

Charity registration number: 1166522

Burning Nights CRPS Support

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Burning Nights CRPS Support

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 31
Statement of Trustees' Responsibilities	32
Independent Examiner's Report	33
Statement of Financial Activities	34
Balance Sheet	35
Notes to the Financial Statements	36 to 44

Burning Nights CRPS Support

Reference and Administrative Details

Trustees	Mrs Victoria Abbott-Fleming MBE Miss Lisa Davies Mr Thomas Craig Lowe Mr Altaf Patel Mr Richard Anthony Ingham (appointed 22 November 2022)
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 Kent 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 2023.

Objectives and activities

Objects and aims

Summary of objects

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.

Within our aims and objectives we offer a range of support services including mental health support such as a Befriending Service, Counselling & Psychotherapy Service for anyone affected by CRPS aged 5 and over, telephone helpline, live web chat, online community forum, support groups and more.

We provide services to both adults and children due to the fact that Complex Regional Pain Syndrome can affect anyone at any age.

Aims of the Charity

A diagnosis of complex regional pain syndrome (CRPS) can bring profound emotional and economic impacts upon individuals and families living with CRPS.

Over 15,000 people are diagnosed every year with CRPS. Sadly, being diagnosed with CRPS doesn't just affect those living with it. But it can have a devastating effect on all those around them.

60% of the current Trustee board live with CRPS or chronic pain, and having lived experience is beneficial to the work of the charity. Over half of our volunteers also have lived experience of CRPS or chronic pain.

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

Every year, the trustees evaluate the charity's aims, objectives, and activities. This report looks at the accomplishments made by the charity and the impact of its work during the year. The trustees provide an account of the success of each activity and the impact that the charity has delivered to those it has been created to support.

Moreover, the review process serves as a means for the trustees to ensure that the charity's aims, objectives, and activities remain aligned with its stated purposes. By doing so, the charity can stay committed and focused on its mission to help those in need, and continue making a positive impact in the community.

Burning Nights CRPS Support

Trustees' Report

Objectives, strategies and activities

The charity's main activities and who it aims to support are described below. All its charitable activities are undertaken to further Burning Nights CRPS Support's charitable purposes for the public benefit, and focus on:

- Providing information and support through various means for everyone affected by Complex Regional Pain Syndrome (CRPS) including patients, families, close relatives and caregivers
- Raising awareness, education and campaigning
- Information and supporting research

In the aftermath of the Covid-19 pandemic and subsequent problems such as the high cost of living and mortgage rates it continued to have a significant impact on the CRPS community. Many patients have found themselves with long waiting for appointments or little access to pain management programmes or mental health support, and with little support from the NHS due to overloading and continued pressures.

With the difficulty in accessing GP appointments and pain clinic appointments, some were not able to get a diagnosis nor access the treatments they so desperately needed.

We have continued to try to ensure that CRPS is discussed at all levels within the necessary decision makers but also in the general public, trying to show how a diagnosis of CRPS can have a major impact on all aspects of life including for those around them.

We have worked hard to fill in the gaps where we could so we could continue to deliver a number of virtual support services such as our regular online support groups, as well as offer information and guidance. Our online / virtual Support Groups have continued offering a lifeline to many people needing a community who listens and hears their cries for help and support. We delivered some webinars, expanded our CRPS Counselling and Psychotherapy Service and continued with our web chat service and helpline.

We have been very proud of the amazing support given by volunteers, working hard to increase our Befriending Service and other virtual services such as social media and support. Our volunteer network has continued and thanks to our team of 44 trained volunteers, Burning Nights CRPS Support continues to be there for those whose lives have been touched by CRPS when they need it most.

The main activities of the charity pursuant to its purposes this year have included:

- (1) **Providing information and support through various means to people with, affected by, or involved with the diagnosis and treatment of CRPS;**

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 those who live with CRPS (patients), their families, close relatives and caregivers, as well as reducing the isolation and loneliness that comes with living with a pain condition like Complex Regional Pain Syndrome (CRPS). As a charity we support both adults as well as children and young people.

Partners, family members, and close relatives, relationships can also be affected by CRPS, therefore it is crucial that they also receive support. This is evident from the high number of partners and family members who reach out to our charity across our services.

Burning Nights CRPS Support

Trustees' Report

The impact of CRPS can lead to poor mental health, low self-esteem, low confidence levels, feelings of loneliness, isolation, and confusion. These effects were exacerbated in the past during the years of the Covid-19 pandemic but have continued to be evident throughout this year in the high cost of living crisis that we have all faced. These have been noticed in the assessment scores and responses to our surveys. However the need for support services like the Counselling and Psychotherapy service and Befriending Service has become more pressing than ever before. As a result, the demand for all of our support services within our community is continually growing.

We are incredibly thankful for all the amazing supporters who have come up with new ways of raising money and supporting Burning Nights CRPS Support. Their contributions are invaluable to us.

Our efforts persist in providing education, increasing awareness, offering valuable information, emotional and psychological support, and general advice not only to individuals whose lives have been affected by Complex Regional Pain Syndrome (CRPS) such as patients, caregivers, and family members, but also to the general public, healthcare professionals, students, as well as legal and financial professionals.

Our Befriending Service and Counselling & Psychotherapy Service continued to grow both in numbers of people wanting support but also in the number of volunteers for each of the services.

Our CRPS Counselling & Psychotherapy Service continued to offer one-to-one person centred and specialist CBT / EMDR / ACT counselling and psychotherapy either online through Zoom or via the telephone to people affected by CRPS. The sessions are offered to anyone aged 5 and above. We continued to offer up to 20 hours of counselling or psychotherapy including 4 assessments with one of our volunteer counsellors or psychotherapists. We ask all clients accessing our Counselling & Psychotherapy Service to complete a before & after survey so we can monitor the impact of the therapy. We also ask clients to complete a monitoring form which monitors EDI information and we also monitor the number of sessions completed, assessment scores and other basic information.

We eventually took on a child & young person therapist for our younger clients as the waiting list had grown substantially and far too long. We continue to expand and grow this service especially for children and young people.

Our other highly sought after service is the Befriending Service. This has continued to see regular registrations from CRPS patients and families. Clients wanting to use this service will receive 12 weekly phone calls or video calls via Zoom. Each call will last up to 40 minutes with one of our lived experience volunteers.

Burning Nights CRPS Support

Trustees' Report

(2) Updating & publishing literature;

We have continued our programme of updating all our information leaflets and booklets helping to support people affected by Complex Regional Pain Syndrome. We updated the adult leaflet to account for the IASP Valencia Consensus on CRPS which changed the types of CRPS.

The 3 self care packs have been very well received by patients and families. The self-care packs aim to enhance the mental health and emotional wellbeing of CRPS and chronic pain patients and their families by equipping them with valuable information and activities such as breathing, mindfulness meditation, sleep diary and physiotherapy exercises that were designed by a pain physiotherapist. The packs serve as a toolkit, offering resources and techniques to help cope with the challenges of CRPS. They focus on promoting self-esteem and resilience, while instilling a sense of belief that they can overcome each day's hurdles, and emphasising the importance of prioritising their needs.

Our information literature serves a variety of audiences, including the general public, but most importantly, individuals living with CRPS, their families, and caregivers. Additionally, our literature also benefits healthcare, legal, and financial professionals by providing valuable information, advice, and support. We strive to raise awareness of all aspects of the condition, ensuring that everyone impacted by CRPS is well-informed and supported.

(3) Developing a membership scheme for mutual support;

As our website underwent redevelopment, we decided to introduce a membership scheme in November 2022, that offers a range of exclusive benefits. By becoming a member, you gain access to a wealth of exclusive content, as well as the opportunity to participate in research studies and connect with a community of like-minded individuals for support.

Our exclusive content is carefully curated by our team of experts to provide you with the latest insights and trends in your field of interest. From informative articles and whitepapers to webinars and podcasts, our members are always the first to know about the latest developments.

In addition to exclusive content, members also have the opportunity to participate in research studies, providing valuable insights and feedback on relevant topics. By getting involved in research, you can have a real impact on the industry and help shape its future.

Finally, our membership scheme provides a supportive community of individuals who share your interests and goals. Whether you're looking for advice, inspiration, or simply a sounding board, our community is there to help patients and their families as well as health care every step of the way.

(4) Producing a magazine (The Warriors Lifeline) which is available on payment of a small subscription, online and in hard copy (new addition to the charity, a membership scheme started November 2022;

As part of the relaunch of our website in November 2022, we introduced the membership scheme with a range of benefits, including a bi-annual magazine called The Warriors Lifeline. While we faced some initial challenges in getting articles written and the magazine created, we were able to successfully publish our first edition at the start of November 2023 (please see our next financial year's report). The aim of the magazine is to provide exclusive content for our membership community, increasing knowledge of CRPS, sharing personal CRPS stories and recent fundraisers and a regular feature named 'Lisa's Gadget Corner'. This is where one of the Trustees, Lisa Davis, shares her experience of using a disability or accessibility gadget or piece of equipment and where to purchase it. Despite the teething issues, we are committed to continuing to produce high-quality content for our members through The Warriors Lifeline on a bi-annual basis. Stay tuned for more updates in our next year's Annual Report.

