

Beat Kidney Stones

Treat to Beat and Prevent Kidney Stones

Trustees Annual Report

And Unaudited Accounts

For Year 7

2nd October 2022 to 1st October 2023

Beat Kidney Stones

Legal and Administrative Information

Trustees	Miss Clare Sanders – reappointed 28-10-23 Miss Tracey M Palmer Ms Jilly Collins Mrs Penny Sweetland
-----------------	--

Secretary & CEO	Peter E Sanders
----------------------------	-----------------

Registered Charity Number	1170678
----------------------------------	---------

Principal Banker	Lloyds Bank Lloyds Bank Business Banking BX1 1LT And Epworth Cash Plus Fund 9 Bonhill St. London EC2A 4PE
-------------------------	--

Beat Kidney Stones

Contents

	Page
Trustees Report	4
Independent Examiner's Report	10
Statement of Comprehensive Income & Statement of Financial Position	11
Notes to Accounts	12

Beat Kidney Stones

Trustees Report

The Trustees present their report and accounts for the year ended 1st October 2023

The accounts have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the Charity's governing document and "Accounting and Reporting by Charities"

Structure, Governance and Management

Beat Kidney Stones is a Charitable Incorporated Organisation and was entered on the Register of Charities by the Charity Commission on the 12th December 2016 and was given the Registered Charity Number 1170678.

The trustees, who are also members of the Charity and who served during the year were:

Miss Clare Sanders
Miss Tracey M Palmer
Ms Jilly Collins
Mrs Penny Sweetland

Method of recruitment and appointment of trustees

New trustees apply and part of their interview process is to be asked if they are eligible to be appointed a trustee. If the potential trustee is eligible, they are recommended and appointed by the existing trustees. New trustees are informed about the Charity Commission's web site which identifies the responsibilities and how to act as a trustee and given a copy of the Foundation Document of Beat Kidney Stones and the latest Annual Report. None of the trustees have any beneficial interest in Beat Kidney Stones. All of the Trustees are also Members of Beat Kidney Stones.

Organisational Structure

The day-to-day management of the Charity's activities were delegated by the trustees to the Volunteer Chief Executive Officer on the 9th January 2017. The Volunteer CEO is assisted by other volunteers who report to the CEO.

Risk Policies

The Volunteer CEO assesses the risk policies regularly and the trustees are satisfied that the policies do mitigate exposure to major risks. The existing and new policies are: Lone Working Policy; Confidentiality Policy; Staff & Volunteer Working Policy; Health & Safety Policy; Rights & Responsibility Policy; Conflict of Interest Policy; Conflict of Interest Register, Managing Volunteers & Staff Policy; Equal Opportunities Monitoring Form; Risk Management policy; Handling Complaints Policy; GDPR; Investment Policy; Equality & Diversity Policy. The trustees state that no serious incidents have arisen during this financial year.

Objectives and activities

Beat Kidney Stones is a Charitable Incorporated Organisation and its objects are:

To promote and protect the physical and mental health of sufferers of kidney stones through the provision of financial assistance, support, education and practical advice; and to advance the education of the general public in all areas relating to kidney stones, in particular but not exclusively, by funding research into kidney stones.

Achievements and performance

On each day of the year a post has been and will be published on Facebook for the benefit of kidney stone sufferers, their family and friends and all other interested parties. The posts contained comment, questions, information and quotes from sufferers, members of the public, reputable web sites and institutions. Resulting from these posts the Charity has and will continue to identify life and work actions that improve sufferer conditions and treatments. These actions have also been published on the Charity's web site and to the Kidney Stone Research Group on LinkedIn.

Many kidney stone sufferers have said, having the "Helpful Information" page on the Charity's web site has helped their employer to understand and appreciate exactly what a kidney stone sufferer experience's. The employer takes from the web site a better understanding of chronic pain and why each kidney stone sufferer has to continually drink water evenly over each 24 hours. All the information on the web site helps to prevent misunderstandings between the employer and kidney stone sufferers.

This year a number of kidney stone sufferers have rang or repeatedly rang the land line number displayed on the Charity's web site to talk over their symptoms and treatments with the CEO of the Charity. This land line number is becoming a help line for kidney stone sufferers.

The CEO has continued to introduce Beat Kidney Stones to the research environment and offered to provide a possible research topic for MSc Students.

This Charity is involved with other organisations and offering opinions derived from kidney stone sufferers on relevant aspects of proposed and actual research. This year a Researcher contacted the Charity for guidance on research topics. The five recommendations made by NICE were suggested to the Researcher. Anonymous kidney stone sufferers via this Charity have also passed their opinions to a Researcher on a research proposal.

Interesting and helpful information relative to pain and kidney stones is also published on LinkedIn, Facebook, the Kidney Stone Research Group and the Charity's web site.

