LEGS

England & Wales · Charity number 1177659

Details

Status	Registered
Legal form	CIO
Registered	2018-03-22
Register	View on the Charity Commission register

Contact

Address	LEGS c/o Affinia 19th Floor 1 Westfield Avenue E20 1HZ
Phone	07377259778
Email	victoria@legs.org.uk
Website	www.legs.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:‘THE RELIEF OF DISABILITY AND THE PRESERVATION OF HEALTH BY PROVIDING PHYSIOTHERAPY LEDGROUP REHABILITATION AND SUPPORT SESSIONS TO PEOPLE WHO HAVE HAD A STROKE AND OTHERNEUROLOGICAL CONDITIONS.’

Activities: LEGS provides physiotherapist led rehabilitation in a supportive and enjoyable group environment for people who have had a stroke or live with a neurological condition. LEGS is a UK registered charity consisting of a course of weekly group exercise and discussion sessions. Classes take place in private exercise studios and online.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

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Geography

- Barnet
- City Of Westminster
- Croydon
- Ealing
- Greenwich
- Islington
- Kensington And Chelsea
- Wandsworth

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£214,144	£215,911	-	-
2024-03-31	£151,580	£165,258	-	-
2023-03-31	£97,808	£139,666	-	-
2022-03-31	£127,985	£115,237	-	-
2021-03-31	£154,020	£74,257	-	-

Trustees

Name	Role	Appointed
ANNYS FAIRWEATHER BSC,MSC	Chair	2018-03-12
Caroline Appel		2019-10-02
Esther Kufrin		2018-03-12
HUGH BAXTER		2023-01-18
SOPHIA FORREST		2023-01-18
frederick baidoo		2023-01-18

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LEGS

England & Wales - Charity number 1177659

Accounts

LEGS
ANNUAL REPORT & ACCOUNTS
2024-2025

LEGS
LOCAL EXERCISE GROUPS
FOR STROKE & NEURO CONDITIONS

Registered charity: 1177659
Report for year ended 31 March 2025

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INTRODUCTION FROM CHAIR

I am delighted to present the LEGS Annual Report for April 2024 – March 2025, a year in which we deepened our impact, strengthened our community, and laid careful foundations for sustainable growth. Week by week, our clinical excellence and warm, inclusive culture have continued to turn rehabilitation into connection, confidence and momentum for the people we serve.

We delivered 1,360 physiotherapist-led classes, ending the year with 34 weekly sessions and 10,703 bookable spaces. Of these, 97% were booked and 69% attended. Face-to-face delivery rose to 43% as we balanced in-person access with flexible online groups. We supported 296 people across assessments, classes and cafés, received 178 referrals and completed 148 specialist assessments. Neuro Café remained a lifeline, with 725 attendances, and our 12-week drop-off rate held at a low 17%.

Our offer kept evolving: added targeted seated and stretch options, expanded where waiting lists grew, and piloted mind-body and peer-support formats. Partnerships, from lectures and NHS in-service training to pro bono legal education kept our practice evidence-informed and outward-looking.

Our people remain LEGS' heartbeat. We welcomed a full-time Participant Co-ordinator, increased capacity to 2.1 FTE, and appointed six new freelance physiotherapists.

My thanks to every staff member, volunteer, Trustee and Participant Voice representative, and in particular to Clinical Director Sarah Sparkes and Operational Director Victoria Bailey-King, for leadership grounded in kindness and rigour.

Looking ahead, we will grow carefully: increase access where demand is clear, pilot short courses, develop simple at-home progress tools, and complete our brand and website refresh, always balancing ambition with stewardship so quality, safety and compassionate expertise remain non-negotiable.

To our donors, funders, partners and friends—thank you. And to our participants and families—thank you for your trust, courage and humour. Together we are building an active, empowered community where no one faces neurological challenges alone.

Annys Fairweather

Annys Fairweather
Chair, LEGS, October 2025

OBJECTIVE AND ACTIVITIES IN 2024-2025

VISION

To build a world where people with neurological conditions lead active and fulfilling lives.

MISSION

To create an active and empowered community for people with neurological conditions, through exercise, peer support and education.

VALUES

Our values express who we are. They form the basis for all we do.

Empowerment

We ensure people get the support they need that is right for them. Everybody in our community is respected, valued and celebrated for their unique experiences and strengths. Our work helps people regain, or build, physical fitness, confidence, and control over their lives. We provide the resources, encouragement, and autonomy people need to thrive and achieve their goals and live life on their own terms.

Compassionate Expertise

We bring together clinical skill with human understanding. Our support is grounded in evidence, experience, and empathy - and always delivered with care. We listen first, act thoughtfully, and adapt to each person's needs, ensuring that expertise never comes at the cost of compassion.

Inclusivity

We welcome everyone, regardless of background, ability, or income. You deserve access to support that helps you move, connect, and thrive. We proactively seek ways of breaking down barriers to access of care, and we treat everybody with a warm professionalism and dignity.

OBJECTIVE AND ACTIVITIES IN 2024-2025

LEGS was founded to provide high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end.

NHS rehabilitation is often time-limited and under-resourced for people following a stroke or living with a long term neurological condition in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with both professional and peer support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve their physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

The LEGS programme enables participants to improve their physical function, independence and confidence, whilst reducing their reliance on carers and family.

LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.

OBJECTIVE AND ACTIVITIES IN 2024-2025

Our outcomes include:

- improving health and emotional well-being
- increasing physical activity and
- reducing social isolation.

We help people to enjoy activities that are meaningful to them and assist them to fulfil their personal and societal roles.

Our aims are consistent with our founding object which is:

"*the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions.*"

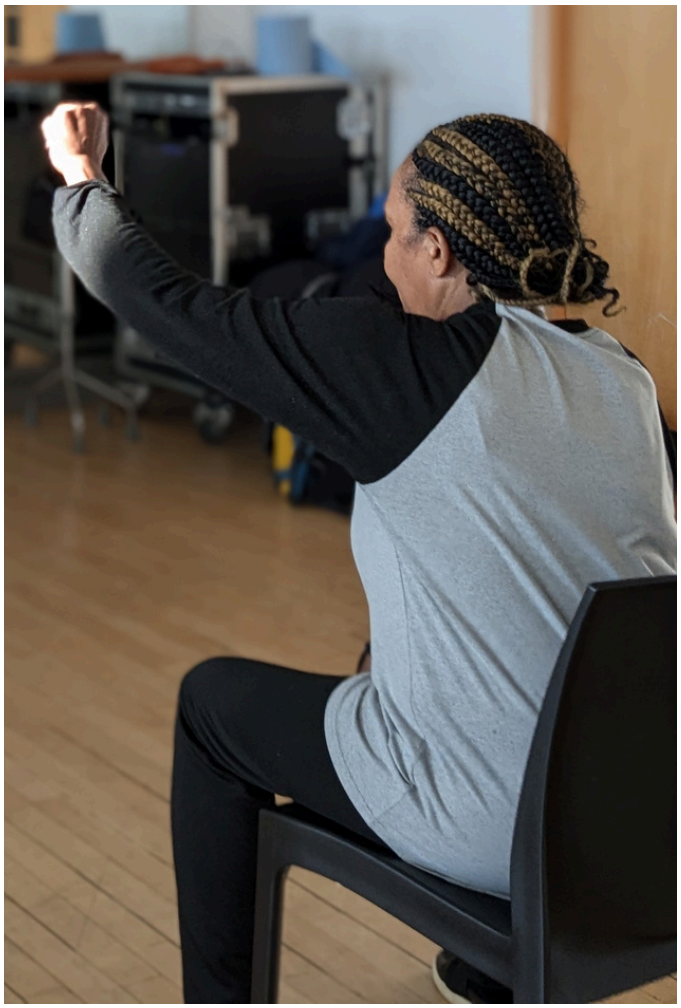
The main activities undertaken in relation to those purposes are:

- The provision of physiotherapy assessments and reassessments
- The provision of online and face to face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

The charity's aims for this year and next are

1. Increase physical activity and fitness among people with neurological conditions Open face to face groups in local authority and social enterprise leisure centres.
2. Expand our neuro community so more people can access the support they need, through nationally available online services, and face to face services in Greater London.
3. Develop affordable and flexible support offerings for immediate, short-term, and long-term needs.
4. Improve the wellbeing of people with neurological conditions by reducing isolation, building confidence, and supporting self-management through inclusive, community-based activities and education.