Burning Nights CRPS Support

Trustees' Report

(5) Organising annual conferences and educational webinars;

During the year, three webinars were conducted on the topics of mobility and accessibility aids, demystifying medical cannabis for chronic pain and Cognitive Behavioural Therapy (CBT) for CRPS and chronic pain. The webinar on mobility and accessibility aids was presented by a colleague of one of our legal panel - Express Solicitors, the one on demystifying medical cannabis for chronic pain was supported by a the Lyphe Group, and the CBT for CRPS and chronic pain was facilitated by one of our volunteers and cognitive behavioural psychotherapist. The webinars were attended by many people who found them informative and well worth attending.

The annual national CRPS conference was held in Edinburgh this year, owing to an in memory donation. The donation had stipulated that we spend the money supporting the people in Scotland. As usual we held the conference during CRPS awareness month in November, and it was free of charge for everyone attending live or virtually. The attendees were mainly people affected by CRPS, including patients, their families, and caregivers. We did however have the honour of having a local MSP who kindly gave a short speech about CRPS and the cross party events that Scotland hold. We had some great health professionals, legal and disability speakers who were invited to speak at the conference.

We hold the conference annually as it's a great way to raise awareness about CRPS and help people manage and live with the condition. Attendees found it useful and insightful, and they gained support from others who shared their stories and journeys of living with and managing their condition. Trained health professionals offer help, advice, support, and information, giving hope to patients and families and showing them that there is life after diagnosis.

(6) Maintaining a website and social media presence to promote public awareness and provide support;

The website was finally updated thanks to several trusts and foundations as well as fundraisers and donors, and was eventually launched in November 2022.

Redeveloping and relaunching our website has been vital for us to continue promoting public awareness and providing support to those affected by CRPS, their relatives, carers and friends as well as health and legal professionals. By maintaining a website and social media presence, we have effectively communicated not only the condition but also the charity. It keeps everyone informed about our charity's activities as well as its mission, vision, aims and objectives. Through the website we have been able to offer resources and support to those in need, and build a community where people can share their experiences and find comfort in knowing they are not alone. Overall, we believe that investing time and resources into maintaining a strong online presence can and does make a significant impact on the success of our charity.

Our website has been thoughtfully designed with support from our CRPS community through polls and surveys, to provide a wide range of resources and support to those who live with CRPS, as well as their families and caregivers. We offer an online community forum, an awareness product store, live chat, and other resources that detail our services, impact, and a new membership scheme. Our online community activities, such as social media support and our online community forum, have been particularly helpful for Millennials, Gen Z, and teens who are looking for a different format of interaction.

Burning Nights CRPS Support

Trustees' Report

Our blog articles are highly regarded, with patients frequently taking printed pages to their doctors and other healthcare professionals.

The charity offers support to anyone affected by Complex Regional Pain Syndrome (CRPS), including patients, families, and caregivers, and one of the many ways we offer support is through one of six different social media channels, such as Facebook, Twitter, Instagram, Pinterest, YouTube, and LinkedIn, where our volunteers are available to provide signposting, information, and a listening ear. We also started a new channel - TikTok at the request of not only volunteers but members of our community and we launched our profile on the channel in August 2022.

We have continued to have a steady increase in our supporters across our social media channels where we have profiles which during 2022-2023 include Facebook, Twitter, Instagram, Pinterest, YouTube, LinkedIn and TikTok.

Our social media support volunteer team has been busy once again, with a large increase in private messages, and an increase in engagement with comments and questions in response to our posts. As usual, we regularly received direct private messages and questions from patients, their families and friends which we continued to respond to. These direct private messages ranged from requests for support and help to signposting and mental health support. Providing the latest research, articles, and information about all aspects of CRPS, living with the condition, and caring for someone with CRPS continued to be a priority for our social media.

To respond to these queries, we have a team of dedicated and trained volunteers who provide signposting, information, and a listening ear to anyone affected by CRPS, including patients, families, caregivers, and even health professionals and law firms. We aim to reduce the isolation of people with CRPS and their loved ones by being available on the different social media channels. We also offer understanding and empathy to patients and their families.

In addition, our Closed Facebook group for Parents & Caregivers of Young People with CRPS has been a valuable resource for those seeking advice, information, and support from others in similar situations. The group has gradually increased in numbers and continues to be a supportive community for parents, caregivers, and guardians of young people with CRPS.

(7) Running well-being events to bring our community together for both adults and children;

One of the common requests we received post-Covid was to get some regular exercise that was low impact so that people with CRPS especially those with mobility problems can access and attend. We chose to try different options so our community could try. We started with a couple of taster sessions in chair yoga with dance and tai chi.

Engaging in low-impact physical activities can have numerous benefits for a person's physical well-being. It can help reduce inflammation, promote better mobility, and alleviate pain. This is because physical activity prompts the release of natural endorphins, which are mood-enhancing chemicals in the brain that also help to ease pain signals. Moreover, incorporating a regular exercise routine into a person's lifestyle can enhance the quality of your sleep and potentially decrease reliance on pain medications.

People who attended found the sessions helpful for both their mental and physical health, and it gave them a focal point in the week.

Burning Nights CRPS Support

Trustees' Report

(8) Facilitating online support groups;

Our online support groups for Complex Regional Pain Syndrome (CRPS) have continued to be a great help to all those who attend, including patients, family members, young people, and friends of those living with the condition. These monthly peer support groups offer a private, safe, and confidential space for our CRPS community to connect with others who are facing similar challenges. Our volunteer-led groups are facilitated by CRPS patients themselves, which means that attendees can learn new skills, meet new people, and share their experiences with others who understand what they are going through.

Our last report highlighted the need for online support groups specifically for those aged 18 years and under, as well as for loved ones and caregivers. We had hoped to continue offering these groups to those sections of our community, however we only held one group for young people aged 18 and under. This is because of lower attendance numbers than our main peer support group. We are looking into what else we can offer these groups in the next year. Nonetheless, we know that these groups have been useful to those who have attended, providing a sense of security and reducing isolation and loneliness for everyone involved.

(9) Running a telephone information and helpline and online web/live chat for all our CRPS community whether they're a patient, family member, carer, close relative or friend;

Our telephone Helpline has been a constant source of support throughout 2022-2023. We have maintained our usual opening times during the working week from Monday to Friday. For those who need assistance outside of these hours, we have a voicemail service available and we always return any voicemails. In addition, we have included the phone number of the Samaritans on our contact page on our website as well as on our voicemail to provide further support.

The majority of people who reach out to our Helpline are CRPS patients, along with their loved ones and caregivers. We receive a range of questions and issues that we are able to address or signpost. Our Helpline is a confidential space for people to speak with someone who understands what they are going through. We joined the Helplines Partnership organisation as a way to raise awareness of our Helpline.

Our Helpline calls are answered by CRPS patients who volunteer their time to help others as well as our Charity Administrator who has received awareness training in CRPS. It is a lifeline for many individuals who are housebound, vulnerable, and isolated. We are here to help people cope with the challenges of each day and find strategies that work for them. We also provide a listening ear to the CRPS community when they are finding things difficult or as they begin their journey of acceptance of this condition.

Our Helpline really does benefit those living with CRPS, but also their family members, friends, and loved ones. It is a valuable resource used by many healthcare professionals and health students, including school nurses who work with patients, school children, and teenagers with this condition.

Burning Nights CRPS Support

Trustees' Report

We understand that living with and being affected by Complex Regional Pain Syndrome (CRPS) can be a challenging and isolating experience. That's why we're here to provide callers with crucial information, empathy, and understanding. Our compassionate team is dedicated to not only offering helpful advice and support, but also connecting individuals with other organisations and resources that can further assist them on their journey. One of the most important aspects of our Helpline is the sense of community that we provide. We know that it can be difficult to feel understood and supported when dealing with CRPS, which is why we're committed to fostering a safe and welcoming environment for all of our callers. By offering a listening ear, a reassuring voice, and a wealth of knowledge and resources, we aim to help individuals with CRPS feel more confident and empowered in their daily lives.

Whether people were looking for practical advice on managing symptoms, emotional support during a difficult time, or simply a friendly conversation with someone who understands what they were going through, our Helpline was here to help. We believe that with the right support and guidance, people affected by CRPS can not only survive, but thrive in their lives.

Once again, our online live web chat has proven to be an invaluable resource for the CRPS community, with hundreds of patients, their families, and friends reaching out to us for support. In addition to this, we were thrilled to see a growing number of health professionals engaging with our platform, seeking to learn more about this debilitating condition in real-time.

One of the unique aspects of our web chat is that our team of dedicated volunteers are all patients themselves, which allows them to truly understand and empathise with the struggles of those who reach out to us. This personal connection is something we believe makes a real difference in the support and guidance we are able to provide to our users.