Due to its Stakeholder status in the National Institute for Health and Care Excellence (NICE) Beat Kidney Stones supports at all times the "Renal and ureteric stones: assessment and management guideline published on the 8-1-19 and the Renal and ureteric stones Quality standard (/guidelines/qs195)" which was published on the 29-7-20. Both publications are the current treatment standards for all sufferers of kidney stones.

Signposts are on the Beat Kidney Stone web site to access both the NICE Guideline and Quality Standard.

The Renal and ureteric stones: assessment and management guideline made five recommendations for research.

Kidney stone sufferers were asked to comment on these 5 pieces of recommended research by NICE. Sufferers asked that Beat Kidney Stones allocate the following priorities when deciding which piece of research to help fund:

- 1 non-steroidal anti-inflammatory drugs – route of administration
- 2 Alpha blockers and ureteroscopy
- 3 Metabolic Assessments
- 4 Preventative treatment following shockwave lithotripsy
- 5 Frequency of follow up imaging

Beat Kidney Stones Trustees have now prioritised the collection of monies to help support research.

Beat Kidney Stones Facebook posts, web site and the Kidney Stone Research Group all have contained comment and information from and relating to the NICE Guideline called “Renal and ureteric stones: assessment and management” and the Renal and ureteric stones Quality Standard (/guideline/qs195).

The Charity continues to ask on its web site, through its Facebook posts and from the Kidney Stone Research Group on LinkedIn for comments, suggestions and research preferences from kidney stone sufferers and interested parties. It is thought this is a unique feature of this Charity. Consequently, Beat Kidney Stones is always open for comment from kidney stone sufferers and prepared to amend its policies according to the comments received.

Last year Beat Kidney Stones commented on the NICE Draft Guideline: Urinary tract infection in under 16s: diagnosis and management and is informed by NICE about all new Guideline so that this Charity may contribute if appropriate.

The Charity is maintaining the articles on its web site about the Sufferers Travelling Support Fund, a fall safe alarm and an identification card for existing sufferers who think they might lose consciousness again. The identification card is proving to be popular and is provided at no cost to sufferers.

The Charity’s daily Facebook posts continue to reach more people each year. These posts have generated comment and personal stories from sufferers which have led to further sufferer information being added to the Charity’s web site, Facebook page and passed to the Kidney Stone Research Group. More people are becoming members of the Kidney Stone Research Group and members are largely sufferers followed by Clinicians and researchers.

Employees when passing kidney stones had commented that some employers viewed frequent, very short-term absences over many weeks, to be a problem. Medical professionals had not recognised absenteeism due to kidney stones to be a widespread employment problem. Beat Kidney Stones however heard many comments from sufferers which together indicated that employers could be treating employees much better.

Consequently, Beat Kidney Stones undertook a programme of providing information for employers and new sufferers.

To help repeat sufferers this Charity supports the home working option if it is possible.

From sufferers:

Working from home in a comfortable environment takes their mind off anticipating pain, it is better to have access to facilities when dealing with the intermittent chronic pain and drinking their recommended amount of water. Also, sufferers are happier and more productive when working from home.

The Trustees decided the monies for supporting sufferers and research will still be held in the Epworth Cash Plus Fund (It was called the Affirmative Deposit Fund) which earns an improved level of interest.

To date monies accumulated in Epworth Cash Plus Fund are: allocated to sufferer support £606.68, for research £3685.46 and for Charity overhead £750.90.

In year 4 the Charity received two large donations. The Donor in both cases made specific requests of Beat Kidney Stones that were agreed by the Trustees. Co-incidentally the requests were in accordance with the existing rules of the Charity and particularly one (probably unique) rule that this Charity will disperse any donation in the manner requested by that particular donor.

The Donor in both cases requested that the donation be anonymous and be invested in a specific way and in perpetuity. The Donor in both cases had the intention to achieve an income for the Charity and for the income to be used to only pay the existing operating costs of the Charity (Not speculative operating costs).

In year 5 the Trustees decided to hold sufficient reserves to maintain the operating costs for any rolling 12-month period and to allocate any monies accumulated above that level to research. This decision was and will be kept in constant review by the CEO.

Due to the value of the income from the above donations the Trustees decided that all monies received without a specific destination request by the donor are to be allocated to research.

Donations

Year 2

Donations totalling £1359.47 were made to the Charity in memory of Margaret Anne Sanders

A donation of £50 was made to the Charity in memory of Joyce Hawkins.

Year 3

A donation of £117.5 was made to the Charity in memory of Joan and Charles Pinegar.

Donations totalling £1280.12 were made to the Charity in memory of Timothy Stone.

Year 4

An anonymous donation of £14,670.05 was made to the Charity in memory of John, Anne and Margaret Pink. (J, A & MP 1)

Donations totalling £803.65 were made to the Charity in memory of Edith Evelyn Lynam.

