



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2020 **Period start date To** 31/03/2021 **Period end date**

Charity name: NGNPUK

Charity registration number: 1168339

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>To preserve and protect the health of patients in palliative care, by the provision of supplementary facilities, support services and equipment, ancillary to those provided by doctors and the statutory authorities.</p> <p>To advance the education of the general public in all areas relating to pain management and palliative care.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>To raise awareness of pain relief during palliative care and to fundraise in particular but not exclusively to increase access to and increase numbers of syringe drivers (also known as syringe pumps) available to all communities for public benefit.</p> <p>To relieve pain, discomfort and to preserve the health of patients by providing, supplementing or assisting in the provision of equipment, facilities and services ancillary to those provided by the doctors.</p> <p>To preserve and protect the health of patients of the general public by providing and assisting in the provision of supplementary facilities, support services</p>

		<p>and equipment normally provided by the statutory authorities.</p> <p>To advance the education of the public in health care by the provision of lectures, fora and by the publication of newsletters devoted to healthcare.</p> <p>To promote and protect the physical and mental health of sufferers of pain in palliative care through the provision of financial assistance, support, education and practical advice.</p> <p>To advance the education of the general public in all areas relating to pain management and palliative care</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Summary: 2020/21 has been an unprecedented year globally, with the pandemic affecting everyone.</p> <p>The NHS has been called upon to deliver services like no other time and as a result, NGNPUK took an active decision to step back from active engagement with NHS staff allowing them to focus on front line activities. We continued low-key fund-raising activities where social distancing allowed, but have renewed efforts to look at the expansion opportunities into neighbouring counties.</p> <p>During this time, we have continued to experience difficulties with the purchase of the latest batch of T34 MIII syringe drivers, previously delivered in October 2019. This was due to a national recall necessary for the latest version of drivers that proved to be unreliable in the field.</p> <p>Becton Dickinson (BD) who completed the takeover of CME began investigating issues and initiated a hold on new driver purchases. This has led to the limited use and potential replacement of the last 30 drivers delivered by NGNPUK to the CPFT team.</p> <p>At present, this still leaves the total number of drivers, handed over to the CPFT at 91.</p> <p>The year has seen the postponement of annual events such as the Garden Party, our second summer ball and public appearances such as the, Trikefest, Whittlesey festival and our annual Christmas fayre.</p> <p>A meeting with the CPFT continues to highlight the impact NGNPUK have made on the Greater Peterborough area and Fenland, even more so through the pandemic. Through continued public support, our</p>

		<p>charitable aim was refocused onto providing help to all of Cambridgeshire and where possible to explore our neighbouring counties. Lincolnshire and Northamptonshire conversations have commenced.</p> <p>Grants continued to be sought, although with reduced emphasis until we can deliver our next batch of drivers, and also find a pathway to moving into Lincolnshire or Northamptonshire, which is proving difficult to achieve at present.</p> <p>We continue to receive legacy donations and feedback in memorial of families and friends who have benefitted from the use of a syringe driver.</p> <p>Current campaigns continue to include the making of Syringe driver bags made from material donated by volunteers.</p> <p>We also continued to encourage the making of knitted chocolate orange covers for the 2020 Christmas Fayre by our crafter army, which were sold direct with social distancing measures.</p> <p>Events for 2020 included the partnership with the Peterborough Biscuit trade event, which took place prior to the first national lockdown but the cancellation of the 2nd Charity Dragonfly ball and the Tour of Cambridgeshire Grand Frodo cycling completion were unavoidable.</p> <p>Finally, there is hope to resume normal activities in 2021-2022.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
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Achievements against objectives set	Para 1.41	Our objective was set to deliver a single syringe driver annually to the local communities. This target was subsequently revised due to the nature of insufficient numbers. 2020/2021 saw no new delivery of drivers to the community nursing teams. This was unavoidable due to the issues surrounding the T34 Mk III reliability issues. We did deliver an additional 10 toolboxes for storing existing syringe drivers in.
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	2020/2021 saw an annual income of £32,228.10 with expenditure of £673.43. The net balance of £105927.85 currently resides as cash reserves.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The cash reserve is held to provide a staggered purchase and delivery of equipment to the CPFT to ensure demand can be met immediately and to ensure a staggered lifecycle of maintenance. There is an estimated life expectancy of 7 years for syringe drivers requiring annual maintenance. It also includes funds to expand into neighbouring communities
Amount of reserves held	Para 1.22	At year end 2019/2020 cash reserves stand at £74373.18
Reasons for holding zero reserves	Para 1.22	N/A

Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Principle sources of funds are made up from fundraising events, charitable and public grants and public donations.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Description of charity's trusts:	SORP reference	
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is governed by a charitable constitution with 3 principle directors and trustees.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	NGNPUK is a standard registered charity.

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustee selection is made through Nomination and election to post.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity has 3 founding members, who are trustees and hold the posts of Chairperson, Treasurer and Secretary. Fundraising activities are undertaken by the trustees or with volunteers.
Relationship with any related parties	Para 1.51	The charity has formed working relationships with the following organisations: Becton Dickinson (BD) formally CME Medical – Suppliers of Syringe drivers CPFT (Cambridgeshire and Peterborough NHS Foundation Trust) – Organisation to which the district nursing team belong who receive the syringe drivers. Interior goods Direct – Providers of donated material for syringe driver bags.
Other		

Charity name	NGNPUK
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Other name the charity uses	No Gain No Pain UK; No Gain; No Gain No Pain.
Registered charity number	1168339
Charity's principal address	NGNPUK 19 Eastfield Drive, Whittlesey, PE7 1SH

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Lee Nicholls	Secretary	2015	Yes
Louise Nicholls	Treasurer	2015	Yes
Samantha Carter	Chairperson	2015	Yes

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
Lee Nicholls	2015	
Louise Nicholls	2015	
Samantha Carter	2015	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
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Full name(s)	Lee Nicholls	Samantha Carter
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Position (eg Secretary, Chair, etc)	Secretary	Chairperson
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Date	11/09/2021
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
No Gain No Pain (NGNPUK)

No (if any)
1168339

CC16a

Receipts and payments accounts

For the period from	Period start date 1042019	To	Period end date 31032020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Sales	530	-	-	530	-
Sponsorships	3,072	-	-	3,072	-
Grants	16,100	-	-	16,100	-
Christmas Fayre	-	-	-	-	-
Donations	10,560	-	-	10,560	-
Whittlesey Festival	-	-	-	-	-
Reindeer Food	49	-	-	49	-
Trikefest	-	-	-	-	-
Chocolate Oranges	1,593	-	-	1,593	-
Christmas Fayre 2020 Deposits	-	-	-	-	-
Plants	125	-	-	125	-
Summer Ball	200	-	-	200	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,228	-	-	32,228	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,228	-	-	32,228	-
A3 Payments					
Expenses (Toolboxes)	90	-	-	90	-
Summer Ball	-	-	-	-	-
Insurance	344	-	-	344	-
Chocolate Oranges	25	-	-	25	-
Reindeer Food	9	-	-	9	-
Christmas Fayre 2020 Deposits	15	-	-	15	-
Admin	190	-	-	190	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	673	-	-	673	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	673	-	-	673	-
Net of receipts/(payments)	31,555	-	-	31,555	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	31,555	-	-	31,555	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Baland Carried Forward 2018-2019	32,923	-	-
		-	-	-
		-	-	-
	Total cash funds	32,923	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		L Nicholls	Louise Nicholls	11/09/2021
		SJ Carter	Samantha Carter	11/09/2021

Independent examiner's report on the accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A

Independent Examiner's Report

Report to the trustees/
members of

NGNPUK

On accounts for the year
ended

2020/21

Charity no
(if any)

1168339

Set out on pages

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Respective
responsibilities of
trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. [The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [named body]]. Delete [] if not applicable.

It is my responsibility to:

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

Basis of independent
examiner's statement

My examination was carried out in accordance with 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 the 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 statement below.

Independent
examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below *)

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; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

20 September 2021

Name:

Howard Braband