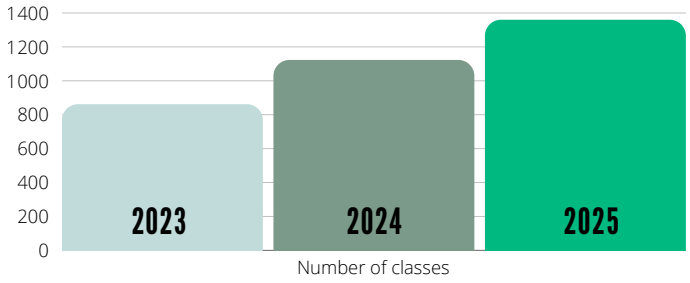
For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.



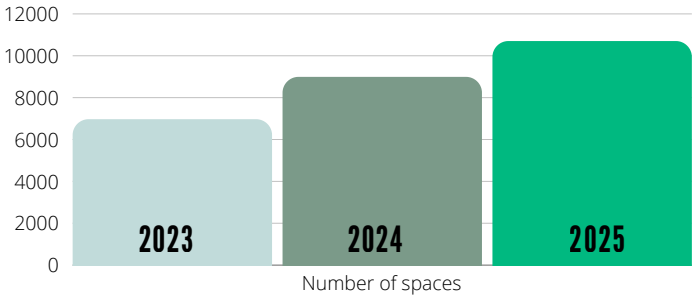
ACHIEVEMENTS AND PERFORMANCE

EXERCISE CLASSES

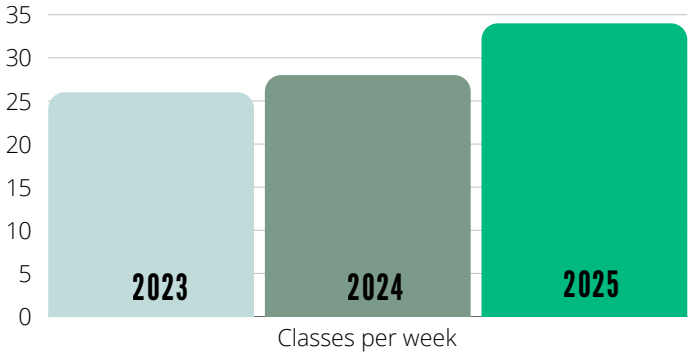
We ran 1,360 LEGS classes this year (1,123 in 2024 and 862 in 2023).



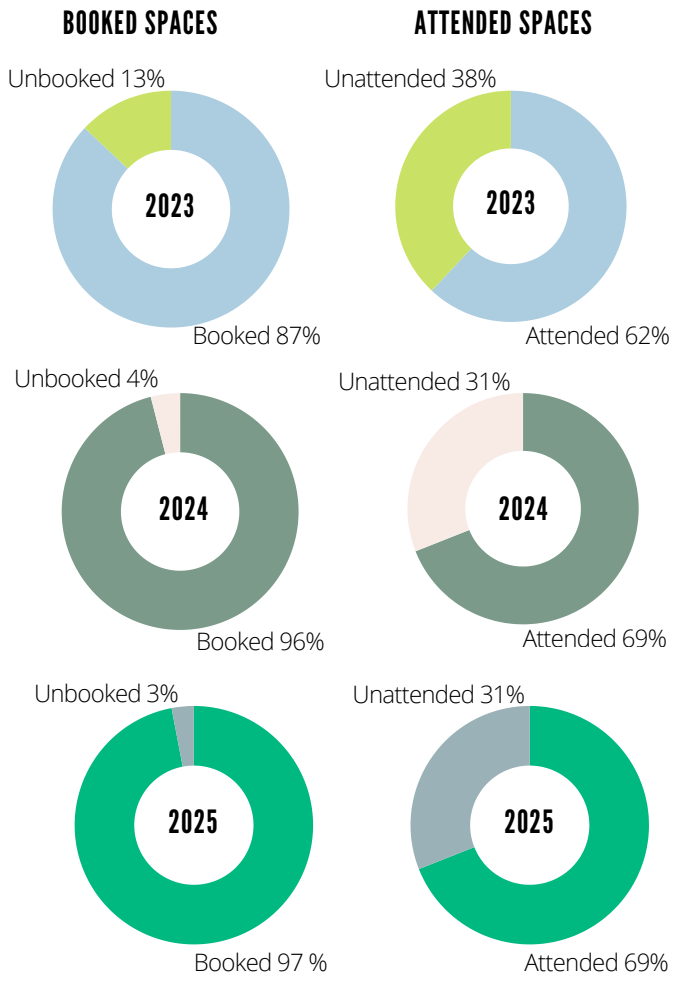
We provided 10,703 spaces (8,992 in 2024 and 6,970 in 2023). A space = a place for 1 person in a 45 or 60 minute class.



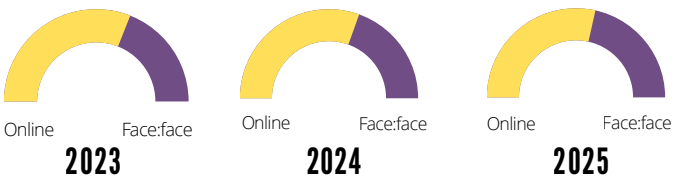
By the end of the year we were running 34 classes per week (28 in 2024 and 26 in 2023).



97% of all spaces provided were booked (last year=96%) and 69% were attended (the same as last year).



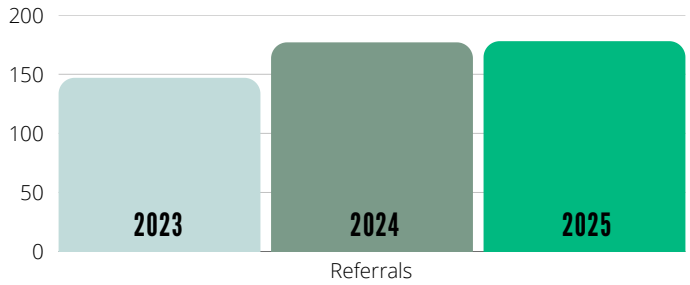
584 of the 1,360 classes we ran this year were face to face (43%). Last year it was 39%.



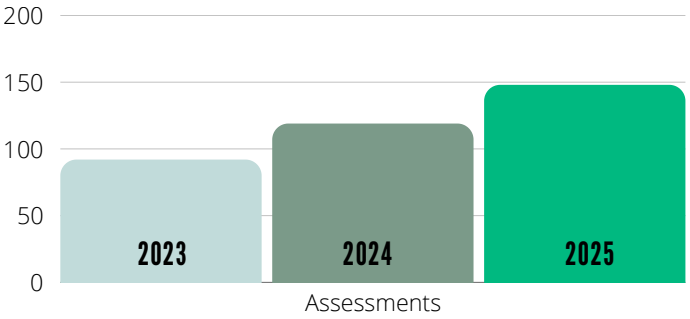
ACHIEVEMENTS AND PERFORMANCE

REFERRALS & BENEFICIARIES

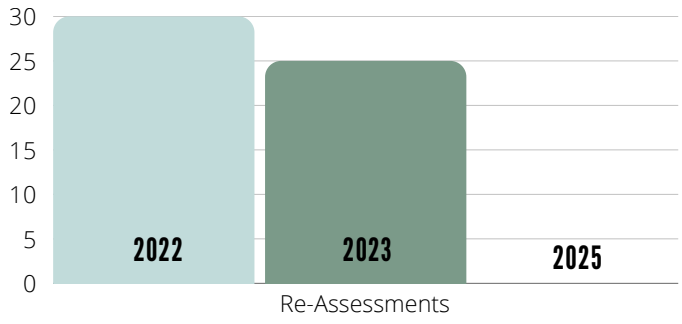
We received 178 referrals (177 last year).



We completed 148 individual assessments with a specialist physiotherapist for new participants (119 in 2024, 92 in 2023).

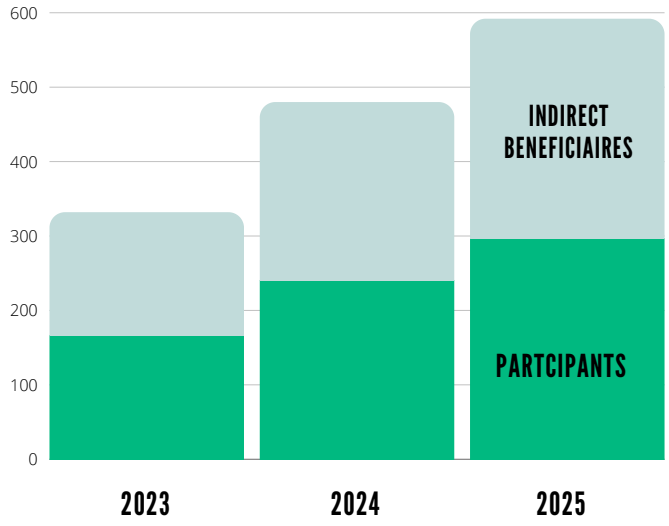


We stopped delivering re-assessments for participants (25 in 2024, 20 in 2023) as we are rolling out a self-assessment process participants can conduct independently.