We are proud to offer a safe and welcoming space for anyone who may be affected by CRPS, whether they are seeking to connect with others who understand their experiences, or they are looking for reliable information and resources. We remain committed to continuing our work to raise awareness about this condition and provide meaningful support to those who need it most.

(10) Supporting research projects that will benefit those affected by CRPS.

As a charity, one of our aims is that we support research into Complex Regional Pain Syndrome (CRPS) and chronic pain. Our efforts have taken various forms, such as assisting researchers in finding prospective participants and providing them with the necessary resources to carry out their studies.

One of our most notable contributions to this cause has been through our collaboration with Professor Holly Blake at Nottingham University, regarding the Pain At Work (PAW) Toolkit. This initiative has led to further research, and we are proud to have been part of its growth. In fact, a research proposal was accepted and the charity is now heavily involved in this piece of research as the Public and Patient Engagement.

We were also approached by another researcher who wanted us to take part in another research study as the Public and Patient Engagement but that isn't due to start until 2023-2024.

We take pride in the fact that our involvement in research projects has provided our community with the opportunity to support the fight against CRPS and chronic pain. We strongly believe that the results of such research must be shared with the world, and we make sure to publish them across our social media, website, and newsletters. This way, we can raise awareness about the importance of this cause and encourage others to join us in our efforts.

Burning Nights CRPS Support

Trustees' Report

(11) Running an online community forum for mutual support, help, information and an exchange of ideas;

Our online community forum has been a beacon of hope for many individuals seeking support for various issues. The community forum is an ideal alternative for anyone who is not active on social media or for others who simply prefer a more dependable platform, our forum is here to cater to their needs. At its core, the community forum is designed to provide peer-to-peer support, advice, and information on a wide range of topics.

As a charity, we have also utilised this forum to guide patients and their families towards our own support services. We offer valuable insight into treatment options available on the NHS, as well as private healthcare systems. Furthermore, we strive to provide comprehensive information on the condition itself, from managing it to living with it.

For those who are specifically dealing with Complex Regional Pain Syndrome (CRPS), our online community forum provides a safe space for patients, their families, and their carers to communicate with one another. It is a platform for individuals to share their stories, seek guidance, and find comfort in the knowledge that they are not alone. Together, our community fosters a sense of camaraderie and social networking that can be invaluable in navigating the challenges of living with CRPS.

(12) Provision of information and education talks to promote understanding and awareness of CRPS;

One of our main aims has been dedicated to spreading awareness and knowledge about Complex Regional Pain Syndrome (CRPS). We've held numerous educational online and in person sessions that were designed to inform attendees about the condition, including its diagnosis, prognosis, and various treatment options. In addition, we've also provided guidance on how to manage the condition effectively, which has been particularly beneficial for individuals who are dealing with CRPS on a daily basis.

One of our primary goals has been to further the education of healthcare students and professionals who are involved in treating, diagnosing, and caring for those living with CRPS. Through our awareness and information sessions, we've been able to reach out to these trainees and equip them with the knowledge they need to provide optimal care for their patients. We also extend these educational opportunities to healthcare professionals, as we believe that anyone who may come into contact with a CRPS patient should be well-informed about the condition and its management.

Furthermore, we've been collaborating with various companies, including medical device companies, health/medicine companies, and law firms, in an effort to raise awareness about CRPS and its impact on patients, families, and carers. These meetings have been successful in many instances. Our hope is that by working with these organisations, we can continue to spread awareness about CRPS and provide support for those who are affected by this condition.

Burning Nights CRPS Support

Trustees' Report

(13) Attendance at exhibitions to promote public awareness;

Participating in exhibitions is an integral part of our outreach efforts, and we were thrilled to have taken part in two major events during 2022-2023. These events, Primary Care and Public Health Show and Naidex Disability Show, offered us an excellent opportunity to raise awareness about Complex Regional Pain Syndrome (CRPS) and our charity's mission to support and empower patients, their families, and healthcare professionals.

Our goal is to shed light on the debilitating impact of CRPS and encourage people to learn more about this condition. We believe that educating the public and healthcare professionals is essential to improve the diagnosis and treatment of CRPS. With this in mind, we used these exhibitions as a platform to share the latest research, information, and resources related to CRPS.

Our presence at these exhibitions such as Naidex also allowed us to connect with patients and their families, providing a space for them to share their experiences and seek support. We were able to inform them about our key services, including our helpline, support groups, and online resources, which are designed to help them manage the challenges of living with CRPS.

Additionally, we provided information to healthcare and legal professionals, enabling them to better understand the needs of their patients with CRPS and how to best support them.

Overall, our participation in these exhibitions was highly successful, and we look forward to continuing to raise awareness and support those affected by CRPS in any way we can.

(14) Campaigning to benefit those affected by CRPS especially patients.

Our commitment to helping those affected by Complex Regional Pain Syndrome (CRPS) knows no bounds. We are proud to maintain our active involvement with the charity's local Member of Parliament, who has tirelessly raised questions about this debilitating condition in Parliament. By keeping the issue at the forefront of political discourse, we are confident that we will be able to bring about meaningful change for those who are affected by CRPS.

Furthermore, we strongly encourage patients and their families to get involved with their own local MP. This type of grassroots activism is a powerful way to raise awareness and advocate for the needs of CRPS patients. By coming together and making our voices heard, we can help ensure that the necessary resources and support are available to those who need them most.

Our efforts are ongoing, and we remain fully committed to securing the best possible outcomes for CRPS patients. If we are successful in obtaining everything that we are asking for from Parliament, it will be a huge benefit to those struggling with this condition. We believe that by working together, we can make a real difference in the lives of those affected by CRPS.

Burning Nights CRPS Support

Trustees' Report

OUR SUPPORTERS

Principal Sources of Funding

In order to fund our important work, we utilise various streams of funding, including fundraising activities, grants, and donations. Additionally, we offer a variety of branded goods for sale through our online shop, with proceeds going directly back to us.

Since November 2022, we also now have a new income stream of the membership. This we hope to grow over the next few years.

Our fundraising includes events such as sponsored walks, runs, or bike rides, as well as hosting a charity raffle. We also apply for grants from various trusts and foundations that support health and wellbeing causes.

Donations are another important source of funding for Burning Nights CRPS Support. We rely on the generosity of individuals and businesses who are passionate about our cause to help us continue their mission.

Fundraising and donations

Without the support of generous donors and people fundraising, we would be unable to continue providing vital services to those in need.

In order to ensure that our fundraising practices are transparent and ethical, we are looking to register with the Fundraising Regulator in the upcoming financial year. However, we are always open about how we raise our funds and are committed to training and supporting our staff to identify and protect individuals in vulnerable circumstances in accordance with our Safeguarding Policy and Fundraising Policy. We also make it easy for supporters to opt-out of receiving further communication from us.

We receive donations in a variety of ways, including regular appeals and gifts left in Wills. Our community also hosts fundraisers for us, such as running, cycling, and walking events like The Three Peaks Challenge or Great Manchester Run. We had a supporter who took on two marathons, one of which being the New York Marathon to raise funds for us. Another supporter took on the challenge of walking up and down the Wrekin in Telford 10 times with a 30kg vest on in honour of his daughter who has CRPS. We are grateful for all the support we receive, including donations from Facebook and Instagram fundraisers, where people have set up fundraisers for their birthdays, anniversaries, and holidays in support of our cause.

We also still receive donations by text message, both as one-off contributions and regular donations. However this opportunity did finally stop in February 2023. Every donation, big or small, helps us to continue our mission of supporting those affected by CRPS and improving care for all. Thank you for your continued support.

Burning Nights CRPS Support

Trustees' Report

Trusts and Foundations

We would like to express our heartfelt gratitude to the following Trusts and Foundations:

- Arnold Clark Community Fund
- Persimmon Homes
- Magic Little Grants
- The Albert Hunt Trust
- St. James Place

for their unwavering support during these difficult times. Their contributions have enabled us to continue with our services and fulfil our commitments towards our community.

Organisational Health

During 2022-2023 we began to see a reduction in donations mainly due to the aftermath of the Pandemic and the start of the high Cost of Living crisis which continued into the next financial year.

However we have continued to actively pursue grants from trusts and foundations and fortify our relations with corporate firms.

As we move forward, we are committed to diversifying our funding sources even further in the upcoming financial year. Our new website, which launched in November 2022, will continue to play a pivotal role in this regard by providing us with greater visibility and outreach to potential donors and supporters. We remain steadfast in our mission to serve our community and look forward to the opportunities and challenges that lie ahead.

Corporate Donors

Our charity has been fortunate enough to receive continuous support from companies through their generous donations. From Dress Down Days to company walking days, Christmas quizzes, and even being selected as the Charity of the Year, we have been amazed with ongoing financial contributions.

Much of our Corporate donations have emanated from our CRPS Legal Panel. All our specialist legal firms make an annual donation to join and be on the Panel. However we also received an annual donation from a law firm from client compensation that had been unclaimed.

