

Charity registration number: 1166522

Burning Nights CRPS Support

Annual Report and Financial Statements
for the Year Ended 31 March 2022

Burning Nights CRPS Support

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 17
Independent Examiner's Report	18
Statement of Financial Activities	19
Balance Sheet	20
Notes to the Financial Statements	21 to 27

Burning Nights CRPS Support

Reference and Administrative Details

Trustees	Mrs Victoria Abbott-Fleming Ms Lisa Davies Mr Thomas Craig Lowe Mr Altaf Patel
Principal Office	1 Alder Brook Chinley High Peak Derbyshire SK23 6DN
Charity Registration Number	1166522
Bankers	National Westminster Bank plc Western Avenue Waterside Court Chatham Maritime Chatham Ken ME4 4RT
Independent Examiner	Andrew J McLaren FCA Beever and Struthers Chartered Accountants One Express 1 George Leigh Street Manchester M4 5DL

Burning Nights CRPS Support

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2022.

Objectives and activities

Objects and aims

The purposes and objectives of the charity, as set out in its governing document, are as follows:

1) to promote and protect the health of sufferers (patients) of Complex Regional Pain Syndrome (CRPS), their families and carers by the provision of information, advice and support including raising awareness of all aspects of CRPS amongst the public in general but in particular those involved in the diagnosis, treatment and care of those suffering from CRPS; and

2) to assist and support research into CRPS, its causes, treatment and cure and to ensure the useful results of such research are published.

In planning our activities for the year we kept in mind the Charities Commission's guidance on public benefit at our trustees meetings.

This annual report has been made in the aftermath of the Covid-19 Pandemic and is partly at the start of the financial crisis and cost of living crisis. Many activities and fundraising events remained virtual but some did start the transition back to in person events. But the charity continued to power forward and offer online support across our services.

Burning Nights CRPS Support

Trustees' Report

Objectives, strategies and activities

Provision information and support services to people with, affected by, or involved with the diagnosis and treatment of Complex Regional Pain Syndrome

As usual our main focus for all our activities and services lay with promoting and protecting the health of all those whose lives have been affected by Complex Regional Pain Syndrome (CRPS) which includes the sufferers (patients), their families, close friends, loved ones and caregivers, as well as reducing the isolation and loneliness that comes with living with a pain condition like Complex Regional Pain Syndrome (CRPS).

CRPS can also have a definite effect on partners, family members as well as personal relationships, and all those affected may need support. This is evident from the number of partners and family members who contact the charity across our services.

The poor mental health, low self-esteem and low confidence levels as well as loneliness, isolation and confusion that we saw during the years of Covid-19, continued to be evident throughout this year, especially in the scores and responses to our questionnaires in our Counselling and Psychotherapy service and Befriending Service. The demand for all of our support services within our community is continually growing.

We are very grateful to all the amazing supporters who have thought of new ways of raising money and supporting Burning Nights CRPS Support.

We continued to offer education, awareness, information, emotional & psychological support and general advice not only to those whose lives have been touched by CRPS including patients, family members and caregivers but also to members of the public, healthcare professionals and students, legal and financial professionals.

Even though the Covid-19 Pandemic was over, we were in its aftermath where we continued to see the CRPS community having continual problems in accessing NHS mental health services, so we continued to offer our Befriending Service and our Counselling and Psychotherapy Service. In fact, these two services are now our biggest and busiest services. Although in their infancy at the start of this financial year, we received many positive comments about the service.

We received continued requests and registrations for these two main services. Due to the number of requests we received we gradually brought in a total of 5 new volunteer counsellors and psychotherapists. 2 of whom were trainees on placements. But we also realised we had an urgent need for a volunteer therapist for younger clients aged under 18. This was a difficult role to fill as we wanted to ensure they understood the issues that our younger clients could be struggling with as well as having some knowledge or understanding of CRPS or chronic pain.

The Counselling and Psychotherapy Service offers CRPS patients and their family members aged 12 and over up to 20 hours of counselling or psychotherapy and 4 assessments with a counsellor or psychotherapist. We ask the patients to complete a before & after survey so we can monitor the impact of the counselling. We also monitor the number of sessions as well as other information.

The Befriending Service has also seen a continual high number of registrations of people wanting to access this service. People will receive 12 weekly calls or Zoom chats of up to 40 minutes each with one of our trained volunteers. We are continuing to develop the service and we have trained a number of volunteers during the year to become Befrienders.

Burning Nights CRPS Support

Trustees' Report

Maintaining a website and social media presence to promote public awareness and provide support

One of the main projects we began was to overhaul our website which is so central to our charity. Our old website was slowing down and was at its full maximum capacity. It had therefore outgrown our needs. During the year we designed and developed the new website together with the design agency, as the site was being coded from scratch to what design we were wanting.

The website was to contain an online community forum, a small shop with all our information and awareness products, live chat, as well as more information on all our services, the impact and a new membership scheme. This was to offer help and information to those living with CRPS, their families and carers as well as educating and raising awareness of the condition amongst the public, health and legal professionals.

Our blog articles that we produce are well read and patients and families find them useful, with many who print pages to take to their doctors.

Our social media support was also busy once again and we saw a small decrease in Private Messages, but saw an increase in comments and questions in response to our posts. We have a small number of volunteers dedicated to responding to both people's posts/comments and private messages. By being in a different format especially for the Millennials, Gen Z and teens, we aim to reduce the isolation of people with CRPS, their families and friends with our online community activities such as on social media support and our online community forum on our website.