We provided services (a class, an assessment or a club/café) to 296 people and their families/carers.

For every person who attends our service, we estimate that at least 1 other member of that household *directly* benefits, through attending one of our carer support groups, or through support/advice from our physiotherapists, meaning that overall, LEGS supported 592 people last year (a 23% increase on the previous year)..



We made 38 onward referrals (4 more than last year) supporting participants with ongoing specialist referrals and applications (including for blue badges and benefits).

ACHIEVEMENTS AND PERFORMANCE

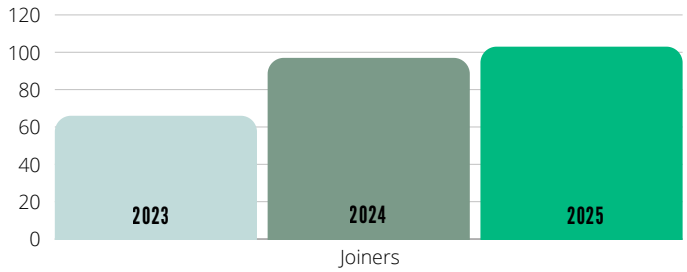
NEURO CAFÉ

The number of times somebody attended a Neuro Café session was 725 (777 in 2024, 641 in 2023). There were 45 sessions, with an average of 16 attendees per session.

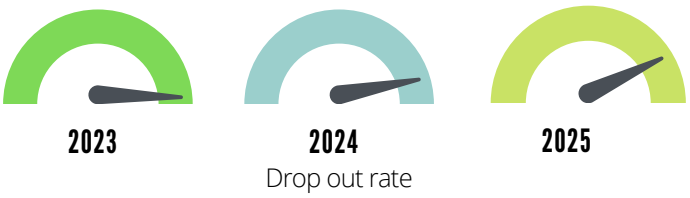
ACHIEVEMENTS AND PERFORMANCE

OUR PARTICIPANTS

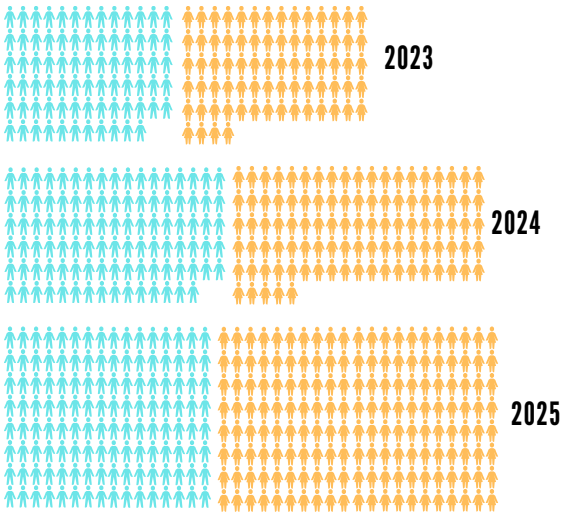
103 people joined LEGS (97 in 2024, 66 in 2023).



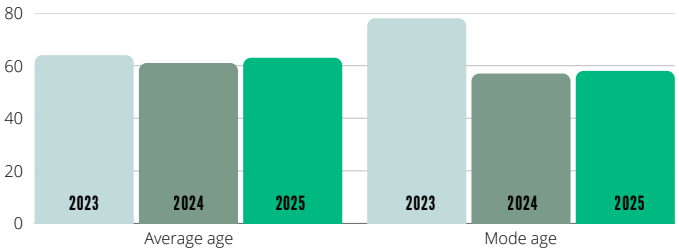
Of the 103 joiners, 17 stopped attending within 12 weeks of starting, meaning our drop-out rate was 17% (14%, in 2024, 9% in 2023). We could not find any published reports from comparable services but we have verbal reports of drop out rates between 30-50% so we consider 17% a good outcome.



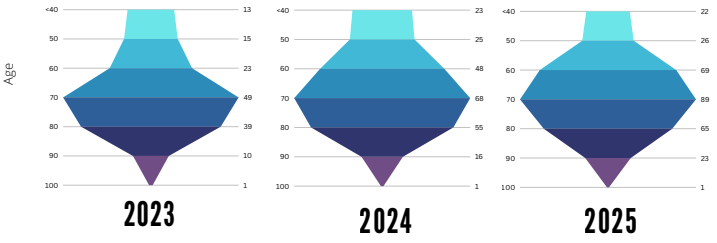
The ratio of people who attended a service this year, who identified as male compared to female was 16:21 (23:25 in 2024, 1:1 in 2023), so we have slightly more female participants.



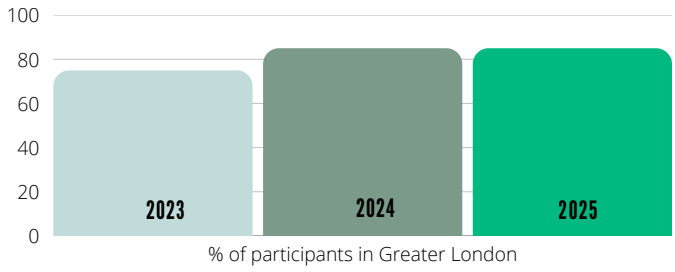
The age range of our participants was 20-95 (last year, 19-94) with an average age of 63 (last year, 61) and mode age of 58 (last year 57).



We had a similar age profile to last year, with an even increase across the 51-60 and 61-70 are ranges.



Our percentage of participants living in Greater London remained the same as last year (85%).



As in previous years, the other participants were spread throughout the UK from Wales to Yorkshire to Kent to Lanarkshire.

ACHIEVEMENTS AND PERFORMANCE

SUMMARY

Classes delivered

- We provided 10,703 hours of exercise classes services (19% increase from last year).
- We added 6 new weekly classes to the timetable (21% increase).

Attendance efficiency

- 97% of spaces were booked (up from 96%, exceeding our goal of 87%).
- 69% of spaces were attended (the same as last year).

Referrals and beneficiaries:

- 592 people (including participant's families/carers) were supported (23% increase from last year).
- 178 referrals were received (177 last year).

Physiotherapy assessments

- We provided 148 new assessments (20% increase).

Neuro Café attendance:

- There were 725 instances of attendance (7% decrease), over 45 sessions, with an average of 16 participants per session.

Demographics:

- Participants aged 20-95 (average: 63, two years younger than last year).
- We maintained a balanced gender ratio, with a slight increase in women.

Retention:

- There were 103 new joiners (6% increase).
- The drop-out rate was 17%, well below industry-reported rates (30-50%).

ACHIEVEMENTS AND PERFORMANCE

OTHER KEY ACHIEVEMENTS

- We opened a new face to face **Rise** and **Pilates** class in **Croydon**.
- We launched a third **Move class in Notting Hill**, due to demand.
- We designed and launched a new class, **Stretch & Connect:** an online, seated class focusing on the mind-body connection.
- We opened another online, seated **Start** class due to demand.
- We added an additional **Move class in Barnet** due to a substantial waiting list.
- We had a **summer** and **Christmas staff social**, and a **Leadership Retreat,** setting goals for the year ahead and reviewing our progress.
- We continued to build our **social media following**. Our audience on Facebook grew by 19% (27% last year), on Instagram by 26% (55%) and X (formerly Twitter) by 5% (22%). In December 2024 we left X and joined Blue Sky.
- We provided advice and signposting to the families and carers of our participants, and ran **Family and Carers' Group** support sessions.
- We ran regular **Creativity Clubs** as well as launching a **Book Club** and **Menopause & Hormone Group**. We made these available for free to all of our participants and their families.
- For participants, we held an online **Christmas party** and **face to face tea parties and coffee meet-ups.**

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

The support my husband has received from LEGS has a very positive impact. It's clear the physio's have got to know him well and feedback to him on how he is doing which he really appreciates.

He has made friends at the class and also joined the Book Club, where he has enjoyed reading books and discussing them. Knowing that he has this regular weekly support is a great relief to me.

Our classes make a big difference to my ability to remain mobile. Exercising alone is difficult. It is highly motivating to be guided each week...

Having Anca (our physio) leading us makes me feel safe.

This has been a lifesaver for me, the team is amazing and its clear they enjoy their job too.

It is inclusive and welcoming.

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

I have a rare autoimmune neurological condition, which affects my mobility and my balance. And then I discovered LEGS. I now attend a weekly exercise class run by a brilliant Neuro Physio. The exercises are specifically for individuals with a neurological condition, helping to improve mobility and balance.

My class is amazing. Our physio is fantastic and our classes are good fun.

LEGS has changed my life!
Thanks to all of you.