An anonymous donation of £48,000 was made to the Charity in memory of Margaret Anne Sanders. (MAS 1)

Year 5

Donations totalling £722.75 were made to Beat Kidney Stones in memory of Percy and Violetta.

A donation of £19.28 was made to Beat Kidney Stones in memory of Patricia Mockett.

Year 6

Donations totalling £357.80 were made to Beat Kidney Stones in memory of Lois and Mark Osborne.

Year 7

Donations totalling £564.48 were made to Beat Kidney Stones in memory of Ivan Osborne.

Public Benefit

The trustees confirm they have and will continue, to comply with their duty to have due regard to the guidance on public benefit issued by the Charity Commission in exercising their powers.

This has been exemplified above, by the continuing use of the web site

www.beatkidneystones.co.uk and by the continued use of the Kidney Research Group on

Linkedin. Further examples are the daily dialogue by the Charity on Facebook, plus the comment, questions and experiences given by sufferers when replying to posts on the Charity's Facebook page.

Kidney stone sufferers also ask for help, advice or make comments by telephone and email on a regular basis.

A further example of public benefit was the collating by the Charity of comments made by Kidney Stone Sufferers to the Charity when fulfilling its role as a NICE Stakeholder. The Charity made those comments known to NICE at the Guideline and then at Quality Standard consultative stage and this year on the NICE Draft Guideline: Urinary tract infection in under 16s: diagnosis and management

This means Kidney Stone Sufferers have had an input to one NICE Guideline and Quality Standard and a second Draft Guideline.

Frequently first-time sufferers who are experiencing the extreme and chronic pain associated with the passing of a kidney stone contact this Charity either directly or as described above to ask for help and advice. Also, family members on behalf of potential sufferers also contact this Charity to ask for advice.

Increasingly the BT land line connection to this Charity is being used by sufferers as a Help Line.

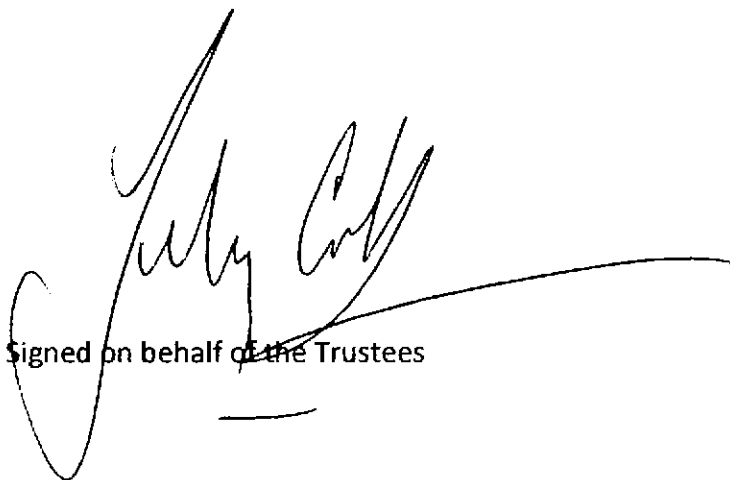
Financial Review

During this seventh year the Charity generated an unrestricted income of £2751.35

The Trustees decided to continue to concentrate all suitable income into the Research Fund. The Trustees also directed the CEO to be mindful of the operating costs and the existing Reserves Policy (below) at all times. The CEO identified a possible capital expenditure of approximately £1k to take place over the coming years.

Reserves Policy

Due to receiving J, A, & MP 1 and then MAS 1 the Trustees decided that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to the Charity's running costs for any rolling 12 monthly period. Then when the income from J, A, & MP 1, MAS 1 and other income exceeds any rolling 12 monthly running cost average the excess will be allocated to the Designated Reserved Research Fund or the Designated Reserved Sufferer Support Fund as demand dictates. The Trustees consider that reserves at this level will ensure that the advice and assistance given via the web site, Facebook and Kidney Research Group will allow the Charity to continue operating for any rolling 12 month period and speed the growth of the research and support funds.

A handwritten signature in black ink, appearing to read 'Julia Cook', is written over a horizontal line. The signature is fluid and cursive.

Signed on behalf of the Trustees

Independent Examiner's Report for Beat Kidney Stones

I report on the accounts of the Charity Beat Kidney Stones a Charitable Incorporated Organisation (CIO) for the year 2nd October 2018 to the 1st October 2019 which is set out on the following pages.

Respective responsibilities of trustees and examiner

The trustees of the Charity are responsible for the preparation of the accounts. The trustees consider that an audit is not required but an independent examination is under the guidance from the Charity Commission published on the 23rd May 2013 and updated on the 25th August 2017

Having satisfied myself that the Charity is not subject to an audit and is eligible for independent examination, it is my responsibility to:

1. Examine the accounts under section 145 of the 2011 Act
2. To follow the procedures laid down in the general directions given by the Charity Commission under section 145 of the 2011 Act
3. To state whether particular matters have come to my attention.