Anyone affected by CRPS, whether they are patients, families, caregivers can contact the charity on six (6) social media channels via direct private messaging to 'speak' to our volunteers for signposting, information and a listening ear. We also receive messages from the general public, health professionals & student healthcare and law firms. They find being able to be in contact with someone who understands the condition extremely helpful.

We have continued to increase our supporters across our social media channels where we have profiles which during 2021-2022 include Facebook, Twitter, Instagram, Pinterest, YouTube and LinkedIn.

We continue to provide the latest research, articles and information about all aspects of CRPS, living with the condition and caring for someone with CRPS across all our social media profiles. This is to provide awareness of CRPS and information. We also have active profiles because we also respond to comments and private messages, which helps to reduce the loneliness and isolation of CRPS sufferers, their loved ones, family members and carers. It also offers an understanding and empathy to patients and families.

We also provided information about events that were occurring both from ourselves and from others, any new research or guidelines to continue to raise awareness of CRPS. We regularly receive messages and questions not just for patients and their families and friends but also from health and legal professionals.

Our Closed Facebook group for Parents & Caregivers of Young People with CRPS has gradually increased in numbers and has been very useful for parents, caregivers and guardians who are looking for and finding advice, information and support from others in similar situations as their own.

Burning Nights CRPS Support

Trustees' Report

Publishing of information booklets and products

Gradually throughout the year, we began updating not just the information on our website in anticipation for the new site, but also our information literature had a big overhaul. We also created a new booklet for supporting young people living with CRPS for their parents and guardians.

All of our information literature benefits not just the general public, but crucially to those living with CRPS, their families and carers, healthcare, legal and financial professionals by providing information, advice and support as well as raising awareness of all the aspects of the condition.

As part of our information literature developed and designed 3 packs with 60-75 pages on self-care for CRPS and chronic pain patients - for adults, teenagers and children, their families and caregivers. The self-care packs have information on looking after both their physical and mental health. We incorporated physiotherapy exercises from a physiotherapist, self-care ideas and sleeping tips as well as support helpline numbers. All our sections have activities to be done. These self-care packs are to improve mental health and emotional wellbeing of CRPS patients and their families, by providing information and activities to provide tools such as information and activities enabling them to cope, to improve self-esteem and resilience and to encourage belief and understanding that they can get through each day and their needs matter.

Running online support groups with trained volunteer CRPS patients

We continued with our online CRPS support groups and they were of great benefit to everyone who attended whether they were family members, patients living with the condition, young people or friends of CRPS patients who just wanted to know how to support their friend. They are important for the health of CRPS patients, their loved ones and caregivers and provide a sense of security as well as reduce isolation and loneliness.

These monthly online peer support groups offer a private, safe and confidential space to 'virtually' meet and chat with other members who are affected in similar ways. All our online support groups are volunteer led and who are all CRPS patients themselves. They provide a space for people to learn new skills, meet new people and talk about their experiences.

During our last report (2020-21) we identified the need for online support groups specifically for those aged 18 years and under, as well as one for the loved ones and caregivers. We felt that it is important to continue with these two different online support groups during this year 2021-2022. However due to the decline in numbers we decided to stop running these groups during the summer months and are considering stopping them in the next year. Although these groups had lower attendance numbers than the main peer support group, they have been helpful to those attending.

Burning Nights CRPS Support

Trustees' Report

Organising day conferences and online webinars

During 2021-2022 we held 2 webinars: Getting a Better Night's Sleep and Spinal Cord Stimulation (SCS) for Chronic Pain. It is with thanks to Kate Thorpe for presenting the Sleep Webinar and also Abbott Medical for supporting the webinar on SCS for Chronic Pain. We are extremely grateful for their support during the year. These webinars were well attended and attendees found them extremely informative.

Our annual national CRPS conference went ahead once again this year but in Chester. However as we were in the aftermath of the Covid Pandemic, we decided to hold the conference face to face but also via live stream if anyone was still concerned about Covid. The Government restrictions had been lifted allowing us to hold the conference face to face.

We held our one (1) day annual national CRPS conference during CRPS awareness month of November. As usual we kept it free of charge for those attending either live stream or in person. The attendees were mainly those affected by CRPS including CRPS patients (sufferers), their families and caregivers. At this year's conference we invited health professionals to speak who have an interest and knowledge in protecting the health of CRPS sufferers and their families and carers as well as providing information and support to those people. We also invited legal and disability speakers who are involved with CRPS.

Our attendees were mainly people who live with CRPS, their families, friends and caregivers. But we also had a small number of health professionals who had brought their patients as they were interested to learn more about the condition, treatment options, upcoming research and how it affects people and their families.

Our annual conference really does help to raise awareness of not just the condition, but also about living with it and managing it. Many people who attend find the event useful and insightful. They also gain support from others who attend the conference because they are able to share their own stories of journeys affected by CRPS. The conference also provides help, advice, support and information by trained health professionals giving hope to many patients and families showing there is help out there and there is life after diagnosis.

