

Beat Kidney Stones

Treat to Beat and Prevent Kidney Stones

Trustees Annual Report

And Unaudited Accounts

For Year 8

2nd October 2023 to 1st October 2024

Beat Kidney Stones is a Charity with the Charity Registration Number 1170678

Beat Kidney Stones

Legal and Administrative Information

Trustees

Ms Jilly Collins
Miss Tracey M Palmer
Miss Clare Sanders
Mrs Penny Sweetland – re-appointed 26-10-24

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

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Beat Kidney Stones

Trustees Report

The Trustees present their report and accounts for the year ended 1st October 2024

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:

Ms Jilly Collins
Miss Tracey M Palmer
Miss Clare Sanders
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, carers, 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 now called a help line for kidney stone sufferers.

The CEO has continued to introduce Beat Kidney Stones to the research environment.

This Charity is involved with other organisations and offers opinions derived from kidney stone sufferer's comments and experiences and carers comments and experiences.

This year Beat Kidney Stones attended a Disease Atlas Focus Group set up by the HDR UK Phenomics and Disease Atlas at UCL Institute of Health Informatics. This Charity contributed to this group and is looking forward to reading their paper which will soon to be published.

Beat Kidney Stones was asked by a Researcher from the Nuffield Department of Surgical Sciences to help in the first instance to take part in a study design workshop and the CEO and a Trustee took part. This contact led to more detail about a proposed stage 1 research proposal to the National Institute for Health Research and Care (NIHR) and called, STOP (STOne Prevention) Trial. The purpose of the STOP Trial is to investigate if a certain type of drug reduces the re-occurrence of kidney stones. So many patients have wished for a drug to stop further kidney stones and because of this the CEO decided to write a support letter to the Stop Trial Lead. The CEO was invited to be a patient representative co-investigator and was added to the NIHR stage 2 application.

All interesting and helpful information relative to kidney stones and pain is 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 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.

Beat Kidney Stones also commented on the NICE Draft Guideline: Urinary Tract Infection (recurrent): antimicrobial prescribing 29/08/2024 to 12/09/2024

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 our mind off anticipating pain, it is better to have access to facilities when dealing with the intermittent chronic pain and drinking our 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 a much-improved level of interest this year due to the increase in inflation.

To date monies accumulated in Epworth Cash Plus Fund are: allocated to sufferer support £606.68, for research £5838.15 and for Charity overhead £750.90.

In year 4 the Charity received two large donations – JA&MP 1 and MAS 1. The Donor in both cases made specific requests of Beat Kidney Stones that were agreed by the Trustees. Coincidentally 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 perpetuity and in a specific way. Both Donors had the intention to achieve an income for the Charity and for the income to be used to only pay the actual 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.

In year 7 Beat Kidney Stones was informed by CAF and abrdn of the withdrawal of the CAF Managed Portfolio Service. The only sensible option open to Beat Kidney Stones was to remove JA&MP 1 and invest it elsewhere. Due to rising interest rates in year 8, it was decided to place JA&MP 1 on deposit in the Epworth Cash Plus Fund. When the income from interest has fallen to a similar level to the income from the Epworth Multi Asset Fund the JA&MP 1 donation will be invested in the Epworth Multi Asset Fund to obtain both an income and capital growth.

Due to the value of the income from the above donations the Trustees decided that all received monies not spent on overhead costs would be allocated towards research. Also, all donations received without a specific destination request by a donor are also to be allocated to research. Furthermore, all interest gained from monies not allocated towards research, will also be allocated towards research.

In year 8 the CEO has been asked to communicate the interests of kidney stone sufferers to two research groups. All monies received due to the knowledge derived from the Charity or by being seconded by the Charity or in similar circumstances will be transferred to the Charity.

Donations

Thank you to all named and anonymous donors:

Year 2

Christine and Stephen Westcott.

Year 3

Rachel Matthee

Year 5

Eve Mockett, Paul Mockett, Andrew Charlton.

Year 6

Alison Sampson

Year 7

Lee Clark

Year 8

Lee Clark

Donations In Memorial

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.

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

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 Osborn.

Year 7

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

Year 8

Donations totalling £600.97 were made to Beat kidney Stones in memory of Frank and Beryl Lynam.

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 and 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 sufferers also contact this Charity to ask for advice.

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

Financial Review

During this eighth year the Charity generated an unrestricted net income of £2211.71.

