

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2021		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 (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

<p>by, but not exclusively by, raising awareness through lectures, forums, newsletters and publications and the provision of research grants and carrying out research.</p>	<p>In our activities the trustees regarded the guidance issued by the charity commission on the public benefit.</p> <p>CRPS UK's main activities are to work to:</p> <ul style="list-style-type: none"> • 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
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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 – 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.

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:


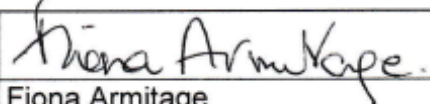
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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

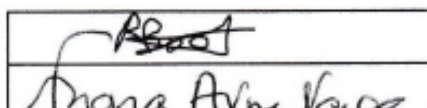
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
			-	-
Community Fundraising	8,361		-	8,361
Donations	2,668	-	-	2,668
Monthly Giving	662	-	-	662
Merchandise	423	-	-	423
Literature	27	-	-	27
		-	-	-
	-	-	-	-
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	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets			-
			-
			-
			-
			-
			-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)
	Refurbished HP pavillion Laptop	Unrestricted	478
			-
			-
			-
			-
			-
			-
			-
			-
B5 Liabilities		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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**Endowment
funds**
to nearest £

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OK

**Endowment
funds**
to nearest £

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**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