Furthermore, we had the privilege of attending several corporate donor meetings, which proved to be highly productive and successful. During these meetings, we were able to secure funding and grants for various projects and for the charity itself.

As the end of the financial year approached, we began holding discussions with other companies, exploring potential partnerships and collaborations. We are excited about the possibilities that these talks may bring and look forward to continued growth and support for our charity in the future.

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.

Use of volunteers

During 2022-2023, the dedication and compassion of our volunteers have been instrumental in providing support and comfort to CRPS patients and their loved ones. Through various channels such as email, phone and social media, our volunteers have spent a total of 7,954 hours listening attentively, engaging in conversations, answering questions and offering counselling to those in need.

The impact of our volunteers cannot be overstated.

As a small charity, their contribution has been nothing short of invaluable. Their tireless efforts have enabled the charity to flourish and accomplish remarkable feats. It is through their selflessness, dedication and expertise that we have been able to offer meaningful assistance to those who need it most.

We express our heartfelt gratitude to our remarkable volunteers. Their unwavering commitment to our cause is truly inspiring and their generosity of time and skill is deeply appreciated. Without their support, we would not be where we are today. Thank you for all that you do volunteers!

Burning Nights CRPS Support

Trustees' Report

Achievements and performance

Our mission is to ensure that individuals living with Complex Regional Pain Syndrome (CRPS) and their families and close relatives have the best possible quality of life. We strive to provide support and resources not only for those with CRPS but also for their caregivers, families, and friends.

Our goal is to continually expand our range of services and literature to help people understand their rights, manage their condition, and pursue their passions. We understand that CRPS can be challenging for caregivers, families, and friends, and we aim to provide them with the highest quality of information to help them understand CRPS and their rights as caregivers.

We are dedicated to continuously improving the support we offer, with the ultimate intention of enhancing the overall health and wellbeing of everyone involved.

Our ultimate vision for the future is a world free of Complex Regional Pain Syndrome and pain free lives.

Our mission is: **Awareness. Education. Support.**

Our mission is to bring together the CRPS community to ensure people whose lives have been touched by this condition are not alone.

We aim to raise awareness of Complex Regional Pain Syndrome (CRPS) and provide education so that more people across healthcare and in the public understand the condition and its debilitating effects. From education, training and campaigning to advice and support, as the UK's leading CRPS charity we are on a mission to change the way that CRPS is looked at, managed and treated.

Finally our values are:

We're Stronger Together

We are a community. We work together to help people support themselves and we learn from everyone we work with.

We're Empowering

We empower one another not only so we can do our own roles, but we empower our patients/clients and supporters so they can continue on the fight for change.

We're Respectful

Everyone has their own story and journey they are going through. We are respectful to our supporters, patients/clients, stakeholders and each other.

We're Compassionate

We're there for everyone living with CRPS and their family and loved ones. When people turn to us for information and support, we listen and we care. You're not alone.

We're Empathetic

As we are mainly a patient and caregiver led organisation, our volunteers understand what you are going through.

Here is a roundup of our main areas of focus for 2022-2023

Burning Nights CRPS Support

Trustees' Report

SUPPORT FOR ALL THOSE WHO HAVE BEEN AFFECTED BY CRPS (SUFFERERS, PATIENTS, THEIR FAMILIES, FRIENDS AND CARERS)

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
- Telephone Helpline
- Live Web Chat
- Social Media Support
- Email support
- Online Community Forum
- Befriending Service
- Counselling & Psychotherapy Service
- Wellbeing Sessions

Here is more detail about what we have achieved in each of our services and activities:

Online CRPS Support Groups

We have continued to provide our online peer support group meetings, run by lived experience volunteers which have continued to be highly successful.

Holding our support groups online has provided a more accessible service for most people within our community, and we have received positive feedback from our members about the convenience and effectiveness of this format.

However, we are still considering whether our community wants us to return our face-to-face support groups, and we will be consulting with our members and the CRPS community to gauge their interest in this option.

Our main adult online support group has been consistently meeting on a monthly basis, and we have been pleased to see a regular number of approximately 15-20 attendees every month. However, we did hold just one young person group that was run by one of our trustees who used to be a Youth Worker. However, in 2023-2024 we are looking at all options to support young people with CRPS and young carers.

Topics covered included pain management, fatigue, internal organs and CRPS, menopause, alternative and complementary management options, friends and family issues, dental problems, surgery and CRPS and dealing with loss through the lens of compassion.

Throughout the year, we have held a total of 12 online support groups which were run by our amazing volunteers, who all have CRPS themselves. These groups have been a fantastic outlet for people who want to network, find support, and ask for information. We have provided support to 117 individuals through these groups, and we are proud to have been able to offer this important service to those who need it. This was a lower number of attendees than in previous years however, those who attended found this service invaluable.

Burning Nights CRPS Support

Trustees' Report

Telephone Helpline

Both the Telephone Helpline and Email Support services offered by our charity are a cornerstone of our mission to provide exceptional support to those who are affected by Complex Regional Pain Syndrome (CRPS). These services provide vital assistance to not only CRPS patients, but also their families and friends, health professionals, and social prescribers.

Our Telephone Helpline receives numerous calls from individuals seeking help, information, and signposting for various issues. Some of these issues include difficulties accessing NHS services, particularly mental health services and benefits, accessing treatments and management options, and navigating the education system for children and young people with disabilities. Our trained volunteers are well-equipped to handle these situations and provide the necessary support and guidance. We are also extremely grateful to all our volunteers and staff who respond to the calls on our helpline. However, we are receiving a higher number of harrowing calls that consist of suicidal and self-harm related calls.

The Telephone Helpline is open for support five days a week and is manned by our dedicated volunteers who are themselves CRPS patients. They are passionate about helping others and have firsthand experience with the challenges and obstacles faced by those affected by CRPS. During 2022-2023, we responded to 353 calls to our Helpline, which accounted for over 50 hours of call time.

We are committed to continually improving and expanding our Telephone Helpline services. To that end, we are exploring options to recruit more volunteers and develop a comprehensive training program. Our goal is to ensure that anyone who reaches out to us for support receives the highest level of care and guidance possible.

Email Support

Burning Nights CRPS Support is dedicated to providing support to individuals affected by CRPS, including patients, their families, partners, and carers. We understand that those who live with CRPS may have questions or requests for support, help, or information, and we are committed to providing assistance via email.

Throughout the year 2022-2023, we were able to support a total of 935 individuals through our email support system. We received a wide variety of emails, ranging from requests to access our services to enquiries about CRPS specialist information and lawyers. We were also able to provide signposting to other services and organisations that may be helpful to those who are affected by CRPS.

Our email support system is an essential part of our efforts to reduce the loneliness and isolation that can often accompany living with CRPS or their families and friends. By providing education, support, advice, and knowledge through email, we aim to empower patients, their relatives, families, and carers with the tools they need to manage their condition and improve their quality of life.

We believe that everyone affected by CRPS deserves access to the support and resources they need to live their best life, and we are committed to providing that support through our email system and other channels of communication.

Burning Nights CRPS Support

Trustees' Report

Live Web Chat

We launched a Live Web Chat support service in July 2020 as a digital alternative for our customers who were unable to use our other communication channels. Our aim was to provide a seamless and efficient solution that would enable our customers to get the support they needed quickly and conveniently, regardless of their location or situation.

Since its launch, our Live Web Chat support has been available six days a week (Monday to Friday 11am-6pm and Saturdays 12 noon-4pm), providing our clients with a reliable and accessible means of communication. Our team of trained and lived experience volunteers has been working tirelessly to provide prompt and effective assistance to every customer who reaches out to us.

In 2022-2023, we were able to respond to and support 258 individuals through our Live Chat support service, which totalled to almost 78 hours of chat support time. This demonstrates the level of attention and dedication we give to each and every client who contacts us. We are proud of the success of our Live Web Chat support service and remain committed to providing our community with the best possible experience every time they interact with us. Although the number of chats had decreased the chat support time had increased by 316% which was a very large increase.

Social Media Support

We are proud to not only maintain a strong presence on six major social media platforms, including Facebook, Twitter, Instagram, Pinterest, LinkedIn, and YouTube, but we also started on another platform - TikTok. Through these channels, we regularly share informative articles, events, videos and research opportunities related to CRPS, connecting with patients, their loved ones, family members, friends, and carers.

We understand that dealing with CRPS can be challenging, and we believe that individual support is crucial. That's why we make sure to respond to private messages and comments on our posts, providing personalised support to those who need it with our trained lived experience volunteers. In fact, in the past year, we responded to almost 1,281 individual private messages, ensuring that no-one in our community feels alone. This was an increase of approximately 116% to the previous year.

Our consistent growth across all our social media platforms is a testament to the impact that our organisation is having. By the end of March 2023, we saw an 4.6% increase in our social media community compared to the previous year, with 59,249 followers and subscribers across all seven channels. This means that more and more people are finding our content helpful and informative year on year, and we are committed to continuing to provide valuable resources for those with CRPS and their families.

