

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2022		31	March	2023

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				
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

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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 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 events 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 end 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:


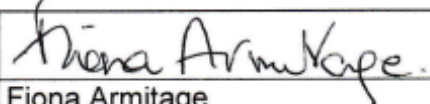
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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



CHARITY COMMISSION
FOR ENGLAND AND WALES

CRPS UK

1165597

Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2022

To

Period end date
31st March 2023

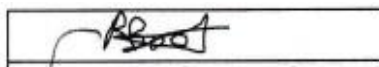
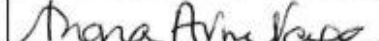
Section A Receipts and payments

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