I can honestly say I really enjoy the class and feel great after it. Thank you LEGS for making this possible. There are many more "me's" out there who would benefit from LEGS.

LEGS is a huge part of my husband's recovery. The physio's are always there for me too if I have any questions and need some advice.

I would be lost without them.

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

There is great camaraderie in the hall where we do our exercises.

Month by month I see a real improvement with others in the group. And I can see how helpful the LEGS classes are for me and how amazing Sharmin has been for all those in her class and for me.

Thank you, LEGS!

This class has been a lifesaver! I have got more strength than I did 7 weeks ago . Seeing everyone every week is lovely and I feel almost like myself, but better after the class.

Thank you and thank you for your wonderful attitude and input.

As well as encouraging [my husband] to exercise, LEGS has become one of the highlights of his week.

ACHIEVEMENTS AND PERFORMANCE

PARTNERSHIPS AND COLLABORATIONS

- We gave lectures to **UCL Physiotherapy** students as part of their MSc Course.
- We presented at the **Chartered Society for Physiotherapists Conference** in Manchester.
- We spoke at **UCL's Centre for Neurorehabilitation** seminar.
- We gave a lecture at the **Multiple Sclerosis Society's Well being Day** for Lambeth & Southwark, and attended another event in Edgeware.
- We hosted regular **CPD sessions** for our physiotherapists to ensure we are embedding new practice and evidence into our classes.
- We delivered **in-service training** to neurological rehabilitation teams in Homerton, Enfield and Dorset.
- We liaised with **Social Prescribers** in all of the boroughs where we have face to face classes, as well as surrounding boroughs.
- We were invited to attend **Chelsea Football Club**'s "Bridging The Blues" event.
- A **UCL Msc Physiotherapy** student received a distinction for their work about LEGS (*"An Exploration of the Perceptions of Stroke Survivors Participating in Non-Time-Bound Exercise Groups and the Factors that Influence their Adherence to Exercise"*).
- The Neuro Team from **Nottingham Hospital** observed our upper limb class.
- **Stewarts Law** partnered with us to deliver pro bono legal advice to participants and education sessions via our Neuro Café. They also hosted us at a neurorehab conference.

ACHIEVEMENTS AND PERFORMANCE

FUNDRAISING

- We were delighted to receive £12,777 from **Sport England**, £2,000 from **Drapers Charitable fund**, £15,000 from **Westminster City Council**, £2,500 from **JL Beckwith Trust**, £500 from **Co-Op UK Local Community Fund**, and £2,500 from **Ann Rylands Small Grants** programme.
- We were supported by **Kate Woode**, as our part time freelance fundraiser.
- Huge thanks go to **Laura Jeu Louis** and **Sam Spencer** who ran in **The Big Half** in September, and collectively raised £1,568.
- The indomitable **Dave Merrigan** competing in **The Great North Run** and raised £609.
- The **Finsbury Park Singers Choir** nominated us as their designated charity. They held two concerts and the retiring collections were donated to LEGS. We received £1,623 in cash donations thanks to their generosity, as well as the joy of attending their uplifting concerts.
- We held a **Raffle**, raising £867, with prizes generously donated by staff, Trustees and the Chelsea Football Club.
- We launched the **Pay It Forward** scheme, for participants to fund other members via the Bursary scheme. We raised £1,350.
- The continued and generous support of **individual donors** provided stability to our income and enabled us to provide our services at a heavily subsidised membership fee, or free with the Bursary scheme.

STAFFING AND VOLUNTEERS

- We were delighted to welcome our first full time member of staff, Lauren Rathbone, as **Participant Co-Ordinator**, a role which has been much needed and has already had a huge impact on our charitable outputs.
- We bid a fond farewell to Sarah Shiner, one of our most **long standing Physiotherapists**, who returned to an NHS Community Team in South London.
- We appointed six new **freelance physiotherapists** to our growing team of dedicated practitioners.
- As ever, we benefitted enormously from the generous support of many **volunteers** who supported the delivery of our face to face and online groups, and without whom our day to day operations wouldn't be as smooth.
- We are so grateful to the LEGS participants who voluntarily give their time to help us as **LEGS Ambassadors** and as our **Participant Voice Representative**.

FINANCIAL REVIEW

REPORTING RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare accounts 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 year.

The Trustees are responsible for keeping proper accounting records which 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 Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed

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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the Trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

These financial statements have been prepared in accordance with the Charities Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not required the charity to undertake an audit under section 146 of the Charities Act 2011.

Instead, the accounts have been subject to an independent examination as required under section 145 of the Charities Act 2011.

The Trustees' annual report has been approved by the board of Trustees on xx xx 2025 and signed on its behalf by:

Annys Fairweather
Chair, LEGS

FINANCIAL REVIEW

SUMMARY OF FINANCIAL RESULTS

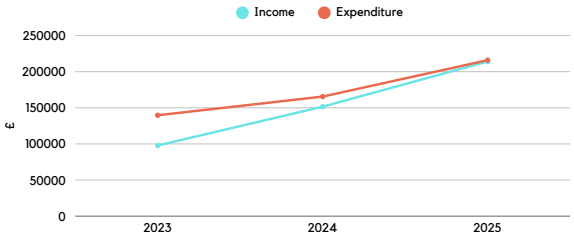
For the year ended 31 March 2025, the charity recorded a deficit of £1,767, a significant improvement compared to the deficit of £13,936 in 2023–2024.

Total income for the year was £214,144 (2023–2024: £151,580), representing a 41% increase. This growth was driven by higher participant numbers (resulting in increased membership fee income), successful diversification of income through grant applications, and the continued generosity of our major donors.

- Donations remained our largest income stream, totalling £89,724 (2023–2024: £82,163).
- Income from charitable activities (membership fees and commissioned groups) rose to £84,904 (2023–2024: £52,889).
- We received £35,211 in grants (2023–2024: £13,500)

Expenditure for the year was £215,911 up from £165,516 in the previous year: an increase of 31%, reflecting the growth in our services and the corresponding increase in staffing and support costs. Most expenditure is on frontline delivery: staff and freelance physiotherapists costs are around 83% of total expenditure.

Over the past three years, income has risen by 119% and expenditure by 55%, reflecting the organisation's strategic focus on scaling services in a sustainable way.



LEGS' income has grown steadily each year, more than doubling from £97,808 in 2023 to £214,144 in 2025. Expenditure has also risen, though at a slower pace, reflecting the charity's expanding activities and investment in service delivery. Encouragingly, by 2025 income has almost matched expenditure, indicating improved financial sustainability and effective fundraising growth.

Staff capacity grew, with directly employed staff rising to 2.1 full-time equivalents (FTE), compared to 1.82 FTE in 2023–2024.

At year-end, cash in the bank stood at £55,157 (2023–2024: £62,677). The Trustees calculate reserves as the portion of unrestricted income funds that is freely available for general use. The charity maintains a reserves policy to hold between three and six months of running costs (based on an average of current and forecasted annual expenditure) in free reserves within unrestricted funds, to provide a buffer in the event that any major funders reduce or withdraw support. This policy is reviewed regularly by the Trustees.

As at 31 March 2025:

- A three-month reserve target was £65,506
- Unrestricted funds totalled £60,711.

At 31 March 2025, free reserves were £60,711, equivalent to just under three months of running costs. A £50,000 unrestricted donation received in May 2025, not reflected in these year-end figures, has subsequently increased reserves above the three-month threshold.

FINANCIAL REVIEW

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS OF LEGS

Report to the Trustees of LEGS. Charity no 1177659.

I report to the Trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 'Act').

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF
8 December 2025

FINANCIAL REVIEW

	Notes	2025 General Funds (£)	2025 Designated Funds (£)	2025 Restricted Funds (£)	2025 Total Funds (£)	2024 General Funds (£)	2024 Designated Funds (£)	2024 Restricted Funds (£)	2024 Total Funds (£)
Incomes and endowments:	3								
Donations and grants		95,224	-	29,711	**124,935**	82,163	-	13,500	**95,663**
Charitable activities		88,787	-	-	**88,787**	54,282	-	-	**54,282**
Other trading activities		422	-	-	**422**	**1,635**	-	-	**1,635**
Total		**184,433**	-	**29,711**	**214,144**	**138,080**	-	**13,500**	**151,580**
Expenditure on:	4								
Raising funds		9,628	-	-	**9,628**	8,702	-	-	**8,702**
Charitable activities		171,192	-	35,091	**206,283**	153,628	-	3,186	**156,814**
Other		-	-	-	-	-	-	-	-
Total		**180,820**	-	**35,091**	**215,911**	**162,330**	-	**3,186**	**165,516**
Net income/(expenditure)		**3,613**	-	**(5,380)**	**(1,767)**	**(24,250)**	-	**10,314**	**(13,936)**
Transfer between funds		-	-	-	-	-	-	-	-
Other recognised gains/(losses)									
Gains and losses on revaluation of fixed assets for the charity's own use	8	-	-	-	-	-	-	-	-
Net movement in funds		**3,613**	-	**(5,380)**	**(1,767)**	**(24,250)**	-	**10,314**	**(13,936)**
Reconciliation of funds:									
Total funds brought forward		52,165	-	10,314	62,479	76,415	-	0	**76,415**
Total funds carried forward		**55,779**	**0**	**4,934**	**60,713**	**52,165**	**0**	**10,314**	**62,479**

The results of the year, as set out above, have been derived entirely from continuing operations.