Burning Nights CRPS Support

Trustees' Report

Running a telephone information and advice Helpline and Live Chat for all members of our community as well as Healthcare Students & Professionals

Our telephone Helpline continued throughout 2021-2022. We still held its usual opening times during the working week ie Monday to Friday. For any calls out of hours there is a voicemail available and we have the phone number of the Samaritans on our contact page on our website as well as on our voicemail. The majority of people who contact the charity's Helpline are CRPS patients, loved ones and caregivers and we receive a range of questions and issues that we are able to deal with. The Helpline is there so others are able to talk to someone who understands what they are going through.

Our Helpline is run by CRPS patients as volunteers. It does benefit those living with the condition as they see it as a lifeline with many people being housebound, vulnerable and isolated. We are there on the end of a phone to help people cope with facing the day and finding a strategy that will work for them. We are also there to chat with the CRPS community when they are finding things difficult or as the start of their long road of acceptance of this condition.

The helpline is also of benefit to those people who care for CRPS sufferers, their family members, friends and loved ones. It is a useful resource used by many healthcare professionals and students including school nurses who see patients and school children and teenagers with this condition.

The Helpline supports callers with information, signposting to other organisations, support and non-medical advice to anyone who contacts the helpline. It also helps CRPS sufferers with their self-confidence and self-esteem as they realise they are not on their own in their journey.

Running an online community forum for mutual support, help, information and an exchange of ideas

Our Online Community Forum has been a great source of help to many. This Online Community forum helps people who maybe don't use social media or who want something that is more reliable. The Community Forum is there to provide peer support, help, peer advice, information as well as camaraderie and social networking.

As a charity we can also use the online community forum to signpost patients and their families to information about our own support services, treatment options available on the NHS and private and general information about the condition, managing the condition and living with it. CRPS patients, their families and carers can also gain support from other patients and their families from posting messages in the forum.

Attendance at exhibitions to promote public awareness

We took part in 2 exhibitions during 21-22 which were the ones that should have run during Covid but were cancelled. These were Guidelines Live and Naidex. We take part in these health and disability exhibitions to raise awareness not just of the charity & its services but also to raise awareness of CRPS and provide information and support to the general public and to those living with CRPS along with their families, loved ones, friends and carers as well as healthcare and legal professionals.

We raise awareness of CRPS at exhibitions so we can educate the public and those involved in caring for, treating and diagnosing those who may be suffering from CRPS is important so we can impart the latest information and research. We can also inform people of our key services that we can offer to patients & families.

Burning Nights CRPS Support

Trustees' Report

Provision of information and education talks to promote understanding and awareness of CRPS

We provided a number of CRPS and chronic pain awareness and information sessions that offered information about the condition, diagnosis, prognosis and treatment as well as ways to manage the condition. This helps with furthering education of CRPS especially to those healthcare students and professionals who are involved in treating, diagnosing and caring for those suffering from CRPS. We also provide these education sessions for healthcare professionals as well as student healthcare who need to be aware of this condition in case a patient comes to them and their department.

We have held meetings with several companies including medical device companies as well as health/medicine companies and law firms to try and raise the awareness of the condition for the protection and benefit of CRPS sufferers, their families and carers. Some of these meetings were very successful and in some cases we have secured future funding.

Supporting research projects that will benefit those affected by CRPS

As a charity we have taken part in assisting and supporting research into CRPS and chronic pain, its causes, treatment and one day a cure in different forms of research. This has included helping researchers find prospective participants.

The Pain At Work (PAW) Toolkit that we were involved in with Dr Blake at Nottingham University has stemmed into further research and a research proposal has been written during 2021-22. We await the response.

All of the research projects that we get involved in and find participants for, to support research into CRPS, its causes, treatment and cure as well as chronic pain and disability are a great way for our community to get involved in. We always ensure the results of such research are published across our social media, website and newsletters.

Campaigning to benefit those affected by CRPS especially patients

We also continued to be involved with a medical device manufacturer, Abbott Medical, who have developed a treatment option for CRPS patients - neuromodulation.

We also continued to be involved with the charity's local Member of Parliament who continues to raise multiple questions about the condition in Parliament. We also encourage patients and families to get involved with their local MP. This is ongoing and if we do manage to get everything that we are asking for from Parliament then this will be a huge benefit to CRPS patients.

Burning Nights CRPS Support

Trustees' Report

Fundraising disclosures

OUR SUPPORTERS

Fundraising and donations

We are almost entirely reliant on donations to fund our work. Without the public's generosity, we would be unable to support people affected by CRPS or work to reduce the time to diagnosis and improve care. We are considering applying for registration with the Fundraising Regulator in the next financial year, but we are open about how we raise our funds.

We train and support our staff to identify and protect people in vulnerable circumstances in accordance with our Safeguarding Policy and our Fundraising Policy. All our direct marketing communications contain clear instructions of how a supporter can easily opt out of receiving any further communication they wish to.

We also ask people to give to us through our regular appeals or by leaving a gift in their Will.

There were a number of fundraising events from our community supporting us which included a number of people taking part in various running, cycling or walking events including The Three Peaks Challenge, as well as a supporter who took on the virtual London Marathon.

Although we didn't receive a charity ballot for the London Marathon, we had someone run in the virtual London Marathon as we had places available.

We continued to receive donations from Facebook fundraisers which we've seen an amazing response to. People have been setting up fundraisers for their birthdays, anniversaries, Christmas, Giving Tuesday etc in aid of Burning Nights CRPS Support.

