

The Pain Exchange

Charity registration number 1166229

The Church of St Dunstan with St Thomas

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The Pain Exchange (PEX) Trustees Report 1st January-31st December 2024

Welcome to The Pain Exchange (PEX), annual report for the year 2024

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 2024

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, who has now volunteered at the PEX for 11 years, huge thanks for her perseverance and dedication. Leidy Moreno the PEX art teacher – thank you Leidy for your gentle and compassionate approach. We thank Fleur Borrelli for providing nutritional workshops – thank-you for your knowledge and creativity in presenting nutritional advice. Camilla Marriot and Sarah Yates continue to support Leidy in the art class, and we thank them for their time, kindness, and enthusiasm. Ros Yates remains with us, and we are most grateful for her joy and creative talents. Helena, the PEX administrator, thank you for your support, hard work, and continuing to go the extra mile. A huge thank you to Niloo, who runs the online yoga class, feed-back from participants is excellent. Thank you to Edward Walsh who completed his masters in 2024 and delivered an excellent workshop explaining pain. We hope to see more of Edward next year.

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.

Services provided at the PEX 2024

The PEX continues to provide face-to-face exercise and relaxation classes, art classes, and interactive education workshops. Topics include Pain science education, sleep management, pain flare up management, and nutrition. The 1:1 physiotherapy follow-up sessions continue, providing opportunities for participants to discuss new health issues or concerns and to set new goals. These sessions are an opportunity to direct support appropriate to participants' needs, e.g. onward referral for medical consultations; social services; psychological support; third sector support such as the foodbank. Time to socialize together is valued by participants and the PEX continues to provide this through coffee time, PEX lunches, education workshops. All new participants for both face-to-face and online classes are assessed prior to joining the class to check that the service is appropriate for them.

Service Outcomes and Developments at the PEX 2024

The next PEX service outcomes are due to be assessed in 2025. The class attendance continues to be good. PEX service development in terms of numbers, is on hold secondary to current staffing levels and finances. However, to ease pressure on the one physiotherapist, links have been made with a physiotherapist, who has completed a masters in pain science and has delivered an education workshop. The plan for 2025 is to develop this partnership.

Pain Exchange Activity Levels 2024: 2023

The pain exchange runs a termly timetable, 36 weeks per year. The exercise and relaxation classes are run once per week. The art class runs once every two weeks and education sessions run 3 times per year. There are 9 new patient slots per year, 72 1:1 follow up slots per year, with the current physiotherapy staffing level.

Attendance	2023	2024
Exercise class	341	328
Relaxation class	319	324
Art	60	128
Education workshops	33	33
Online Class	NA	NR
New Patients	6	17
1:1	81	89

Review of 2024 and hopes for 2025

Challenges and highlights continued in 2024. Funding remains one of the key issues facing the PEX. A second physiotherapist is key to sustaining and growing the service and it was good to start to form a partnership with Edward Walsh that we hope to sustain and grow over the next 2 years. With respect to funding, a sustainable source of

funding would be helpful to improve longer-term service planning and development. The PEX was unsuccessful in grant applications last year, this was related to high numbers of grant applications but also related to our approach to fund-raising. This learning curve resulted in PEX running two fund-raising campaigns (sponsored bike ride and a half marathon run) which together raised over £6,000. Additionally, we developed a business plan to help support our funding applications. The hope is that future grant applications will be more robust. The business plan has helped us develop a sensible but less conservative approach to use of current funds, and has given us confidence to develop the service in 2025

The hope for 2025, is that with new approach to fund-raising, grant applications and use of current funds will facilitate further development of the service.

One of the challenges for 2024 was the development of the community garden and craft sessions. By the autumn term uptake by participants for these was low. We are therefore re- thinking these services, this will be in conjunction with the local church as well as our participants

One of the highlights of the year was an excellent interactive workshop run by Edward Walsh, covering the topic of how and why we feel pain and why pain can persist. We look forward to working with Edward in 2025.

A continued challenge for the PEX Trustees is the knowledge that there is a huge need for the support that the PEX offers, (persistent pain affects approximately 23% of the UK population). The PEX continues to receive enquiries from across the UK, regarding access to similar services locally. We continue to be unable to find any other services like the PEX. Therefore, a continued hope for the future is that the PEX can expand and offer support to more people both locally and across the UK, or help others set up a similar service.

Another continuing challenge is to develop links with NHS and social services. The main barriers to this are time, as our service, NHS, and social services are all stretched. However, a highlight of 2024 was the development of links with our local mental – health team who made several referrals to the PEX. Our hope for 2025 is to maintain this relationship and to build relationships with our local GPs and social services.

Ultimately, we would like to develop an online directory of NHS, social services and third sector services available to those who live with the bio-psychosocial impact of persistent pain. The 2012 National Pain Audit noted the importance of the right treatment at the right time and the development of an online directory of available services could help promote this.

NOTHING ON THIS PAGE SHOULD BE OVER-WRITTEN

Receipt and payments accounts and statement of assets and liabilities of The Pain Exchange, a CIO, for the year ended		31 December 2024
Incoming Resources		£
Class income and donations		7,515.09
Grants		0.00
fundraising		6,698.09
Interest on bank accounts		0.00
Total Income		14,213.18
Direct Charitable Expenditure		
Course leaders		(10,791.75)
Rent		(2,700.00)
Website		(267.00)
Equipment & materials		(23.55)
Food & drink		(133.50)
Utilities		0.00
insurance		(802.20)
other misc expenses		8.17
Total Direct Charitable Expenditure		(14,709.83)
Other Expenditure		
Administration		(35.00)
Total Expenditure		(14,744.83)
Net income/expenditure for the year		(531.65)
Net movement in funds		(531.65)
Net assets at 1 January 2024		15,348.67
Net assets at 31 December 2024		14,817.02
represented by (there being no liabilities, no guarantees and no express charges over any assets):		
Cash at bank		14,793.37
Float cash		23.65