-
A6 Cash funds last year end	25,888	-	-
Cash funds this year end	24,278	9,862	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	National Lottery Grant (Stirling Conference)	
	Balance	24,279
		-
	Total cash funds	24,279
	(agree balances with receipts and payments account(s))	Agreement Error
B2 Other monetary assets	Details	Unrestricted funds to nearest £
		-
		-
		-
		-
		-
		-
B3 Investment assets	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs
B5 Liabilities	Details	Fund to which liability relates
	CCXX R3 accounts (SS)	

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name




Rebecca
Amanda

165597

units

Period end date

31st March 2021

CC16a



Total funds

Last year

to the nearest £

to the nearest £

25,888	-
9,968	-
5,234	-
4,779	-
713	-
461	-
18	-
-	-
21,173	-

-	-
-	-
-	-

21,173	-
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6,163	-
1,758	-
1,663	-
1,583	-
510	-
394	-
350	-
138	-
128	-
106	-
100	-
16	-
13	-
-	-
-	-
12,921	-

-	-
-	-
-	-

12,921	-
8,252	-
-	-
25,888	-
34,140	-

Restricted funds	Endowment funds
to nearest £	to nearest £
9,862	-
-	-
-	-
9,862	-
OK	OK

Restricted funds	Endowment funds
to nearest £	to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-
-	-
-	-
-	-

Amount due (optional)	When due (optional)
-	

-	
-	
-	
-	

ame	Date of approval
a Boot	
Nelson	