We still receive donations by text message both as a one off and also as a regular donation.

Organisational Health

We had decided before the Pandemic that we should reduce our reliance on member-generated income (ie income generated by our community) by strengthening our appeal to grant makers and developing more contacts with companies and the impact of the Pandemic simply accelerated the process.

We are grateful to the following for their support:

- CAF COVID Recovery Fund
- The Hospital Saturday Fund

The National Lottery Awards For All and the Albert Hunt Trust had provided their support at the end of the previous financial year for the redevelopment of our new website.

We will also be diversifying our funding further in the next financial year with the launch of our new website.

Corporate Donors

We have also continued to receive donations money from companies from their Dress Down Days, company walking days, Christmas Quiz and as the Charity of the Year.

We had some very productive and successful corporate donor meetings where we managed to secure funding and grants for projects and for the charity including from Abbott Medical. However we started to have talks with other companies at the end of the financial year.

Burning Nights CRPS Support

Trustees' Report

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Achievements and performance

We were delighted this year when our Founder and Chair, Victoria Abbott-Fleming was awarded an MBE for Services to Charity in June 2021 at the Queen's Birthday Honours List. Her Investiture was in February 2022. This brought the conversation of CRPS and the impact of the condition to the general public.

Although the Covid Pandemic was over, we still received a high number of requests for support, but we were also hit by the start of the high cost of living crisis.

We found that many of our CRPS community were still isolating and vulnerable because of Covid-19 which caused an impact on their mental health. This led to many living in isolation, anxiety and depression.

However we continued to offer and provide all our support services, expanding some services, slowing others as well as having the majority of our volunteers living with CRPS, showing our beneficiaries that we understand, can empathise and believe what they are going through. Being a patient led organisation is so important, where 75% of our Trustees live with chronic pain or CRPS and over 60% of our volunteers who are also patients themselves.

Here is a roundup of our main areas of focus for 2021-2022:

- Support for all those who have been affected by CRPS (sufferers, their families, friends and carers)
- Campaigning, Advocacy and awareness
- Information and Education
- Research and Studies
- Our Volunteers
- Our Supporters

Burning Nights CRPS Support

Trustees' Report

SUPPORT FOR ALL THOSE AFFECTED BY CRPS

We continue to be there to support, help and inform anyone who has been affected by Complex Regional Pain Syndrome (CRPS), whether they are patients, loved ones, families or caregivers.

We provide direct support through the following services:

- Online Support Groups
- Helpline
- Live Chat
- Social Media
- Email support
- Online Community Forum
- Befriending Service
- Counselling Service

In more detail:

Befriending Service

We continued with our Befriending Service and in fact expanded it to have 6 volunteer Befrienders as we have received a large number of requests to be befriended. We wish to keep expanding this service to have more volunteers to cope with the demand.

This service is one of our bigger support services and consists of a weekly call or online video chat for 40 minutes. Each client receives a total of 12 calls / video chats from one of our trained volunteers who are all CRPS patients themselves.

We will be doing a volunteer recruitment drive during the next financial year to have 10 volunteers who can empathise and be a listening ear for someone affected by CRPS.

During 2021-2022 we provided 66 sessions and started 11 new clients.

Counselling and Psychotherapy Service

We began this service in March 2021 during the Pandemic and initially was going to be a trial of 6 months. However we were inundated with requests for counselling as our community were unable to access NHS mental health services. We have not only continued this service but have expanded it to have 6 (six) counsellors and psychotherapists as we had no fall off in demand for this service.

We offer up to 20 hours of counselling or psychotherapy for anyone aged over 18 along with 4 assessments to keep assessing their anxiety and depression scores. This is far more than the NHS are currently able to offer.

Most of our clients are adults however we received a number of registration forms for young people aged 11 and over, therefore in the next financial year we will have a specific volunteer drive for a young person counsellor.

During 2021-2022 we provided 200 sessions of 1 hour or over and started 25 new clients. Our waiting list has varied from over 18 months to just 3 months, however we have new people wanting to access this service every day.

We have four qualified counsellors, one trainee counsellor and one trainee Psychotherapist. All of whom are volunteers and without them giving up their time, knowledge and skills to support the charity enabling us to offer this important service.

We saw that the average anxiety level of our completed clients started at over 17 which is severe anxiety. This is evident in our own survey. At the completion of 20 hours of counselling this figure dropped to just over 11 which is mild anxiety. This shows a real impact. From our surveys we saw a reduction in anger, fear & frustration in all clients. 100% felt they saw a very definite reduction in suicidal thoughts.

Burning Nights CRPS Support

Trustees' Report

Online CRPS Support Groups

We have continued with online peer support group meetings which were so successful during the Pandemic - as they seem to provide a more accessible service for most people within our community. We are considering the return of our face to face support groups in Manchester and London, but we will find out from our members if this is something people want.

Our main adult online support group maintained its monthly meet, but the young person group and caregivers group had a period without running as we found people weren't in any need of those two groups.

We held a total of 23 online support groups, run by our amazing volunteers who all have CRPS themselves. These groups are a fantastic outlet for people who want to network, find support and to ask for information.

We supported 181 individuals in our online support groups and on average we have a regular number of approximately 15-20 every month attend our main online peer support group.

