



The Pain Exchange

Charity registration number 1166229

The Church of St Dunstan with St Thomas

Friars Place Lane W3

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The Pain Exchange (PEX) Trustees Report 1st January-31st December 2022

Welcome to The Pain Exchange (PEX), annual report for the year 2022.

The Pain Exchange is a charitable incorporated organisation (CIO) that seeks to support those living with long-term pain. The trustees are Audette James, Retha Welding and James Riddiough. Sharon Morgans manages the PEX and sits on the board of trustees.

Staffing at the Pain Exchange 2022

The Trustees would like to take this opportunity to thank all the volunteers and staff who have enabled the work of the Pain Exchange this year, notably: Sue Bolton, a volunteer, for her work welcoming and caring for the participants; Leidy Moreno who runs the art sessions - the PEX is most grateful to Leidy for her dedication, knowledge, skills and care. Thanks to Fleur Borelli for providing nutritional workshops - her knowledge and empathy are highly valued. Celia Riddiough, a postgraduate, joined the PEX in September 2022 working as a volunteer, supporting Sue. Celia fully embraced her role welcoming participants and offering a listening ear. Celia found a full-time post in March 2023, and we wish her all the best for the career ahead of her and thank her for her time and care at the PEX.

The PEX would also like to take the opportunity to thank Helen Alsop, one of the PEX physiotherapists, for all her hard work over the last 6 years - Helen initially started at the PEX as a physiotherapy volunteer as part of a graduated return to work. In 2018 she increased her hours and became one of the PEX paid staff members. In October 2022 Helen stepped down from the PEX and moved on to new pastures. The PEX will miss Helen's expertise, empathy and kindness and wish her all the very best as she expands her work.

Guy Sears has once again kindly offered his time to check and prepare the presentation of the PEX accounts. His time and expertise are invaluable.

Sharon Morgans would like to take this opportunity to thank her fellow trustees for their time, their individual skills and wisdom in guiding the PEX service. Huge thanks to Audette, James and Retha.

The PEX will look to recruiting new staff in 2023, to fill the gaps left by Helen and Celia and to fill the administrator role.

Services provided at the PEX 2022

The PEX continues to provide face-to-face exercise and relaxation classes, art classes, and workshops including nutrition. Helen continued with the online classes during the spring and summer terms. The 1:1 physiotherapy assessments continue. These offer opportunities for participants to discuss any new health issues or concerns with the physiotherapist. This allows therapists to give advice and treatment where appropriate, or to liaise with relevant medical or social services. As a result of the pandemic, social time has been considered more important than ever and the PEX continues to provide this time by including coffee breaks between activities, PEX lunches and community lunches in conjunction with St. Dunstan's church.

Service Outcomes and Developments at the PEX

Sharon Morgans met with a local psychologist in the summer of 2022. The psychologist runs a NHS-funded mental health support service for NHS staff and Ealing borough residents. This service offers coaching in life skills and the PEX can refer staff and participants to this service if they are residents of Ealing borough. The plan is to build on this relationship.

Sharon Morgans completed her Masters in Pain Management in July 2022, and as part of her final module she analysed PEX outcomes to determine whether the PEX was meeting its charitable objectives. The results demonstrated that 64% of participants reported an improvement in physical confidence and 85% reported an improvement in social confidence. All participants reported benefit from attending the PEX service, either in improved physical ability or in terms of feeling less isolated.

Review of 2022 at the PEX and Hopes for 2023

This was another year of challenges and highlights. Recruitment and funding remain key issues facing the PEX. Two key staffing requirements are a physiotherapist and an administrator. With respect to funding, a more sustainable source of funding would be helpful to improve longer-term service planning and development. In 2022 the PEX managed to maintain its services, but this proved a struggle in the latter part of 2022 this was. The hope for 2023 is to have a concerted effort to recruit an administrator who can focus on grant applications and day to day administration. Additionally, the PEX hopes to recruit a new physiotherapist.

One of the highlights of last 2022 was a successful joint funding application with St. Dunstan's Church PCC to start a community garden. This means that this joint venture community garden project joint will start in 2023. This will offer another dimension of both activity and social interaction for PEX participants.

A continued challenge for the PEX Trustees is the knowledge that there is a huge need for the services that the PEX can offer, (persistent pain affects approximately 23% of the UK population). Furthermore, there are frequent enquiries through the website about similar services around the UK, for example requests about similar services in Bristol, the Southwest, the Midlands and the Northeast. Additionally, the PEX service audit demonstrated that the service largely meets its charitable aims. Social isolation and

reduced physical function are associated with reduced quality of life in persistent pain sufferers. Therefore, a hope for the future is that the PEX can expand the service and offer support to more people both locally and across the UK.

Linked to the above challenge is the ability for the PEX to raise awareness of the service with other healthcare providers. NHS England has developed a “house of care” model for people living with long-term pain. This model aims to put patients/people at the centre of care and aims to integrate services across medical and social care and to work alongside the third sector. One hope for the PEX is to be able to link in with this care model and to work closely with social and medical care providers, with the aim of enhancing quality of life for those who live with persistent pain.

Receipt and payments accounts and statement of assets and liabilities of The Pain Exchange, a CIO, for the year ended		31 December 2022
Incoming Resources		£
Class income and donations		5,975.09
Grants		0.00
Interest on bank accounts		0.00
Total Income		5,975.09
Direct Charitable Expenditure		
Course leaders		(3,496.89)
Rent		(2,050.00)
Website		(267.00)
Equipment & materials		(716.30)
Food & drink		(60.34)
Utilities		0.00
insurance		(716.95)
other misc expenses		(129.55)
fundraising		0.00
Total Direct Charitable Expenditure		(7,437.03)
Other Expenditure		
Administration		(78.17)
Total Expenditure		(7,515.20)
Net income/expenditure for the year		(1,540.11)
Net movement in funds		(1,540.11)
Net assets at 1 January 2022		9,966.71
Net assets at 31 December 2022		8,426.60
represented by (there being no liabilities, no guarantees and no express charges over any assets):		
Cash at bank		8,372.04
Float cash		54.56