The notes on pages 23 to 28 form part of these financial statements.

FINANCIAL REVIEW

	Notes	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	2025 Total Funds (£)	2024 Total Funds (£)
Fixed Assets	8					
Tangible assets		-	-	-	-	-
Total fixed assets		-	-	-	-	-
Current Assets						
Debtors	9	8,239	-	-	8,239	-
Cash at bank and in hand		55,157	-	-	55,157	62,850
Total Current Assets		**63,396**	-	-	**63,396**	**62,850**
Creditors: amounts falling due within one year	10	2,685	-	-	2,685	372
Net current assets/(liabilities)		**60,711**	-	-	**60,711**	**62,478**
Total assets less current liabilities		**60,711**	-	-	**60,711**	**62,478**
Total net assets or liabilities		**60,711**	-	-	**60,711**	**62,478**

The notes on pages 23 to 28 form part of these financial statements.

The accounts presented here have been prepared on an accruals basis in accordance with the Charities SORP (FRS 102) and the Charities Act 2011, for the year ended 31 March 2025.

In accordance with Charity Commission guidance, and at the request of the trustees, these accounts have been independently examined. The independent examiner's report accompanies these notes.

The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at the year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

Annys Fairweather

Annys Fairweather
Chair
13 November 2025

FINANCIAL REVIEW

NOTES TO THE FINANCIAL STATEMENTS

1. Basis of preparation

1.1 Basis of accounting

These financial statements have been prepared in accordance with:

- the Charities Act 2011,
- the Charities SORP (FRS 102) "Accounting and Reporting by Charities," and
- Financial Reporting Standard 102 (FRS 102) applicable in the UK and Republic of Ireland.

The charity is a public benefit entity. The accounts have been prepared under the historical cost convention and on an accruals basis. The financial statements are presented in sterling and rounded to the nearest £1.

1.2 Going concern

The trustees have assessed the charity's ability to continue as a going concern for at least 12 months from the date of approval of these accounts. They have concluded that there are no material uncertainties and that the charity has adequate resources to continue in operational existence. Accordingly, the accounts are prepared on a going concern basis.

1.3 Change of accounting policy

These are the first financial statements prepared in accordance with the Charities SORP (FRS 102). The transition has not resulted in any adjustments to the previously reported figures. Comparative figures have been restated on the same basis.

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.5 Material prior year errors

During the preparation of the 2023–2024 financial statements, the Trustees reviewed the analysis of restricted and unrestricted funds reported for the year ended 31 March 2024.
It was identified that an amount of £10,314, representing unspent restricted grant funds brought forward at 1 April 2023, had previously been included within restricted income for that year. This amount has now been reclassified as opening restricted funds. As a result, the comparative figures for 2023–2024 have been restated to reflect the correct split between unrestricted and restricted income and expenditure. These reclassifications do not affect total income, total expenditure, or total funds carried forward for the year ended 31 March 2024.

2. Accounting policies

2.1 Income

Income is recognised in the Statement of Financial Activities (SoFA) when the following criteria are met:

- the charity has entitlement to the funds;
- it is probable that the income will be received; and
- the amount can be measured reliably.

Fund accounting

The charity maintains the following types of funds:

- Unrestricted funds: Funds that can be used at the discretion of the trustees to further the general objectives of the charity.
- Restricted funds: Funds that can only be used for specific purposes imposed by donors or grant conditions. See note 5.

FINANCIAL REVIEW

Donations, legacies, Gift Aid

Donations are recognised when received or when the charity is notified of entitlement and receipt is probable. Gift Aid is recognised when a valid declaration has been received from the donor.

Gift Aid is recognised when a valid declaration has been received from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Grants

Grants are recognised as income when the charity is entitled to the income, any performance conditions have been met, and the income can be reliably measured. Restricted grants are accounted for separately in the relevant fund. See note 5.

We continue to rely on a relatively small number of high-value grants and major donors, highlighting the importance of diversifying income through regular giving and commissioned services

Donated services

The charity is supported by a dedicated team of volunteers, including trustees, admin helpers, and professional physiotherapists who contribute their time and expertise. While the financial value of these contributions is not included in the accounts, they are vital to the delivery and sustainability of our work.

2.2 Expenditure

Expenditure is recognised on an accruals basis once there is a legal or constructive obligation to make a payment. It is classified under headings that aggregate all costs related to the category.

Charitable activities

Includes all costs incurred in undertaking the work of the charity.

Governance costs

These include the costs of independent examination, legal advice, and trustee meetings related to statutory compliance and accountability.

2.3 Assets

Tangible fixed assets for use by charity are capitalised if they can be used for more than one year, and are valued at cost. The depreciation rates and methods used are disclosed in note 8.

Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party, and the amount can be measured or estimated reliably. Creditors are recognised at settlement amount.

FINANCIAL REVIEW

3. Income

	2025				2024			
	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)
Donations and legacies								
Donations and gifts	89,724	-	-	89,724	82,163	-	-	**82,163**
Grants	5,500	-	29,711	35,211	-	-	13,500	**13,500**
Donated goods, facilities, services	-	-	-	-	-	-	-	-
Total	**95,224**	-	**29,711**	**124,935**	**82,163**	-	**13,500**	**95,663**
Charitable Activites								
Membership	84,904	-	-	84,904	52,889	-	-	**52,889**
Fundraising	3,883	-	-	3,883	1,392	-	-	**1,392**
Total	**88,787**	-	-	**88,787**	**54,281**	-	-	**54,281**
Other trading activities								
Other	422	-	-	422	1,635	-	-	**1,635**
Total	**422**	-	-	**422**	**1,635**	-	-	**1,635**
Total income	**184,433**	-	**29,711**	**214,144**	**138,079**	-	**13,500**	**151,579**

FINANCIAL REVIEW

4. Expenditure

	2025				2024			
	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)	General Funds (£)	Designated Funds (£)	Restricted Funds (£)	Total Funds (£)
Raising funds								
Fundraising events	176	-	-	**176**	202	-	-	**202**
Freelance Fundraiser	9,452	-	-	**9,452**	8,500	-	-	**8,500**
Total	**9,628**	-	-	**9,628**	**8,702**	-	-	**8,702**
Charitable Activities								
Staff costs	115,035	-	12,178	**127,213**	92,200	-	2,747	**94,947**
Contractors	30,323	-	20,447	**50,770**	44,061	-	39	**44,100**
Audit	1,772	-	-	**1,772**	1,603	-	-	**1,603**
Insurance	220	-	100	**320**	320	-	-	**320**
Bank & Other charges	483	-	-	**483**	24	-	-	**24**
Rent	15,045	-	1,700	**16,745**	7,697	-	400	**8,097**
Equipment & IT	3,294	-	550	**3,843**	3,818	-	-	**3,818**
Recruitment	541	-	-	**541**	240	-	-	**240**
Training	2,664	-	-	**2,664**	1,109	-	-	**1,109**
Benefits in Kind	-	-	-	-	1,635	-	-	**1,635**
Other	1,103	-	56	**1,159**	509	-	-	**509**
PR, Marketing & Comms	712	-	60	**772**	413	-	-	**413**
Total	**171,192**	-	**35,091**	**206,283**	**153,628**	-	**3,186**	**156,814**
Other								
Other	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Total expenditure	**180,820**	-	**35,091**	**215,911**	**162,330**	-	**3,186**	**165,516**

FINANCIAL REVIEW

5. Restricted Funds

The charity held £10,314 in restricted funds at the start of the financial year. During the year, £29,711 of restricted income was received, and £35,091 was spent in line with the conditions attached to those funds. £4,934 in restricted funds remains carried forward into 2025–2026 to be spent on ongoing project delivery.

	Restricted Funds			
	Brought forward from 2024 (£)	**Received 2025 (£)**	**Expenditure 2025 (£)**	**Carried forward from 2025 (£)**
Funder				
Magic Little Grants	500	-	500	-
London Catalyst	2,314	-	2,314	-
The National Lottery Community Fund	7,500	-	7,500	-
Drapers Charitable Fund	-	2,000	1,050	**950**
Westminster City Council	-	15,000	15,000	-
Sport England	-	12,711	8,727	**3,984**
Total	**10,314**	**29,711**	**35,091**	**4,934**

6. Paid employees

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000 nor for the previous period.