Email Support

We continued to provide support via email to CRPS patients (sufferers), their families, partners and carers who may have questions or requests for support, help or information.

During 2021-2022 we supported 797 individuals through email.

We received emails regarding various issues such as requests to access our services, CRPS specialist information, CRPS specialist lawyers as well as signposting to other services or organisations.

The support by email helps reduce the loneliness and isolation and increases education for patients, their relatives, families and carers. It also provides them with necessary and important support, advice and knowledge.

Live Chat

We started a Live Chat support in July 2020 during the Pandemic as it provided an alternative digital solution to those who weren't able to use the telephone or any of our other options.

We developed this support service so it is open for 6 (six) days a week.

During 2021-2022 we responded to and supported 369 individuals for almost 19 hours of chat support time. The average chat time was 48 minutes.

Online Community Forum

We continued to offer our Online Community Forum which can be found on our website to offer another digital alternative to social media to reduce the isolation and vulnerability that CRPS sufferers and their loved ones feel once diagnosed with CRPS. It also is a great place for the community to e-meet to exchange help, advice and information between each other.

We have a number of volunteers who support and moderate the Online Community Forum to ensure no spam and that people are following the necessary rules of the forum. They are also there to offer their own personal experiences and ensure the information others provide is correct.

The Online Community Forum is open and available 24/7. We have just over 1,940 participants overall. It is a safe place where patients, their families and partners are able to ask questions and talk about the condition as well as exchange ideas and gain peer support.

The Community Forum is also there to help reduce loneliness and isolation by providing a social interaction with others who can understand what others are going through.

Social Media

We continue to have a very solid presence on six (6) social media platforms where we regularly post articles, events and research opportunities for CRPS sufferers, their loved ones, family members, friends and carers.

We are also able to support everyone affected by CRPS by providing individual responses of support via Private Message and also in the comments of posts.

We responded to almost 600 individual private messages during 2021-2022.

We consistently see an increase in our number of followers and subscribers across all our platforms - Facebook, Twitter, Instagram, Pinterest, LinkedIn and YouTube.

By the end of March 2022, our social media community saw an increase of 8% compared to the previous year (number of followers 52,256 during 2020-21) and we had 56,623 followers and subscribers across the six social media channels.

Our closed online support group on Facebook for parents/guardians who have children and teens with CRPS continues to increase its members and has just over 680 members.

Burning Nights CRPS Support

Trustees' Report

Helpline

The telephone Helpline along with the email support are an integral and important part of the charity and the support services.

We receive calls not just from CRPS patients, their families and friends but also from health professionals and social prescribers needing help, information and signposting.

Many callers asked us for support as they struggled to access NHS services including mental health services and benefits, and many experienced difficulties navigating the education system for children and young people with disabilities.

The Helpline is open for support five days a week.

The helpline is manned by volunteers to the charity who are CRPS sufferers themselves.

During 2021-2022 we responded to 811 calls to our Helpline which was over 101 hours of call time.

We will look into developing our Helpline by recruiting more volunteers and developing a training programme.

CAMPAIGNING, ADVOCACY and AWARENESS

Our Founder and Chair also volunteers with the British Pain Society and regularly raises awareness of the concerns of our patients and families such as waiting times for pain clinics, lack of treatments and limited access to mental health services.

CRPS awareness sessions

We provided a small number of CRPS awareness sessions providing over 9 hours of information to healthcare and legal students and professionals. We delivered other talks both face to face and virtually.

We regularly speak at Derby University to the first year Occupational Therapy (OT) students talking about CRPS and how life is affected by the condition. The talk was delivered face to face once again and it offered the students someone with lived experience who could give them a personal experience of how CRPS affects all aspects of their life.

Education and awareness of CRPS is crucial to improved outcomes, quicker diagnoses and better treatments.

We now need to work together with the NHS, other patient groups and organisations to address the topic of CRPS and how much it does have an effect on the society as a whole just like chronic pain.

We would like to develop online CRPS awareness sessions in the future so people can access them at any time.

Exhibitions

Some of the exhibitions we are usually exhibitors went back to face to face and others were either moved to the next financial year or were held virtually. We were exhibitors at a new exhibition which was primarily aimed at those involved in Primary Care which we found very useful to raise awareness about the charity and the condition.

We attended the virtual exhibitions as exhibitors to raise awareness and provide information about CRPS.

We will continue to be exhibitors at certain health and disability exhibitions to raise awareness of CRPS and the effects of the condition because of the complexity and diverse range of signs and symptoms. If the public and healthcare are made aware of the condition it can provide a better understanding so patients can be diagnosed sooner.

Parliament and Campaigning

We continued working with our local MP to ask questions in the House of Commons about CRPS including mental health support.

We aim to continue working with our MP to carry on asking questions so we can provide answers to CRPS patients & their families.

Burning Nights CRPS Support

Trustees' Report

INFORMATION and EDUCATION

We provide information and education to our CRPS patients, their families and loved ones as well as the general public as well as health professionals and students through our annual national conference, webinars, website and our literature & products.

Annual Conference 2021

Our 7th Annual National CRPS Conference 2022 was our first face to face conference since the Pandemic restrictions were lifted. We held it at the DoubleTree Hilton, Chester on 21st November 2021. We received an Educational Grant from Abbott Medical to support the conference, for which we are extremely grateful.

As well as the face to face conference we also live streamed the event for those who were concerned about Covid-19 and mixing with others.