Additionally, we are proud to offer a closed online support group on Facebook specifically for parents and guardians of children and teens with CRPS. This group has grown to over 805 members from 681 in the previous year. It is a safe and supportive space for those who are navigating the unique challenges of caring for a young person with CRPS.

Burning Nights CRPS Support

Trustees' Report

Online Community Forum

One of the ways we offer support to the CRPS community is through our Online Community Forum, which can be accessed through our website. This Community Forum serves as a digital alternative to social media and provides a safe space for individuals to connect with others who understand the challenges of living with CRPS.

The Online Community Forum is moderated by a team of dedicated volunteers who have lived experience of CRPS either as a patient or as a carer or family member. The team ensures that all posts are appropriate and relevant to the forum's guidelines. These volunteers are also available to offer their own personal experiences and knowledge to the community. With over 2,100 participants, the forum provides a wealth of information and support to those in need.

However in November 2022, our newly developed website was finally launched. This meant that all the original forum members were removed, the forum cleared of posts and everyone had to re-register. Getting new members signing up for the forum is a challenge and is something we are working on.

The forum is available 24/7, allowing individuals to connect with others from around the world at any time. It serves as a platform for members to ask questions, share advice, and exchange information. Additionally, the forum helps combat loneliness and isolation by providing a social outlet where members can interact with others who truly understand what they are going through.

We are proud to offer this invaluable resource to the CRPS community and are committed to ensuring that it continues to be a safe and supportive space for all members.

Befriending Service

We have been thrilled to see such a positive response to our Befriending Service and continued to expand it. During 2022-2023 we had 4 dedicated volunteer Befrienders who provide weekly calls or online video calls for 40 minutes to those who have requested to be befriended. This service has quickly become one of our most popular support services, and it's easy to see why. Each client receives a total of 12 calls or video chats, which are conducted by trained volunteers who are themselves CRPS patients or are carers or relatives. Having that lived experience is essential to being a Befriender.

As the demand for our Befriending Service continues to grow, we are committed to expanding our volunteer base even further. In the upcoming financial year, we will be launching a volunteer recruitment drive to bring on an additional 4 volunteers. This will allow us to provide even more support to those affected by CRPS.

We have found that our Befriending Service has had huge benefits especially for CRPS patients and their families. These benefits have included a reduction in symptoms, social isolation and improved patient reported outcomes, including well-being and quality of life. We ask befriendees to complete a pre-survey and post-survey where we have seen these improved patient reported outcomes.

We are proud of the progress we have made so far, having provided 126 sessions, started 8 new clients and 12 clients were discharged. Our goal is to continue to expand this invaluable service and offer support and friendship to as many people as possible.

Burning Nights CRPS Support

Trustees' Report

CRPS Counselling & Psychotherapy Service

We started our specialist CRPS Counselling & Psychotherapy Service back in March 2021 initially as a trial. However, we were inundated with requests for support, as members of our community were unable to access NHS and community mental health services. As a result, we not only continued this service but also expanded it to have six counsellors and psychotherapists, as we had no fall off in demand for this service. In fact the demand for the service has increased so much that are waiting list continually grows.

Our service now offers up to 20 hours of counselling or psychotherapy for anyone aged over 5, along with four assessments to keep assessing their anxiety and depression. This is significantly more than what the NHS is currently able to offer. We feel having 20 sessions should really give the client time to understand and trust their therapist. We are continually developing this service and working with the therapists to provide the best possible service for the CRPS community.

Although most of our clients are adults, we have received a number of registration forms for young people aged 18 and under. Therefore, we advertised for a specific volunteer for a young person counsellor.

In the year 2022-2023, we provided over 460 sessions (each of one hour in length) and started 25 new clients. This is compared to just 200 sessions in the previous year. Our waiting list has varied from over 18 months to 2 years, but we have new people wanting to access this service every day. We're proud of our team of volunteers, consisting of four qualified counsellors, one trainee counsellor and one trainee psychotherapist. Without them giving up their time, knowledge and skills to support the charity, we wouldn't be able to offer this vital service.

From our clients' assessment scores for anxiety & depression, we see a significant improvement across from severe anxiety to mild anxiety levels. For depression scores, 60% started at severe depression & of those who have completed the full programme, 59% are now at mild depression level. 82% felt more confident afterwards compared with a confidence level of just 3.7 out of 10 beforehand, 100% saw a reduction in suicidal thoughts & 87.5% felt more able to cope.

We've found over the last 12 months the initial anxiety scores have increased, and we believe this is due to environmental factors including the cost-of-living crisis, high mortgage payments & the fallout from the Pandemic.

"Living with CRPS has often felt like navigating through a storm. Today, I'm not just surviving, I'm thriving, leading a healthier, happier life than I ever imagined possible. The journey hasn't been easy, but Burning Nights CRPS has been my lifeline, my lighthouse in the storm." - JMB, CRPS Patient, Counselling & Psychotherapy Service

Burning Nights CRPS Support

Trustees' Report

Wellbeing Sessions

Our Wellbeing Wednesday project initially began as a trial towards the end of 2022. However we decided that in 2023 we would run a Well-being Wednesday project. This meant holding activity sessions every Wednesday. We offered these low impact physical exercise activities online namely Chair Yoga and Dance as well as Qigong and meditation. We held the sessions online via Zoom every Wednesday to provide accessibility to anyone living with chronic pain including CRPS. Holding the classes online will help us reach more people who may be housebound or bed bound due to their condition. This was a fantastic opportunity for people with CRPS and chronic pain to try new activities and keep active or start being active.

We started initially with taster sessions and then 10 sessions followed the taster. Each class was around 45-60 minutes so as not to tire out everyone in the early classes. The classes should have held up to 35 people per session and were run by specialist instructors with at least 2 volunteers to assist with questions or concerns about their long term pain condition. These online sessions were to target various symptoms of CRPS and can help with strength and coordination.

We worked with the instructors to ensure the activity, exercises and moves in all of the exercise groups (chair yoga, Qigong and meditation) were designed for people with CRPS and chronic pain. The sessions, although aimed at those with chronic pain, are applicable for their families and friends as well as anyone with mobility problems. Regular activity is proven to help people manage their chronic pain, their symptoms and live well.

The project had 3 main aims:

- to improve and develop physical activity to people living with Complex Regional Pain Syndrome or chronic pain or their families and close relatives,
- improve mental well-being leading to a reduction in feelings of isolation and reducing additional stress meaning it's okay to talk about their condition
- offer a sense of community

Through offering these physical and mental health activities we wanted to bring the positivity from exercise to those attending so they can continue doing the activities we offer outside of the classes, making it a lasting effect on their mental and physical well-being.

"I love that it's not sweaty high impact and we are all limited in our ability and it's so inclusive and it's not embarrassing if you can't do a movement" - Anon, CRPS Patient

We also offered an alternative activity that wasn't physical but helped with mental well-being. These were Zentangle sessions. Zentangle is an American method of drawing patterns ie it is a form of self-help art therapy. This built on creativity, increasing self-confidence, relieving stress and anxiety, improving eye-hand coordination and importantly creating a social community. These Zentangle sessions enhanced the main Wellbeing Wednesday project and did indeed work hand in hand with the physical exercise. It also reduced loneliness and isolation as we created a real social community as everyone was able to talk, laugh and relax amongst people who understood.

We provided 131 sessions and 17 hours of well-being classes which really did achieve their aims. Thank you to the instructors who were involved - Jackie from Strictly Chair Yoga, David who ran the Tai Chi & Meditation sessions and Dawn who ran the Zentangle sessions.

Burning Nights CRPS Support

Trustees' Report

CAMPAIGNING, ADVOCACY AND AWARENESS

Our Founder and Chair is not only the driving force behind our organisation, but also is the Chair of The Patient Voice Committee (TPVC) with the British Pain Society. In particular, The Patient Voice Committee (TPVC), advocates for the needs and rights of pain patients and their families. Through this role, they work tirelessly to raise awareness of the pressing issues affecting those living with chronic pain, including long waiting times for access to pain clinics, inadequate treatment options, and limited access to mental health services.

This commitment to improving the lives of pain patients extends beyond the walls of our organisation and into the wider community. Our Founder and Chair is a passionate advocate for the rights of patients, and they use their platform to shine a light on the struggles that so many individuals and families face. By lending her expertise, time, and energy to the TPVC and other related initiatives, she is making a real difference in the lives of those living with chronic pain.

At the heart of our organisation is a deep sense of compassion and empathy for those who are living with CRPS and their families. Our volunteers and trustees embody these values in everything that they do, and we are proud to have them to be leaders and advocates for our cause. Through their ongoing efforts, we are confident that we will continue to make progress in the fight against chronic pain and CRPS and towards a brighter, more hopeful future for all.