The charity had an average head count of 3 this year (2024: 3).

There were no ex-gratia payments to employees and others (excluding trustees) and no redundancy or termination payment was made in the period nor in the previous period.

No trustees' expenses have been incurred in the reporting period or the previous period. See note 11 for other expenditure relating to trustees.

	2025 (£)	**2024 (£)**
Paid employees		
Salaries and wages	115,552	86,577
Social security costs	9,046	975
Pension costs - defined contribution	2,615	2,554
Other	-	
Total staff costs	**127,213**	**90,105**

FINANCIAL REVIEW

7. Defined contribution pensions

The charity assesses each employee for eligibility as a jobholder under the auto-enrolment system. Any eligible jobholders are auto-enrolled to a group money purchase defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost represents the contributions payable under the scheme by the charity and the charity has no further liability other than the payment of those contributions and the jobholder is responsible for their own pension fund with the pension administrators.

8. Tangible fixed assets

Fixed assets are capitalised where the purchase price exceeds £500 per item and the expected useful life exceeds one year. Purchases below this threshold are treated as expenditure in the year of acquisition.

Assets are depreciated on a straight-line basis over their estimated useful lives:

- Furniture: 7 years
- Physiotherapy equipment: 3–5 years
- Computer equipment: 20% annually

9. Debtors & prepayments

	2025 (£)	2024 (£)
Trade debtors	8,239	-
Prepayments	-	-
Other debtors	-	-
Total	**8,239**	-

10. Creditors and accruals

	2025 (£)	2024 (£)
Trade creditors	495	-
Payments received on account	-	-
Accruals	-	-
Tax and social security	2,190	372
Other creditors		
Total	**2,685**	372

11. Transactions with related parties

During the year, the charity paid £400 to Annys Fairweather, a trustee, for delivery of specialist physiotherapy, provided to the charity in a professional capacity. These services were entirely separate from her role as a Trustee. All necessary conflict of interest procedures were followed. Trustees receive no remuneration for their role as trustees.

12. Risk

The Trustees continue to monitor financial risks, particularly the reliance on short-term grant funding and the cost of expanding service provision. A risk register is reviewed quarterly to ensure mitigation strategies, such as fundraising diversification and cost controls, are in place.

STRUCTURE, GOVERNANCE AND MANAGEMENT

OUR ORGANISATION

LEGS was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The Trustees may, by and from their number and from time to time, elect such officers (Chair, Secretary, Treasurer) as they see fit.

All Trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

TRUSTEE BOARD STRUCTURE

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

Additionally, we have four sub-committees: Finance, Marketing & Fundraising, Participant Voice, Business Planning, which meet at least twice a year, or as required to work on focused projects.

We want our board to reflect the diverse communities we serve and for LEGS' leadership structure to represent the equality, diversity and inclusion that we strive to create through our charity's aims.

All of our Trustees have personal and lived experience of living with or caring for somebody with a neurological condition. And they each bring a wealth of professional experience which strengthens our governance and leadership.

PREMISES

We continue to benefit from the generous support of **Barrecore** whom offer us accessible studio space at a subsidised rate so that we can run our face to face classes affordably in Notting Hill, Islington and Wandsworth.

The **William Hobbayne Hall** in Hanwell, home to our Tai Chi classes generously provide their venue at a charity rate meaning we can offer face to face Tai Chi classes affordably. The **John Trotter Trust** also provide us with generously subsidised rates for our Barnet class.

This year we started a hire agreement with a second **GLL Better Gym** (in Thornton Heath). Hiring such accessible spaces on a weekly basis ensures we reach more participants and reduces our charity costs.

The ability of our team to work remotely and from home means we have no need for a dedicated office space, which again is a cost saving.

STRUCTURE, GOVERNANCE AND MANAGEMENT

TRUSTEE INDUCTION & TRAINING

New Trustees receive induction through 1:1 meetings with the Chair and the Director of Operations, training courses, attending board meetings and self-directed reading. Induction is an ongoing process. We recognise that it needs to be tailored to the individual and lasts many months.

On or prior to appointment, Trustees are provided with a copy of the charity constitution, latest copy of the annual report as well as Charity Commission publications on the roles and obligations of Trustees, as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Charity Commission and Getting On Board.

We encourage Trustees to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates.

We have a dedicated Trustee training budget and Trustees are directed to undertake training.

Our Chair and Director of Operations lead on Trustee induction but it is the collective responsibility of the board to support one another, welcome new Trustees and work together collaboratively.

POLICIES, PROCEDURES, STANDARDS & RISK MANAGEMENT

We work to all relevant professional standards and our clinicians are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance.

We have a comprehensive set of policies and procedures which are regularly reviewed by Trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of Trustees at least annually.

THE FUTURE

OUR PLANS FOR NEXT YEAR

We're rebranding.

Following a thoughtful consultation process, we've decided to keep our name but drop the acronym. From 2025, we will simply be known as LEGS - a name that has become synonymous with physio-led rehab and recovery.

We're also investing in a visual rebrand. As a charity, we believe that resources should go directly towards services, and we've deliberately kept our marketing and branding in-house. It's important to us that as we grow, we keep our running costs as low as possible, which is why we've waited until now to seek professional support. However, we recognise the importance of a fully accessible and easy to use website, with an identity that reflects our ethos of inclusivity and accessibility, and that truly serves the needs of our participants. While our logo and website may look different, our core identity remains unchanged.

We're updating our aims and objectives.

We'll be using strategy days and Trustee meetings to re-evaluate our purpose, and ensure that the charity's aims are truly reflective of what we want to be, and that they are ambitious.

We're being creative about how we can help people

In response to feedback, we're designing short courses for people who want targeted help but are unable to commit to weekly classes.

We're also developing at-home assessment tools to help participants track their progress independently. This exciting project is being developed in collaboration with students from St Mary's University, who are helping us create engaging, accessible video resources.

We're growing, but sustainably.

We plan to increase the number of classes we offer, but we are committed to doing so within the limits of our current staffing structure and realistic budget. Sustainability is at the heart of our approach.

Financial stability remains a key priority.

In a challenging fundraising environment, we are choosing to grow carefully and responsibly. We won't expand beyond our capacity or compromise on the excellence and high standards that define our work. Our focus is on sustainable impact, not just expansion.

REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY NAME

LEGS

REGISTERED ADDRESS

LEGS
c/o LB Group
1 Vicarage Lane
London
E15 4HF

CONTACT DETAILS

Telephone: 07377 259 778
Email: info@legs.org.uk
Website: www.legs.org.uk

TRUSTEES

Annys Fairweather, Chair of Trustees
Esther Kufrin, Deputy Chair of Trustees
Hugh Baxter, Treasurer
Caroline Appel
Rupert Cockcroft
Frederick Baidoo
Stuart Davies
Sophia Forrest
Anthony (Paul) Mylrea (resigned October 2024)

LEADERSHIP TEAM

Annys Fairweather, Chair of Trustees and Founding Physiotherapist

Victoria Bailey-King, Operational Director

Sarah Sparkes, Clinical Director & Lead Physiotherapist

BANKERS

Barclays Bank
35 Notting Hill Gate
London
W11 3JR

INDEPENDENT EXAMINER

Mark Middleton
Director

LB Group
1 Vicarage Lane
London
E15 4HF

LEGS

England & Wales - Charity number 1177659

Accounts

LEGS

ANNUAL REPORT & ACCOUNTS

2023-2024

LEGS
LOCAL EXERCISE GROUPS
FOR STROKE & NEURO CONDITIONS

Registered charity: 1177659

Report for year ended 31 March 2024

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INTRODUCTION FROM CHAIR

I am delighted to present the LEGS Annual Report for April 2023 – March 2024, a year marked by significant growth and meaningful progress toward our mission of providing accessible rehabilitation for people with neurological conditions.

This year, LEGS expanded its reach like never before. We supported 240 participants (and their families and carers) —a 45% increase from the previous year—and we built a timetable of 28 weekly classes, including innovative online offerings such as Seated Pilates and Reach classes. These additions ensure that individuals with varying levels of mobility can access tailored exercise and support, either in person or online.

Notably, our presence in Greater London deepened with the opening of new face-to-face classes, supported by grants from the National Lottery, London Catalyst and other generous donors. These efforts have been pivotal in addressing the gaps in rehabilitation services for underrepresented communities, particularly in areas like Croydon, where socio-economic challenges often limit access to care.

Our Neuro Café continued to flourish, offering 777 instances of attendance this year. These weekly sessions have proven invaluable, fostering connections among participants while providing education on topics ranging from stress management to accessible sports. This initiative exemplifies our commitment to holistic support, empowering participants beyond the physical benefits of rehabilitation.