We had 158 people ticketed/registered for the event and live stream, but sadly only 59 attended either the face to face or live stream. We had CRPS patients and their families from the U.K., we also had attendees from around the world including USA, South Africa, Europe, New Zealand and Australia attending the live stream. For the face to face all were from the U.K. We also had a physiotherapist come along with her patient to gain information, help and support from the speakers but also from the charity.

We brought in 7 health and legal professional speakers all of whom had an interest and/or working knowledge of CRPS, chronic pain or disability. We heard from a pain specialist giving up to date research and information about neuromodulation as a management option of CRPS. We also heard about personalised medicines.

Webinars

Due to the fact that our webinars were well attended during the Pandemic we decided to run a small number of online talks (webinars) during this year.

We held 3 webinars in 2021-2022, including Getting a Better Sleep, Spinal Cord Stimulator for Chronic Pain and Dorsal Root Ganglion Stimulation for CRPS. It is with thanks to Kate Thorpe and Abbott Medical for presenting these webinars.

Overall we supported almost 200 individuals with our webinars.

Website

We want to reach as many people as possible affected by CRPS. Having a dialogue with them will inform them of our plans for projects making a difference across the UK.

We have a great number of unique visits to our website - almost 130,000 during the year. However we know this can be improved upon when we launch our new website later on in the next financial year.

We regularly update and provide information about CRPS for sufferers, their loved ones, families, friends and carers on our website, the blogs and e-newsletter. We added more up to date research in various sections of the website and continued to make updates on the main parts of the website.

The website is extremely valuable to CRPS sufferers, their families, loved ones, friends and carers as well as being informative to the general public about the condition, the health professionals to ensure the condition is properly understood so patients can receive the correct treatment they require and legal professionals can find the information about the condition, current research and treatment options for their clients.

Our main ongoing project was the development of our new website which we were given a number of grants to contribute to the cost.

Literature and Information Products

We continued to regularly update our various information products to ensure they are fully up to date especially after a big update in September 2021. We also developed new booklets to help provide information of all aspects of the living and managing the condition aimed at CRPS patients, their families and friends.

Our main project for 2021-22 was to finish developing our Self Care booklets. This Self Care project was born out of the Pandemic and we found that our community didn't have much information about self care. We developed three different books according to age - adults (aged 18+), teenagers (aged 13-17) and children (aged 8-12).

Burning Nights CRPS Support

Trustees' Report

We also created a new booklet for supporting young people living with CRPS for their parents and guardians. This contained information and tips from other parents on supporting young people with CRPS in all aspects of their life i.e. education, home, friends and medical appointments.

These leaflets and other information literature provide education, awareness and support to everyone affected by CRPS whether they are patients, friends, family members or loved ones.

We continued to distribute our CRPS information leaflets for adult and young people to various NHS hospitals and private clinics across the UK.

We aim to be in contact with more pain clinics during the next financial year to ensure they are aware of our charity and the support services they offer.

RESEARCH and STUDIES

Research

Both Burning Nights CRPS Support and our Founder & Chair, Victoria were heavily involved with Dr Holly Blake at Nottingham University to create a Pain At Work (PAW) Toolkit and the study was finally accepted for print in December 2021. The citation is: **Blake H, Somerset S, Greaves S. The Pain at Work Toolkit for Employees with Chronic or Persistent Pain: A Collaborative-Participatory Study. Healthcare (Basel). 2021 Dec 29;10(1):56. doi: 10.3390/healthcare10010056. PMID: 35052220; PMCID: PMC8775489.**

This was an online digital toolkit designed to provide information, support, advice and guidance for people at work who have chronic or persistent pain. Although this Toolkit was completed during 2020-2021, it wasn't accepted in the Healthcare (Basel) Journal until December 2021. Our Founder & Chair, Victoria Abbott-Fleming MBE, was listed as an author. The direct link to the paper is at: <https://pubmed.ncbi.nlm.nih.gov/35052220/>

The direct for the actual Pain At Work Toolkit can be found at: https://xerte.nottingham.ac.uk/play_24452

Our involvement, especially that of Victoria was included in the BRC Musculoskeletal Theme Conference in February 2022.

We have taken part in assisting and supporting research studies into CRPS and chronic pain, its causes, treatment and cure in 21 research studies from various Universities in the U.K. Ireland and Switzerland.

This has included helping researchers find prospective participants, by sharing their studies on our social media, in our e-newsletters, on our website and occasionally on our blog article section of the website.

We continued to share the results of any research studies or clinical trials we have assisted in across our social media channels, our website, e-newsletter and online community forum.

OUR VOLUNTEERS

We had 39 fantastic volunteers delivering 10 services providing 7,030 hours of support to the charity. Thank You!

Our volunteers are at the heart of the support we provide in the community and we are committed to providing a positive and enjoyable volunteering experience.

Volunteers attend support sessions and meet every two months to share best practice and support each other. For volunteer Befrienders and Counsellors / Therapists they meet every month for supervision and peer support to gain support from each other and to improve the service and ensure volunteers receive up to date training.

Training and Induction

All new volunteers are given a full induction into the charity including essential Safeguarding training. All volunteers also have to complete CRPS awareness training which is a video with subsequent questions to answer.