We also have other ways in which we can campaign, advocate and raise awareness of CRPS and issues that patients face. These include:

- CRPS Awareness Sessions
- Exhibiting at Exhibitions
- Working with our MP

CRPS Awareness Sessions

We have conducted several informational sessions that have provided over nine hours of valuable insights to healthcare and legal students and professionals. Additionally, we have organised various talks, mainly virtual.

One of our regular speaking engagements is at Derby University, where we address the first-year Occupational Therapy students and discuss the impact of CRPS on an individual's life. By sharing personal experiences, we aim to provide a deeper understanding of the condition and its effects.

We strongly believe that education and awareness are crucial steps towards improving outcomes, quicker diagnosis, and better treatments for CRPS. Our goal is to collaborate with the NHS, patient groups, and other organisations to address the topic of CRPS and its impact on people.

In the future, we are looking to develop online CRPS awareness sessions to make them more accessible to people. By doing so, we hope to encourage more people to learn about CRPS and its implications.

Burning Nights CRPS Support

Trustees' Report

Exhibiting at Exhibitions

Over the past year, we have participated in 2 exhibitions as exhibitors. We participated in an exhibition aimed at those involved in Primary Care and Public Health as well as another exhibition aimed at the disabled community - Naidex. These have continually proved to be excellent opportunities for us to raise awareness about our charity and the condition itself.

As an organisation dedicated to raising awareness about Complex Regional Pain Syndrome (CRPS), we attended exhibitions to provide valuable information about the condition and its impact. We believe that by educating the public and healthcare professionals about CRPS, we can help patients receive a timely diagnosis and effective treatment.

Moving forward, we plan to continue our participation in select health and disability exhibitions. By showcasing our work and the challenges faced by those with CRPS, we hope to make a positive impact and increase awareness about this complex condition.

Parliament and Campaigning

Our commitment to raising awareness about CRPS, especially in relation to the mental health support available, and supporting patients and families affected by this devastating condition, remains steadfast.

We have continued to work with our local MP to ensure that important questions are being asked in the House of Commons. We have also worked with an MSP Clare Adamson.

Our goal was to keep pushing for answers, not only for those who are currently battling CRPS, but also for their families and loved ones who often feel helpless and overwhelmed. We believe that by continuing to work with politicians in all parts of the UK, we can help make a real difference in the lives of those affected by CRPS.

INFORMATION AND EDUCATION

One of our biggest aims and objectives is dedicated to providing extensive guidance and knowledge to people living with Complex Regional Pain Syndrome (CRPS), their families, and loved ones. Additionally, we strive to educate the general public, health professionals, and students about the condition. We offer various platforms to disseminate information, including our annual national conference, educational webinars, our website, literature, and products.

Burning Nights CRPS Support

Trustees' Report

Annual Conference 2022

Our annual national conference is designed to offer a comprehensive understanding of CRPS, treatment options and self-managing the condition. We gather leading experts in the field to discuss the latest research and advancements in the management of CRPS. Patients, their families, and loved ones have the opportunity to interact with medical professionals and other individuals with similar experiences. This event provides a supportive environment for individuals to learn, share, and connect with others affected by CRPS.

On the 26 November 2022, we had the pleasure of hosting a conference at the Novotel, Edinburgh Park. Thanks to a gift from a supporter's Will, we were able to put on this event, and we are incredibly grateful for this gift. There was a caveat in that we had to use the gift to support people in Scotland, hence the reason why we held the conference in Edinburgh. The purpose of the conference was to provide information and support for people with Complex Regional Pain Syndrome (CRPS) and their families. We had 57 people attending the conference which did include Clare Adamson MSP.

We were fortunate to have four (4) expert speakers from various health professions, all of whom had a keen interest and extensive knowledge of CRPS, chronic pain, or disability. They provided invaluable insights and information on a range of topics, including the latest research and management options for CRPS, such as neuromodulation. We also heard about medicinal cannabis, which was a fascinating and informative topic. We also heard from 2 patients living with CRPS plus a parent of someone with CRPS. Overall the conference was a great success, and everyone who attended found it helpful and informative.

Educational Webinars

As a result of the tremendous success of our webinars over the last couple of years, we decided to continue offering online talks this year. Despite the challenges we faced, we persevered and held a total of three webinars in 2022-2023, each of which covered a different topic. Those included Disability and Accessibility Products that was arranged in conjunction with Express Solicitors. This focused on providing practical tips and equipment for improving daily life for those with CRPS and disabilities. The second webinar, "Demystifying Medical Cannabis for Chronic Pain," delved into the latest advancements in medical cannabis, what it was, how it is used and how to access this pain management treatment. The third and final webinar, "Cognitive Behavioural Therapy (CBT)" was presented by one of the charity's Psychotherapist volunteers. He discussed the use of this psychological approach for CRPS, what is involved and how it works to help manage the mental health aspects of complex regional pain syndrome.

We cannot express enough our gratitude towards Express Solicitors and Sue Tomkinson, the Lyphe Group and Daniel Leech for their unwavering commitment to making our webinars a resounding success. Their vast knowledge and insightful contributions have been invaluable in helping us create informative and engaging online talks that have been highly appreciated by our audience. We are proud to have supported 85 individuals through our webinars, and we are committed to continuing to offer high-quality educational resources in the future.

Our webinars are a unique opportunity for anyone who wants to expand their knowledge or improve their health to learn from leading experts in their respective fields. Our team of exceptional speakers is dedicated to providing participants with the latest research and strategies that can help them achieve their goals. Whether it's learning about the latest breakthroughs in medical research, exploring new ways to improve your physical or mental health, or simply discovering new ideas, our webinars are an excellent platform to enhance your learning experience.

We believe that everyone deserves access to high-quality educational resources, and our webinars are designed to be inclusive and accessible to all. We welcome individuals from all walks of life and backgrounds to join us in our mission to promote lifelong learning and personal growth. So, if you are looking for an opportunity to learn from the best and expand your knowledge, join us for our upcoming webinars and be part of a community of lifelong learners!

Burning Nights CRPS Support

Trustees' Report

Website

One of the biggest achievements of 2022-2023 was the launch of our newly developed website. Following the slow decline of our old website we managed to secure funding from various Trusts, foundations and general fundraising to have a new website developed. The launch took place on 22nd November 2022.

Our main aims that we achieved were to:

- Make content clearer and more accessible
- To have a section for healthcare professionals and students
- To continue to provide up to date and evidence-based information for everyone within the CRPS community whether they are patients, families, parents, loved ones, friends or carers,
- To provide a knowledgeable place where health professionals and students can understand the condition and use that information to improve their services for patients
- To have more CRPS patients and families become aware of our charity and our services so they can realise they are not going through this difficult and challenging journey alone
- Better loading speed
- Reduce our bounce rate from 75% to 40% or below

Our website is comprehensive resource for individuals seeking information about Complex Regional Pain Syndrome (CRPS). Our goal is to provide detailed and reliable information about this condition, which can be challenging to understand and manage. Our website is designed to be a one-stop-shop for all the information you need about CRPS, including its symptoms, diagnosis, and treatment options.

We saw just under 86,000 unique visitors to our website and 90,000 visitors - both unique and returning. We also saw 111,000 sessions on the website. We hope that next year we will see an increase.

We understand that CRPS can be a debilitating condition, and it can be challenging to find accurate information about it. That's why our website is dedicated to providing detailed and comprehensive information about CRPS. We cover everything from the causes and risk factors to the various treatment options available. Our team continually compiles the latest research and medical guidelines to ensure that people have access to the most up-to-date information.

Additionally, we offer a unique perspective on CRPS through personal stories from individuals who have experienced the condition first-hand. We believe that these stories offer valuable insights into the challenges faced by those affected by CRPS. By sharing their experiences, we hope to provide a supportive and informative community for those impacted by this condition.

We invite you to explore our newly launched website and discover the wealth of information available to you. Whether you're a patient, caregiver, or medical professional, our website is a valuable resource for anyone seeking to learn more about CRPS.

Burning Nights CRPS Support

Trustees' Report

Literature and Awareness Products

We understand the struggles that people affected by CRPS face on a daily basis. That's why we are dedicated to providing them with a range of tangible resources that can help them manage their condition and improve their quality of life. Our literature and products are designed to offer practical advice, guidance, and support to individuals with CRPS, as well as their families and healthcare providers.

We offer a wide range of literature resources, including books, booklets/leaflets, and other materials that are tailored to the unique needs of individuals with CRPS or their families. Our literature is carefully crafted to provide practical tips and strategies for managing pain, improving mobility, and enhancing overall well-being. Whether you're looking for information on the latest treatment options, or tips for managing symptoms at home, we have the resources you need to take control of your condition.

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

In addition to our literature resources, we also offer a range of products that are specifically designed to help manage the pain and discomfort associated with CRPS. Our self-care packs offer great ways to manage symptoms, and are designed to provide mental health support when it's needed most. With our products, individuals can take a proactive approach to managing their condition, and improve their overall quality of life.