The LEGS team also grew in expertise and diversity, with the addition of new trustees and physiotherapists who bring a wealth of experience and fresh perspectives.

I am deeply grateful to our staff, volunteers, and participants who embody our values of kindness, inclusivity, and excellence.

Special thanks go to Sarah Sparkes and Victoria Bailey-King for their exceptional leadership and unwavering dedication.

As we look ahead, I am inspired by the resilience and enthusiasm of our community. Together, we are shaping a future where no one faces the challenges of neurological conditions alone. Thank you for being part of this journey.

Annys Fairweather

Annys Fairweather
Chair, LEGS, May 2024

OBJECTIVE AND ACTIVITIES IN 2023-2024

VISION

Equal access to physical activity for people with neurological conditions, enabling them to live active, healthy lives.

MISSION

To provide affordable and accessible rehabilitation to people living with neurological conditions.

VALUES

Our values express who we are. They form the basis for all we do.

- we are kind
- we deliver excellence
- we are inclusive
- we are collaborative
- we have integrity

OBJECTIVE AND ACTIVITIES IN 2023-2024

LEGS was founded to provide high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end.

NHS rehabilitation is often time-limited and under-resourced for people following a stroke or living with a long term neurological condition in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with both professional and peer support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve their physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

The LEGS programme enables participants to improve their physical function, independence and confidence, whilst reducing their reliance on carers and family.

LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.

OBJECTIVE AND ACTIVITIES IN 2023-2024

Our outcomes include:

- improving health and emotional well-being
- increasing physical activity and
- reducing social isolation.

We enable people to enjoy activities that are meaningful to them and assist them to fulfil their personal and societal roles.

Our aims are consistent with our founding object which is:

"*the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions.*"

The main activities undertaken in relation to those purposes are:

- The provision of physiotherapy assessments and reassessments
- The provision of online and face to face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

We produced a three year business plan (2023-2026) which sets out our aims for the next stages in LEGS' development. We defined our three main aims:

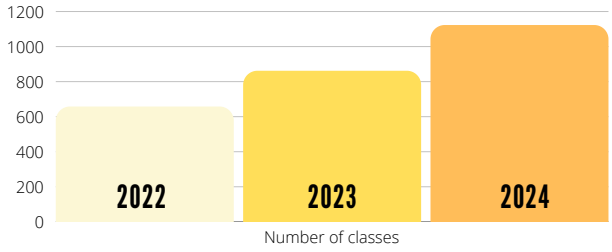
- Reach more of the people who need us the most.
- Open face to face groups in local authority and social enterprise leisure centres.
- Create operational systems that ensure high-quality, cost-effective services whilst supporting growth.

For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.

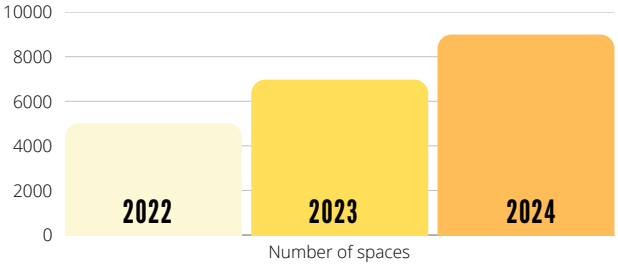
ACHIEVEMENTS AND PERFORMANCE

EXERCISE CLASSES

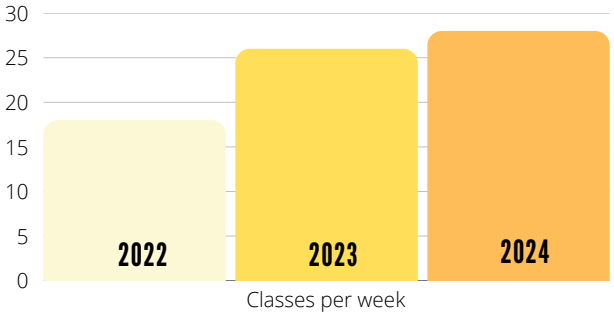
We ran 1,123 LEGS classes this year (862 in 2023 and 658 in 2022).



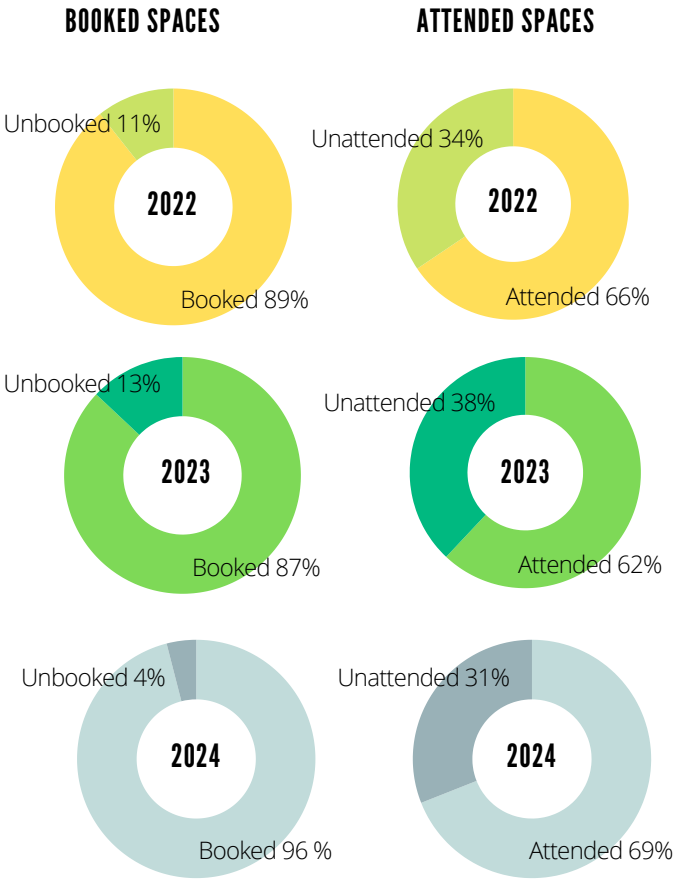
We provided 8,992 spaces (6,970 in 2023 and 5,011 in 2022). A space = a place for 1 person in a 45 or 60 minute class.



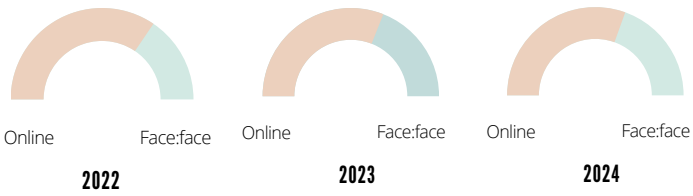
By the end of the year we were running 28 classes per week (26 in 2023 and 18 in 2022).



96% of all spaces provided were booked (an increase from 87% last year) and 69% were attended (an increase from 62% last year). These increases improve our financial efficiency as we minimised the number of "empty" spaces.



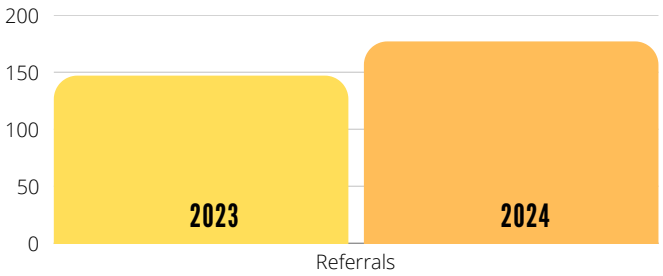
438 of the 1,123 classes we ran this year were face to face (39%). Last year it was 38%.



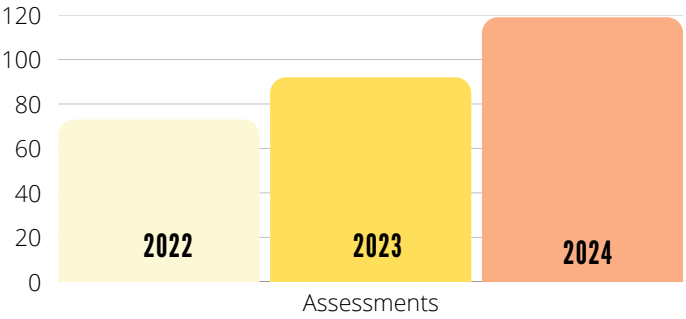
ACHIEVEMENTS AND PERFORMANCE

REFERRALS & BENEFICIARIES

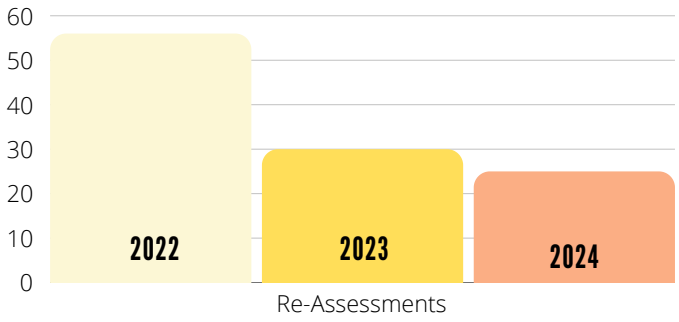
We received 177 referrals (147 last year).