The volunteer Befrienders and Counsellors also attend four courses which are considered mandatory for their role including suicide awareness, suicide prevention, mental health awareness and self harm awareness.

We regularly offer training courses for all volunteers and ensure the basic courses such as Safeguarding are renewed yearly.

We are committed to ensuring all our volunteers are trained for the role they are to make sure that our community receiving support from our volunteers are fully trained.

Burning Nights CRPS Support

Trustees' Report

Financial review

The Charity has received incoming resources during the year of £84,469 (2021: £54,286) and its outgoing resources for the year were £59,669 (2021: £25,179) resulting in net incoming resources of £24,800 (2021: £29,107).

The balance sheet shows net assets of £105,198 (2021: £80,398 including restricted funds of £5,000 (2021: £8,439)).

Policy on reserves

The aim of the reserves policy is to ensure that the charity's ongoing and future activities are reasonable protected from unexpected fluctuations in its income and expenditure. The board reviewed its reserves policy and agreed that a minimum level of unrestricted general funds, also known as free reserves, of £30,000. This is approximately six months of running costs.

The total reserves at 31 March 2022 was £105,198 (2021: £80,398) of which £5,000 (2021: £8,439) are held in restricted funds. The balance held in unrestricted funds was £100,198 (2021: £71,959) of which £90,236 (2021: £58,611) are free reserves, after allowing for funds tied up in tangible fixed assets.

The trustees consider the excess reserves held are prudent in current economic climate.

Principal funding sources

Burning Nights CRPS Support raises its funds through fundraising activities, grants and donations and also through the sale of branded goods through its online shop.

The Pandemic and the negative impact on our fundraising, accelerated our thoughts and plans on diversifying our income streams.

We continued to receive corporate donations from law firms to join our small legal panel, as well as general corporate donations and grants from medical device companies.

Structure, governance and management

Nature of governing document

Burning Nights CRPS Support was established as a charity and is governed by a constitution adopted on 20 October 2015. It was registered as a Charitable Incorporated Organisation on 13 April 2016.

Recruitment and appointment of trustees

These trustees are appointed in line with the provisions of the Constitution and subject to retirement or re-appointment on a three-yearly rolling basis at the AGM. New trustees are agreed upon by 3 of the current trustees. Apart from the first charity trustees, every trustee must be appointed for a term of three years.

Induction and training of trustees

We have a number of policies in place for trustees including confidentiality, data protection, social media, vulnerable adult and children safeguarding and conflicts of interest. These policies are regularly updated to check for accuracy and updates in the law.

All new trustees are given a full induction into the charity and are given regular training for Safeguarding of Vulnerable Adults and Children.

All trustees give their time voluntarily and receive no remuneration or benefits except exp

Burning Nights CRPS Support

Trustees' Report

Organisational structure

The charity has a Chair who leads the Board and the work of the staff and volunteering team and a Treasurer alongside other trustees without any titles.

Burning Nights CRPS Support is a national UK wide organisation.

Burning Nights CRPS Support maintains working relationships with other charities and umbrella organisations that share common purpose with the charity. None of these relationships is a related party in terms of the SORP.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The annual report was approved by the trustees of the charity on 23 January 2023 and signed on its behalf by:



Mrs Victoria Abbott-Fleming
Trustee

Burning Nights CRPS Support

Independent Examiner's Report to the trustees of Burning Nights CRPS Support

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 19 to 27.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

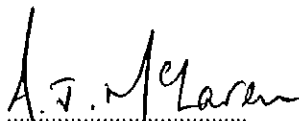
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Andrew J McLaren FCA
Beever and Struthers

Chartered Accountants
One Express
1 George Leigh Street
Manchester
M4 5DL

Date: 23/1/23

Burning Nights CRPS Support

Statement of Financial Activities for the Year Ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies		73,521	7,300	80,821
Other trading activities		3,648	-	3,648
Total Income		<u>77,169</u>	<u>7,300</u>	<u>84,469</u>
Expenditure on:				
Raising funds		(16,178)	-	(16,178)
Charitable activities		(32,752)	(10,739)	(43,491)
Total Expenditure		<u>(48,930)</u>	<u>(10,739)</u>	<u>(59,669)</u>
Net movement in funds		28,239	(3,439)	24,800
Reconciliation of funds				
Total funds brought forward		<u>71,959</u>	<u>8,439</u>	<u>80,398</u>
Total funds carried forward	15	<u>100,198</u>	<u>5,000</u>	<u>105,198</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Donations and legacies		42,116	6,510	48,626
Other trading activities		5,660	-	5,660
Total Income		<u>47,776</u>	<u>6,510</u>	<u>54,286</u>
Expenditure on:				
Raising funds		(7,640)	-	(7,640)
Charitable activities		(16,779)	(760)	(17,539)
Total Expenditure		<u>(24,419)</u>	<u>(760)</u>	<u>(25,179)</u>
Net movement in funds		23,357	5,750	29,107
Reconciliation of funds				
Total funds brought forward		<u>48,602</u>	<u>2,689</u>	<u>51,291</u>
Total funds carried forward	15	<u>71,959</u>	<u>8,439</u>	<u>80,398</u>

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 15.