In summary, we are deeply committed to providing individuals with CRPS, their families, healthcare professionals, and the general public with the information and resources they need to effectively manage this challenging condition. Whether you're looking for practical advice, guidance, or support, we have the resources you need to take control of your condition and improve your overall well-being.

Burning Nights CRPS Support

Trustees' Report

RESEARCH AND STUDIES

Research

Burning Nights CRPS Support and our Founder & Chair have continued to work closely with Professor Holly Blake at Nottingham University and the Pain at Work (PAW) Toolkit. The PAW Toolkit is an innovative resource that has been designed to address the unique challenges that people with chronic pain face in the workplace.

The toolkit offers a wealth of information, including tips on how to communicate with colleagues and employers about your condition, advice on managing pain while at work, and guidance on how to access workplace accommodations and support. By using this toolkit, individuals with chronic pain can gain a better understanding of their rights and responsibilities in the workplace, and can take steps to manage their condition more effectively.

Professor Blake has taken this one step further and is running a research trial with the PAW Toolkit and applied for funding to run the study for 2 years. The study behind the PAW Toolkit is a collaborative effort between Burning Nights CRPS Support, our Founder & Chair; Victoria Abbott-Fleming MBE, and Professor Holly Blake. The PAW Toolkit represents an important step forward in the field of pain management, and we are proud to have been a part of its creation. It is our hope that this toolkit will help to improve the lives of individuals with chronic pain, and make the workplace a more accommodating and inclusive environment for all.

The funding was granted and the trial began in September 2022. Regular meetings are held as we are also on the Management Committee as the Public and Patient Engagement.

Our commitment to finding a cure for CRPS and chronic pain has led us to actively participate in 13 research studies, conducted by esteemed universities in the UK, Ireland, and Switzerland. Our involvement has been instrumental in advancing the understanding of the causes, treatment, and cure of these debilitating conditions.

As a part of our support, we have assisted researchers in locating potential participants by promoting their studies on our various platforms. Our extensive social media presence, e-newsletters, and website have been key in spreading the word about these studies. Additionally, we have occasionally featured these studies on our blog section to reach a wider audience. The new website also contains a research tracker where we can open, pause and close various research studies as and when required.

We are proud to share that our efforts have not stopped there. We have continued to disseminate the results of the studies and clinical trials we have assisted in through our various channels. Our online community forum has also played a vital role in connecting participants and researchers, providing a platform for exchanging information and experiences.

Through our collaborative efforts, we aspire to bring hope and relief to those affected by CRPS and chronic pain.

Burning Nights CRPS Support

Trustees' Report

OUR VOLUNTEERS

We are immensely grateful for the 44 wonderful volunteers who dedicated their time and energy to help us deliver 11 crucial services and projects to our community. It is thanks to their selflessness and unwavering commitment that we were able to provide a staggering 7,954 hours of support to our charity, helping us achieve our mission of making a positive impact in the lives of those who need it most. If we were to pay for the hours that our volunteers gave, we would have saved the charity over £75,500.

At Burning Nights CRPS Support, we truly believe that our volunteers are the beating heart of our charity. We are dedicated to ensuring that they have a positive and enjoyable experience while contributing to our cause. We provide them with ongoing support and resources, including regular support sessions and bi-monthly meetings where they can share best practices and support one another. For our volunteer Befrienders and Counsellors/Therapists, we go the extra mile, offering monthly supervision and/or peer support to ensure that they have access to the resources and training they need to provide the best possible service to our community.

Our volunteers are the backbone of our charity and we cannot thank them enough for their tireless efforts and unwavering dedication. Thank you to each and every one of them for making our charity what it is today.

Induction and Training

At our charity, we take the induction and training of our volunteers very seriously. We believe that providing a comprehensive induction is essential to ensure that our volunteers are fully equipped to support our community. As such, all new volunteers are given a thorough induction, which includes not just information about our Charity, its aims, mission and values but also vital Safeguarding training for those in need of it ie who are client facing. We want to ensure that our volunteers are aware of how to recognise, respond and report any safeguarding concerns that may arise in their role.

In addition to the Safeguarding training, all volunteers are also required to complete CRPS awareness training. This training consists of a video, followed by a set of questions to answer. We believe that this training is essential to ensure that all of our volunteers are aware of the condition that we support, so they can empathise and understand any potential challenges that they may face in their role.

For our volunteer Befrienders and Counsellors & Psychotherapists, we also provide four mandatory e-learning courses that are specifically tailored to their roles. These courses cover suicide awareness, suicide prevention, mental health awareness, and self-harm awareness. We now also include other roles to receive this mandatory training. We believe that providing this training is crucial to ensure that our volunteers have the skills and knowledge they need to support our community in the best possible way.

We are committed to providing regular training courses for all of our volunteers, and we ensure that all basic courses, such as Safeguarding, are renewed on an annual basis plus mental health and suicide awareness are every 2 years. We believe that investing in our volunteers' training is essential to ensure that our community receives the best possible support from our volunteers.

Financial review

The Charity has received incoming resources during the year of £64,836 (2022: £84,469) and its outgoing resources for the year were £80,052 (2022: £59,669) resulting in net outgoing resources of £15,216 (2022: £24,800).

The balance sheet shows net assets of £89,982 (2022: £105,198) including restricted funds of £Nil (2022: £5,000).

Burning Nights CRPS Support

Trustees' Report

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 £45,000. This is approximately six months of running costs.

The total reserves at 31 March 2023 was £89,982 (2022: £105,198) of which £Nil (2022: £5,000) are held in restricted funds. The balance held in unrestricted funds was £89,982 (2022: £100,198) of which £76,977 (2022: £90,236) 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 is a charity that relies on various sources of income to fund its services and projects. These sources include fundraising events, grants from trusts and foundations, and generous donations from individuals and corporate entities. The charity also generates income by selling branded merchandise through its online shop.

However, the challenges posed by the aftermath of the Covid-19 pandemic and the increasing cost of living crisis have had a negative impact on the charity's donations and fundraising efforts. As a result, Burning Nights CRPS Support has had to explore alternative income streams, such as more trusts and foundations and legacy giving.

One of the charity's recent initiatives has been the introduction of a Membership Scheme. This scheme allows supporters to become paid members, receiving exclusive benefits such as access to the charity's magazine, The Warriors Lifeline, and other benefits. The paid members don't have any voting rights.

Despite these challenges, Burning Nights CRPS Support has continued to receive corporate donations from law firms who join their small legal panel. Additionally, the organisation receives general corporate donations and grants such as from medical device companies.

Overall, Burning Nights CRPS Support is dedicated to continuing its work in supporting those affected by Complex Regional Pain Syndrome, and is grateful for the support it receives from its various income streams.

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.

Burning Nights CRPS Support

Trustees' Report

Recruitment and appointment of trustees

The appointment process for trustees is carefully outlined in the Constitution to ensure transparency and accountability.

Trustees are appointed in accordance with these provisions and are subject to retirement or re-appointment every three years at the Annual General Meeting (AGM).

Three (3) of the current trustees must agree upon the appointment of any new trustees, ensuring that all new trustees are selected with the utmost care and consideration.

It is important to note that, with the exception of the first charity trustees, all trustees must be appointed for a term of three years. This helps to ensure that there is continuity and stability within the board, while also providing opportunities for new voices and perspectives to be brought to the table.

Overall, the appointment process for trustees is a critical component of the charity's governance structure. By adhering to the Constitution and following a careful selection process, the board can ensure that it is composed of individuals who are committed to the charity's mission and values, and who bring diverse backgrounds and experiences to the table.

At the end of March 2023, 60% of the Trustees had chronic pain and/or a disability.

Induction and training of trustees

To ensure that all our trustees are well-equipped to carry out their duties, we provide them with a comprehensive induction into the charity. We believe that this is an essential step in ensuring that they understand the values, mission, and objectives of the charity. The induction also provides briefings on the key responsibilities of Trustees and the Board, as well as an understanding of CRPS and the specific needs of the CRPS community we are seeking to address.

Additionally, we provide annual training sessions for Safeguarding of Vulnerable Adults and Children, as well as confidentiality and GDPR which is a crucial aspect of our work.

All trustees are given the link to the Charities Commission information on Trustees' rights and responsibilities.

We believe it is imperative to have policies and procedures in place that guide our trustees on their duties and responsibilities. These policies include financial, confidentiality, GDPR, social media, vulnerable adult and children safeguarding, and conflicts of interest plus more. The Board of Trustees ensures that these policies are reviewed periodically to ensure that they are up to date with the latest laws and regulations.

We are proud to have a team of dedicated trustees who give their time voluntarily to support our work. None of our trustees receive any form of remuneration or benefits, except for expenses, which are paid in line with our expenses policy. We believe that this is an essential part of maintaining the integrity of our charity and ensuring that all our resources are used for the benefit of those we serve.

We believe that by providing them with the necessary policies, training, and support, we can ensure that they are well-equipped to carry out their duties and responsibilities effectively.

