

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2024		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				
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.

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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,

<p>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

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 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.

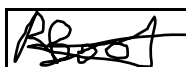
Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

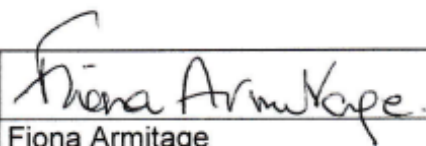


Full name(s)

Rebecca Boot

Position (eg Secretary, Chair, etc)

Treasurer


Fiona Armitage

Secretary

Date

15.1.26

15.1.26



CHARITY COMMISSION
FOR ENGLAND AND WALES

CRPS UK

1165597

Receipts and payments accounts

CC16a

For the period
from

Period start date
1st April 2024

To

Period end date
31st March 2025


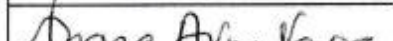
Section A Receipts and payments

	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
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)
	lenovo thinkpad t49015-8365u	unrestricted	438	438
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	15.1.26
	Fiona Armitage	15.1.26