Basis of independent examiners report

My examination was carried out in accordance with the general directions given by the Charity Commission. My examination included a review of the accounting records kept by the Charity and a comparison of the accounts kept 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 statement below.

Independent examiner's statement

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

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records
 - (ii) to prepare accounts which accord with the accounting records, comply with the accounting methods and principles of SORP, Accounting and Reporting by Charities; have not been met; or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Paul Wright

APB Accountants, 1 to 5 Market Square, Ilfracombe Devon EX34 9AU

Telephone 01271 864826 Fax 01271 864837

Statement of Comprehensive Income & Statement of Financial Position

Statement of Comprehensive Income

		22/23		21/22	
		Unrestricted	Restricted	Unrestricted	Restricted
Notes					
Incoming Resources	2	2751.35	66,145.15	1929.53	66,164.29
Outgoing Resources	3	<u>1124.58</u>	-	<u>730.45</u>	-
NET (Deficit)/Surplus	4	1,626.77	-	1199.08	-
Fund Balance at 1 st October 2023		1,626.77	66,145.15	1199.08	66,164.29

Statement of Financial Position

Fixed Assets					
Tangible assets	1.2	91.63		111.74	-
Investments			50,918.33		66,164.29
Current assets					
Restricted Cash to Re-invest		15,226.82			
Cash at Banks and in hand		1135.96	-	940.14	-
Designated Reserve Fund for Sufferers		606.68	-	606.68	-
Designated Reserve Fund for Research		<u>3,685.86</u>	-	<u>2,059.79</u>	-
Total Assets		20655.32	50,918.23	3606.61	66,164.29
Liabilities and Equity					
Retained Earnings		19,028.55		2,407.53	
Net Income		1,626.77		1,199.08	
Equity		20,655.32		3,606.61	
Restricted Funds			<u>50,918.23</u>		<u>66,164.29</u>
Total Equity			71,573.55		69,770.90

Notes to the Accounts

1 Accounting Policies

1.1 Basis of preparation

The accounts have been prepared under the historical cost convention
The accounts have been prepared in accordance with applicable accounting standards and SORP.

1.2 Tangible fixed assets and depreciation

Tangible fixed assets are stated at costs (Less depreciation of 18%) for this third year

	22/23	21/22
	£	£
Capital equipment	111.74	136.27
Depreciation	20.11	24.53
Net book value	91.63	111.74

2 Donations

Restricted Donations

A restricted donation of £14670.05 (J, A, & MP 1) was received subject to this amount being invested in perpetuity to achieve a regular income to only meet current operating costs. Aberdeen/CAF cancelled this Investment opportunity on the 31-3-23. Due to high interest rates the Trustees decided to hold cash in the Epworth Cash Plus Fund until interest rates start falling.

£

£

0

15,152.79

A second restricted donation of £48,000 (MAS 1) was received subject to this amount being invested in perpetuity to achieve a regular income to only meet Operating costs with Epworth:

Global	22,206.01	21,393.18
Multi Asset	16,538.55	17,270.76
UK Equity	<u>12,173.77</u>	<u>12,347.56</u>

Total Invested Restricted Funds are:

50,918.33

66,164.29

	22/23		21/22	
	Unrestricted Funds	Restricted Funds	Unrestricted Funds	Restricted Funds
Restricted Invested Donations		50,918.33		66,164.29
Other Donations and income				
Donor 1	564.48	-	357.80	-
Donation from AS	11.57	-	-	-
Donation from LC	28.92	-	-	-
Restricted donation for reinvesting	-	15226.82	-	-
Abrdn Investment Redemption	46.41	-	-	-
plc donations	150.00	-	46.93	-
PayPal	266.97	-	0.01	-
Gift Aid	141.13	-	125.02	-
Epworth Affirmative Deposit	59.32	-	4.64	-
MAS 1 Multi Asset Fund	493.85	-	470.48	-
MAS 1 UK Equity	437.60	-	434.47	-
MAS 1 Global Equity	351.10	-	290.18	-
J, A, & MP 1 CAF	200.00	-	200.00	-
Other Interest	<u>0.00</u>	-	<u>0.00</u>	-
		66,145.15		66,164.29
Total Income	2751.35		1929.53	
3 Total resources expended	22/23		21/22	
Costs of generating income				
Repairs and renewals	487.75		149.00	
General Admin	13.25		25.11	
Premises cost	564.48		500.12	
Services bought	0.00		0.0	
Volunteer expenses & sundries	<u>38.99</u>		<u>26.74</u>	
Outgoings	1104.47		705.92	
Total outgoings with depreciation	<u>1124.58</u>		<u>730.45</u>	
4 Net Income	1626.77		1199.08	