Burning Nights CRPS Support

Trustees' Report

Organisational structure

Burning Nights CRPS Support is a charity that operates nationally across the UK.

It is run with a Board of Trustees which consists of a Chair who leads the Board, a Treasurer plus other board members as Trustees.

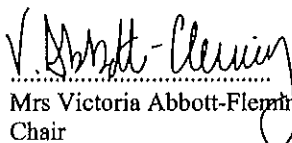
There is one paid member of staff who is the Charity Administrator and a volunteering team.

The day to day running is taken on by the volunteering team, staff member, the Chair and another Trustee. The other trustees also work tirelessly to ensure that the charity runs smoothly and effectively. These individuals do not hold any specific titles, but their contributions are invaluable.

Burning Nights CRPS Support understands that it cannot achieve its goals alone. That's why the charity maintains strong working relationships with other charities and umbrella organisations that share its common purpose. These relationships are not considered related parties under the Statement of Recommended Practice (SORP).

Through these relationships, Burning Nights CRPS Support is able to extend its reach and provide support to more individuals across the UK who are affected by Complex Regional Pain Syndrome (CRPS).

The annual report was approved by the trustees of the charity on 23 January 2024 and signed on its behalf by:


.....
Mrs Victoria Abbott-Fleming MBE
Chair

Burning Nights CRPS Support

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.

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 2023 which are set out on pages 34 to 44.

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

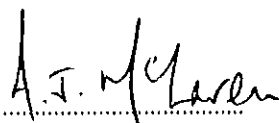
In connection with my examination, no matter has come to my attention:

(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: 23/1/24

Burning Nights CRPS Support

Statement of Financial Activities for the Year Ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income and Endowments from:					
Donations and legacies	2	52,590	6,500	59,090	80,821
Other trading activities		3,753	-	3,753	3,648
Other income	4	<u>1,993</u>	<u>-</u>	<u>1,993</u>	<u>-</u>
Total Income		<u>58,336</u>	<u>6,500</u>	<u>64,836</u>	<u>84,469</u>
Expenditure on:					
Raising funds		(9,903)	-	(9,903)	(16,178)
Charitable activities		<u>(58,649)</u>	<u>(11,500)</u>	<u>(70,149)</u>	<u>(43,491)</u>
Total Expenditure		<u>(68,552)</u>	<u>(11,500)</u>	<u>(80,052)</u>	<u>(59,669)</u>
Net movement in funds		(10,216)	(5,000)	(15,216)	24,800
Reconciliation of funds					
Total funds brought forward		<u>100,198</u>	<u>5,000</u>	<u>105,198</u>	<u>80,398</u>
Total funds carried forward	16	<u><u>89,982</u></u>	<u><u>-</u></u>	<u><u>89,982</u></u>	<u><u>105,198</u></u>

All of the charity's activities derive from continuing operations.

The funds breakdown for 2022 is shown in note 16.

Burning Nights CRPS Support
(Registration number: 1166522)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	12	13,005	9,962
Current assets			
Stocks	13	3,529	4,688
Debtors	14	3,207	500
Cash at bank and in hand		73,030	92,873
		79,766	98,061
Creditors: Amounts falling due within one year	15	(2,789)	(2,825)
Net current assets		76,977	95,236
Net assets		89,982	105,198
Funds of the charity:			
Restricted funds		-	5,000
Unrestricted income funds			
Unrestricted funds		89,982	100,198
Total funds	16	89,982	105,198

The financial statements on pages 34 to 44 were approved by the trustees, and authorised for issue on 23 January 2024 and signed on their behalf by:



 Mrs Victoria Abbott-Fleming MBE
 Chair

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

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 2023

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 2023

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	2023	2022
		£	£	£
Donations and legacies;				
Donations	51,173	6,500	57,673	64,371
Gift aid reclaimed	662	-	662	3,150
Grants, including capital grants;				
Grants received	-	-	-	13,300
Income from membership	755	-	755	-
	<u>52,590</u>	<u>6,500</u>	<u>59,090</u>	<u>80,821</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

3 Income from other trading activities

	Unrestricted funds	Total 2023	Total 2022
	General £	£	£
Trading income;			
Sales of goods and services	3,753	3,753	3,648
	<u>3,753</u>	<u>3,753</u>	<u>3,648</u>

4 Other income

Total
2023
£

5 Expenditure on raising funds

a) Costs of trading activities

	Unrestricted funds	Total 2023	Total 2022
	General £	£	£
Note			
Costs of goods sold	5,707	5,707	1,796
Events and conferences	444	444	301
Marketing and publicity	3,752	3,752	2,640
	<u>9,903</u>	<u>9,903</u>	<u>4,737</u>

6 Expenditure on charitable activities

	Unrestricted funds	Restricted funds	Total 2023
	General £	£	£
Note			
Charitable activities	11,313	11,500	22,813
Staff costs	24,071	-	24,071
Allocated support costs	20,925	-	20,925
Governance costs	2,340	-	2,340
	<u>58,649</u>	<u>11,500</u>	<u>70,149</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

7 Net incoming/outgoing resources

Net incoming/outgoing resources for the year include:

	2023 £	2022 £
Depreciation of fixed assets	<u>3,386</u>	<u>3,386</u>

8 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 £3,952 (2022: £2,532).

9 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	23,553	11,441
Pension costs	<u>518</u>	<u>-</u>
	<u>24,071</u>	<u>11,441</u>

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

10 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	<u>1,440</u>	<u>1,440</u>
Other fees to examiners		
All other services	<u>900</u>	<u>1,320</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

11 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.

12 Tangible fixed assets

	Furniture and equipment £	Website £	Total £
Cost			
At 1 April 2022	13,544	-	13,544
Additions	<u>-</u>	<u>6,429</u>	<u>6,429</u>
At 31 March 2023	<u>13,544</u>	<u>6,429</u>	<u>19,973</u>
Depreciation			
At 1 April 2022	3,582	-	3,582
Charge for the year	<u>3,386</u>	<u>-</u>	<u>3,386</u>
At 31 March 2023	<u>6,968</u>	<u>-</u>	<u>6,968</u>
Net book value			
At 31 March 2023	<u>6,576</u>	<u>6,429</u>	<u>13,005</u>
At 31 March 2022	<u>9,962</u>	<u>-</u>	<u>9,962</u>

13 Stock

	2023 £	2022 £
Stocks	<u>3,529</u>	<u>4,688</u>

14 Debtors

	2023 £	2022 £
Prepayments	<u>3,207</u>	<u>500</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

15 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	57	65
Other taxation and social security	291	-
Other creditors	100	-
Accruals	2,341	2,760
	<u>2,789</u>	<u>2,825</u>

16 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
<i>General</i>				
Unrestricted funds	100,198	58,336	(68,552)	89,982
Restricted funds				
Donation	5,000	-	(5,000)	-
Albert Hunt Trust	-	2,000	(2,000)	-
Local Giving (Magic Little Grants)	-	500	(500)	-
Arnold Clark	-	1,000	(1,000)	-
St James Place Foundation	-	2,000	(2,000)	-
Persimmon Homes Community	-	1,000	(1,000)	-
Total restricted funds	<u>5,000</u>	<u>6,500</u>	<u>(11,500)</u>	<u>-</u>
Total funds	<u>105,198</u>	<u>64,836</u>	<u>(80,052)</u>	<u>89,982</u>
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
<i>General</i>				
Unrestricted funds	71,959	79,169	(50,930)	100,198
Restricted funds				
Donation	6,439	-	(1,439)	5,000
Albert Hunt Trust	2,000	-	(2,000)	-
The National Lottery	-	5,300	(5,300)	-
Total restricted funds	<u>8,439</u>	<u>5,300</u>	<u>(8,739)</u>	<u>5,000</u>
Total funds	<u>80,398</u>	<u>84,469</u>	<u>(59,669)</u>	<u>105,198</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

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

During 2023 a restricted grant s were received from:

Alvert Hunt Trust - the purpose of the grant was

Local Giving (Magic Little Grants) - the purpose of the grant was

St James Place Foundation - the purpose of the grant was

Arnold Clark - the purpose of the grant was

Persimmon Homes Community - the purpose of the grant was printing self care packs for 3 different age ranges.

During 2021 a restricted grant of £2,000 was received from The Albert Hunt Trust and one from Abbott Medical, both were utilised in the year.

During 2022 a restricted grant of £5,300 was received form 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 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 has been utilised during the year.

17 Analysis of net assets between funds

	Unrestricted funds General £	Total funds £
Tangible fixed assets	13,005	13,005
Current assets	79,766	79,766
Current liabilities	<u>(2,789)</u>	<u>(2,789)</u>
Total net assets	<u>89,982</u>	<u>89,982</u>

Burning Nights CRPS Support

Notes to the Financial Statements for the Year Ended 31 March 2023

18 Comparative Statement of Financial Activities

	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	<u><u>100,198</u></u>	<u><u>5,000</u></u>	<u><u>105,198</u></u>