Burning Nights CRPS Support
(Registration number: 1166522)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	11	9,962	13,348
Current assets			
Stocks	12	4,688	-
Debtors	13	500	5
Cash at bank and in hand		<u>92,873</u>	<u>67,110</u>
		98,061	67,115
Creditors: Amounts falling due within one year	14	<u>(2,825)</u>	<u>(65)</u>
Net current assets		<u>95,236</u>	<u>67,050</u>
Net assets		<u>105,198</u>	<u>80,398</u>
Funds of the charity:			
Restricted funds		5,000	8,439
Unrestricted income funds			
Unrestricted funds		<u>100,198</u>	<u>71,959</u>
Total funds	15	<u>105,198</u>	<u>80,398</u>

The financial statements on pages 19 to 27 were approved by the trustees, and authorised for issue on 23 January 2023 and signed on their behalf by:

.....
 Mrs Victoria Abbott-Fleming
 Trustee

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Burning Nights CRPS Support meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Stock

Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that they will not be able to collect all amounts due according to the original terms of the receivables.

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

Classification

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from donations and legacies

	Unrestricted funds			
	General	Restricted	Total	Total
	£	funds	2022	2021
	£	£	£	£
Donations and legacies;				
Donations	62,371	2,000	64,371	41,626
Gift aid reclaimed	3,150	-	3,150	-
Grants, including capital grants;				
Grants received	8,000	5,300	13,300	2,000
Sponsorships received	-	-	-	5,000
	<u>73,521</u>	<u>7,300</u>	<u>80,821</u>	<u>48,626</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

3 Income from other trading activities

	Unrestricted funds		
	General	Total	Total
	£	2022	2021
		£	£
Trading income;			
Sales of goods and services	3,648	3,648	2,278
Events income;			
Other events income	-	-	3,382
	<u>3,648</u>	<u>3,648</u>	<u>5,660</u>

4 Expenditure on raising funds

a) Costs of trading activities

		Unrestricted funds		
		General	Total	Total
		£	2022	2021
	Note		£	£
Costs of goods sold		1,796	1,796	-
Events and conferences		301	301	350
Marketing and publicity		2,640	2,640	179
		<u>4,737</u>	<u>4,737</u>	<u>529</u>

5 Expenditure on charitable activities

		Unrestricted funds		
		General	Restricted funds	Total
		£	£	2022
	Note			£
Charitable activities		12,796	-	12,796
Allocated support costs		17,112	10,739	27,851
Governance costs		2,844	-	2,844
		<u>32,752</u>	<u>10,739</u>	<u>43,491</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

6 Net incoming/outgoing resources

Net incoming/outgoing resources for the year include:

	2022 £	2021 £
Depreciation of fixed assets	<u>3,386</u>	<u>137</u>

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

During the year 3 trustees were paid expenses for travel and training costs totalling £2,532 (2021: £961).

8 Staff costs

The aggregate payroll costs were as follows:

	2022 £	2021 £
Staff costs during the year were:		
Wages and salaries	<u>11,441</u>	<u>6,579</u>

No employee received emoluments of more than £60,000 during the year

9 Independent examiner's remuneration

	2022 £
Examination of the financial statements	<u>1,440</u>
Other fees to examiners	
All other services	<u>1,320</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

10 Taxation

The charitable incorporated organisation is a registered charity and is thus exempted from taxation of its income and gains falling within section 524 of the Income Tax Act 2007 to the extent that they are applied to its charitable objectives. No tax charge has arisen in the year.

11 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 April 2021	13,544	13,544
At 31 March 2022	13,544	13,544
Depreciation		
At 1 April 2021	196	196
Charge for the year	3,386	3,386
At 31 March 2022	3,582	3,582
Net book value		
At 31 March 2022	9,962	9,962
At 31 March 2021	13,348	13,348

12 Stock

	2022 £	2021 £
Stocks	4,688	-

13 Debtors

	2022 £	2021 £
Prepayments	500	-
Other debtors	-	5
	500	5

14 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	65	65
Accruals	2,760	-
	2,825	65

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2022

15 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
General	71,959	77,169	(48,930)	100,198
Restricted funds	<u>8,439</u>	<u>7,300</u>	<u>(10,739)</u>	<u>5,000</u>
Total funds	<u>80,398</u>	<u>84,469</u>	<u>(59,669)</u>	<u>105,198</u>
	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
General	48,602	47,776	(24,419)	71,959
Restricted funds	<u>2,689</u>	<u>6,510</u>	<u>(760)</u>	<u>8,439</u>
Total funds	<u>51,291</u>	<u>54,286</u>	<u>(25,179)</u>	<u>80,398</u>

The specific purposes for which the funds are to be applied are as follows:

During 2022 a restricted grant of £5,300 was received from The National Lottery and £2,000 from The Hospisal Saturday Fund for the development of the new website, these were all utilised during the year.

During 2021 a restricted grant of £2,000 was received from the Albert Hunt Trust for website development. A restricted grant was also received from Abbott Medical for educational purposes. These grants were utilised during the year.

During 2020 a restricted grant of £5,000 was received from a supporter for the purpose of supporting those affected by CRPS in Scotland.. This balance is remaining in restricted funds and will be utilised in forthcoming year.

16 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	General £	£	£
Tangible fixed assets	9,962	-	9,962
Current assets	93,061	5,000	98,061
Current liabilities	<u>(2,825)</u>	<u>-</u>	<u>(2,825)</u>
Total net assets	<u>100,198</u>	<u>5,000</u>	<u>105,198</u>