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. There is still a possible capital expenditure of approximately £1k (for a replacement laptop) 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 12month period and speed the growth primarily of the research fund and then the support fund as necessary.

Signed on behalf of the Trustees

A handwritten signature in black ink, appearing to read 'T. Palmer', with a stylized, cursive script.

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.

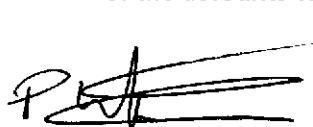
Basis of independent examiners report

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.



ACCOUNTANTS

1/5 MARKET SQUARE
ILFRACOMBE, DEVON EX34 9AU

Telephone: 01271 864826 Fax: 01271 606537

Paul Wright

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

Statement of Comprehensive Income & Statement of Financial Position**Statement of Comprehensive Income**

		23/24		22/23	
		Unrestricted	Restricted	Unrestricted	Restricted
Notes					
Incoming Resources	2	3225.81	72,656.45	2751.35	66,145.15
Outgoing Resources	3	<u>1014.10</u>	-	<u>1124.58</u>	-
NET (Deficit)/Surplus	4	2,211.71	-	1626.77	-
Fund Balance at 1 st October 2023		1,626.77	72,656.45	1626.77	66,145.15

Statement of Financial Position

Fixed Assets					
Tangible assets	1.2	75.14		91.63	-
Investments			57,344.63		50,918.33
Current assets					
Restricted Cash to Re-invest		15,311.82		15,226.82	
Cash at Banks and in hand		1,068.54	-	1,135.96	-
Designated Reserve Fund for Sufferers		606.68	-	606.68	-
Designated Reserve Fund for Research		<u>5,838.15</u>	-	<u>3,685.86</u>	-
Total Assets		22,825.19	57,344.63	20,655.32	50,918.33
Liabilities and Equity					
Retained Earnings		20,613.48		19,028.55	
Net Income		<u>2,211.71</u>		<u>1,626.77</u>	
Equity		22,825.19		20,655.32	
Restricted Funds		<u>57,344.63</u>		<u>50,918.23</u>	
Total Equity		80,169.82		71,573.55	

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

	23/24	22/23
	£	£
Capital equipment	91.63	111.74
Depreciation	16.49	20.11
Net book value	75.14	91.63

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. Due to high interest rates the Trustees decided to hold cash in the Epworth Cash Plus Fund until interest rates start falling.

£

£

0

0

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

Global	25,431.66	22,206.01
Multi Asset	17,862.76	16,538.55
UK Equity	<u>14,050.21</u>	<u>12,173.77</u>

Total Invested Restricted Funds are:

57,344.63

50,918.33

	23/24		22/23	
	Unrestricted Funds	Restricted Funds	Unrestricted Funds	Restricted Funds
Restricted Invested Donations		57,344.63		50,918.33
Other Donations and income				
Restricted donation for reinvesting	-	15226.82	-	15226.82
Income for BKS's contributions	-	<u>85</u>	-	-
Total restricted donation to reinvest	-	15,311.82	-	15,226.82
Donor 1	600.97	-	564.48	-
Donation from AS	0	-	11.57	-
Donation from LC	28.92	-	28.92	-
Abrdn Investment Redemption	-	-	46.41	-
plc donations	50.00	-	150.00	-
PayPal	48.73	-	266.97	-
Gift Aid	143.03	-	141.13	-
Epworth (Affirm. Deposit) Cash Plus	1074.51	-	59.32	-
MAS 1 Multi Asset Fund	490.73	-	493.85	-
MAS 1 UK Equity	428.20	-	437.60	-
MAS 1 Global Equity	360.72	-	351.10	-
J, A, & MP 1 CAF	0	-	200.00	-
Other Interest	<u>0</u>	-	<u>0</u>	-
		72,656.45		66,145.15
Total Income	3225.81		2751.35	

3 Total resources expended

	23/24	22/23
Costs of generating income		
Repairs and renewals	383.9	487.75
General Admin	0.0	13.25
Premises cost	572.00	564.48
Services bought	0.0	0.0
Volunteer expenses & sundries	<u>41.71</u>	<u>38.99</u>
Outgoings	997.61	1104.47
Total outgoings with depreciation	<u>1014.10</u>	<u>1124.58</u>

4 Net Income

2211.71 **1626.77**