



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/04/2022 **Period start date To** 31/03/2023 **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:</p> <p>2022/23 continued to be a slow approach to charitable engagement, as the cost of living crisis started to impact public support.</p> <p>The NHS continues to face significant pressure on demand for its services, whilst global events continue to shape daily life. Pressures on the cost of living continue to impact charitable organisations as choices need to be made where funds are to be spent. This has also been impacted by the effect of political events such as the Ukrainian conflict and climate emergencies and catastrophes.</p> <p>We maintained low-key fund-raising activities and have been selective in which events to participate in 2022/23. An opportunity to support the Tour of Cambridgeshire cycling event produced a small income, however did raise the charity profile. We also celebrate the continuing success of usual Christmas events. Some progress was made in reaching a wider audience and we were able to successfully deliver our first syringe driver into Northamptonshire, with the promise of further engagement in the future.</p> <p>We still maintain our delivery line of T34 Bodyguard syringe drivers; however, there has been a significant price increase per unit due to supplier increase and a loss of a substantial discount offered no longer available. There has been no opportunity or willingness to negotiate any new offer. A batch purchase in the previous tax year enabled us to avoid the full price increase</p> <p>However, feedback from the nursing teams continues to prove valuable and that the stock of drivers are now playing an important roles in end of life care choices.</p>

		<p>The total number of drivers, handed over to the CPFT stands at 114, including one for Northamptonshire in 21/22.</p> <p>To date NGNPUK have now handed over a total of 115 syringe drivers.</p> <p>A meeting with the CPFT continues to highlight the impact NGNPUK have made on the Greater Peterborough area and throughout Cambridgeshire.</p> <p>Through continued public support, our charitable objective remains to provide engagement where possible to explore our neighbouring counties.</p> <p>Grants continued to be explored, and 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 2022 and 2023 Christmas Fayres by our crafter army as we look to continue these events.</p> <p>A conscious measured decision by the trustees and a strong financial foundation has allowed the charity to reduce the more proactive approach to fundraising and events for 2022/23.</p> <p>Instead, the charity is keen to focus on select community events and education to continue to raise the awareness of NGNPUK and our charitable aims.</p>
--	--	---

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
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. 2022/2023 saw 10 new deliveries of drivers to the community nursing teams from held stock. Ww did deliver additional lockboxes and 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	2022/2023 saw an annual income of £30323 with expenditure of £20758. The net balance of £98806.86 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 2022/2023 cash reserves stand at £108371.92
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 principal 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.

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
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)

--

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

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)		
--------------	---	---

Full name(s)	Lee Nicholls	Samantha Carter
--------------	--------------	-----------------

Position (eg. Secretary, Chair, etc)	Secretary	Chairperson
--------------------------------------	-----------	-------------

Date	22/10/2023
------	------------



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
No Gain No Pain (NGNPUK)

No (if any)
1168339

Receipts and payments accounts

CC16a

For the period
from

Period start date
1042022

To

Period end date
31032023

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 - Totals	55	-	-	55	-
Donation - Totals	26,543	-	-	26,543	-
Chocolate Oranges	1,158	-	-	1,158	-
Christmas Fayre	2,568	-	-	2,568	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	30,323	-	-	30,323	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,323	-	-	30,323	-

A3 Payments					
	-	-	-	-	-
Tshirts For Runner	18	-	-	18	-
Tshirts For Runner	20	-	-	20	-
Storage Shed	275	-	-	275	-
Stationary	2	-	-	2	-
Insurance	352	-	-	352	-
Printer Paper	10	-	-	10	-
Raffle Tickets	5	-	-	5	-
Toolboxes - Batch2	27	-	-	27	-
Extra Raffle Tickets	5	-	-	5	-
Florist Wrap	6	-	-	6	-
Toolboxes - Batch1	81	-	-	81	-
Lockboxes - Batch 1	1,545	-	-	1,545	-
Lockboxes - Batch 2	2,092	-	-	2,092	-
Drivers and Lockboxes	16,130	-	-	16,130	-
Stamps	71	-	-	71	-
Chocolate Oranges	10	-	-	10	-
Christmas Fayre	110	-	-	110	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	20,758	-	-	20,758	-

A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-

Total payments	20,758	-	-	20,758	-
Net of receipts/(payments)	9,565	-	-	9,565	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	9,565	-	-	9,565	-

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 2022-2023	98,807	-	-
		-	-	-
		-	-	-
	Total cash funds	98,807	-	-
	(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	13/10/2023	
	SJ Carter	Samantha Carter	13/10/2023	

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

Charity Name
NGNPUK

On accounts for the year
ended

2022/23

Charity no
(if any)

1168339

Set out on pages

4

(remember to include the page numbers of additional sheets)

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:

3.11.23

Name:

HOWARD BRABAND

Relevant professional
qualification(s) or body
(if any):

--

Address:

↑ MANOR FARM LANE
CASOR PE57BW

Section B

Disclosure

- Only complete if the examiner needs to highlight material problems. (E.g. accounting records have not been kept in accordance with s132 of the Charities' Act 2011 and those accounts do not comply with the requirements of the 2008 Regulations setting out the form and content of charity accounts; any material expenditure or action which appears not to be in accordance with the trusts of the charity; any failure to be provided with information and explanations by any past or present trustee, officer or employee; and any material consistency between the accounts and the trustees' annual report.)