

Trustees' Annual Report for the period

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

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				
10				
11				
12				
13				
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.

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

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

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)

Position (eg Secretary, Chair, etc)

Date

Rebecca Boot	Amanda Nelson
Treasurer	Chair
13.9.21	13.9.21



Receipts and payments account

For the period from	Period start date 6th April 2020	To
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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)	18/01/2022

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	