We completed 119 individual assessments with a specialist physiotherapist for new participants (92 in 2023, 73 in 2022). A 28% increase from last year.



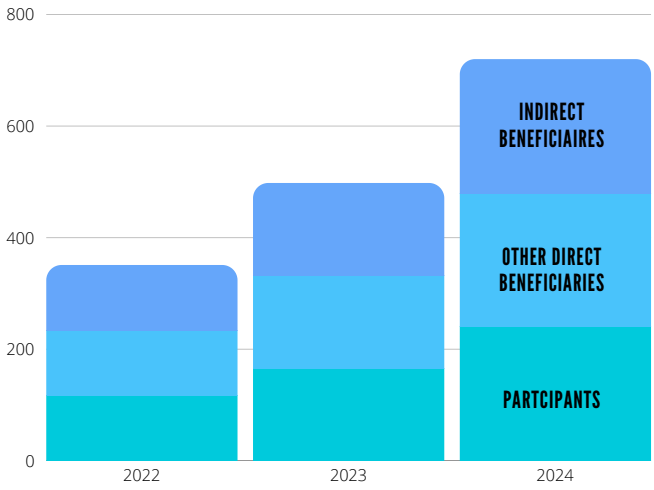
We delivered 25 re-assessments for existing participants (20 in 2023, 56 in 2022). The 25% decrease is due to participants declining the offer of a re-assessment because they felt satisfied with their progress in classes and did not require further support.



We provided services (a class, an assessment or a club/café) to 240 people and their families/carers (a 45% increase from the previous year).

For every person who attends our service, we estimate that at least 1 other member of that household directly benefits, through attending one of our carer support groups, or through support/advice from our physiotherapists.

On average, 1 additional person indirectly benefits as a result of their loved one receiving additional support, for example a friend or family member or carer.



34 onward referrals were made for participants (17 last year) meaning we supported people with blue badge and benefit applications. This is help they might not easily have received without our aid.

ACHIEVEMENTS AND PERFORMANCE

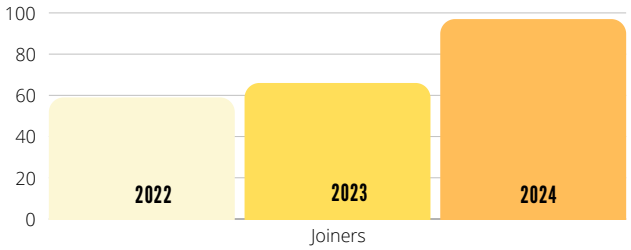
NEURO CAFÉ

The number of times people attended a Neuro Café session in 2024 was 777 (641 in 2023, 414 in 2022), a 22% increase from last year.

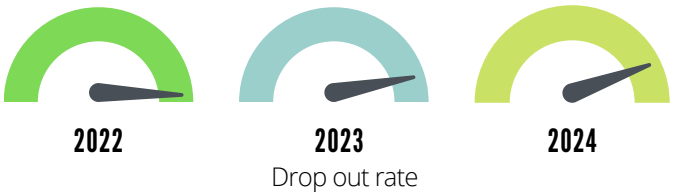
ACHIEVEMENTS AND PERFORMANCE

OUR PARTICIPANTS

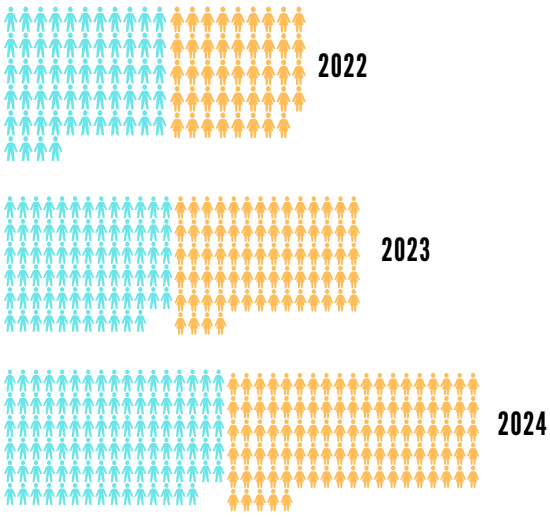
97 people joined LEGS (66 in 2023, 59 in 2022).



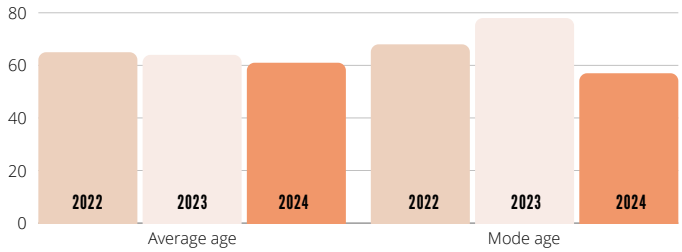
Of the 97 joiners, 14 stopped attending within 12 weeks of starting, meaning our drop out rate was 14% (9% in 2023, 2% in 2022). We could not find any published reports from comparable services but we have verbal reports of drop out rates between 30-50% so we consider 14% a very good outcome.



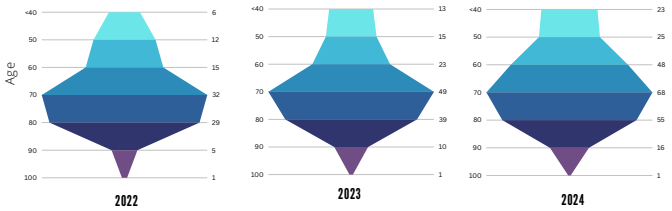
The ratio of people who attended a service this year, who identified as male compared to female was 23:25 (1:1 in 2023, 4:3 in 2022).



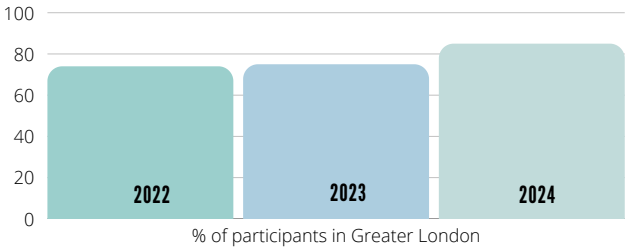
The age range of our participants was 19-94 (last year, 25-96) with an average age of 61 (last year, 64) and mode age of 57 (last year. 78).



The age group with the greatest increase was 51-60 (a 5% increase from last year). We had more under 50s and fewer above 60, reflecting our aim to broaden our reach to younger people affected by neurological conditions.



As we opened more face to face groups in London, the proportion of London-based participants increased from 75% to 85%.



As in previous years, the other participants were spread throughout the UK from Northern Ireland to Cornwall to Lincolnshire.

ACHIEVEMENTS AND PERFORMANCE

SUMMARY

Classes delivered

- We provided 8,992 hours of exercise classes services (a 30% increase from last year).
- We kept all of our classes running, adding 4 new weekly classes to the timetable.

Attendance efficiency

- 96% of spaces were booked (up from 87% and far exceeding our goal of 87%).
- 69% of spaces were attended (up from 62%).

Referrals and beneficiaries:

- 240 people and their families/carers were supported (a 45% increase).
- 177 referrals were received (a 20% increase).

Neuro Café attendance:

- There were 777 instances of attendance (a 22% increase).

Demographics:

- Participants aged 19-94 (average: 61, three years lower than last year).
- We maintained a balanced gender ratio.

Retention:

- There were 97 new joiners in 2024 (a 47% increase).
- The drop-out rate was 14%, well below industry-reported rates (30-50%).

Physiotherapy assessments

- We provided 119 new assessments conducted (a 28% increase).

- There were 25 re-assessments (a 25% decline as participants report feeling satisfied).

ACHIEVEMENTS AND PERFORMANCE

OTHER KEY ACHIEVEMENTS & MILESTONES

- We opened an **online Pilates class**, following the popularity of the face to face class.
- We designed and launched a **Seated Pilates** class online, to make the Pilates accessible for people with limited mobility.
- We opened a new **online Reach** class (an arm only exercise group) to offer participants the opportunity to do this this more than once a week.
- We launched a second **Move class in Croydon**, due to demand, and thanks to the generous funding we received from the National Lottery.
- We significantly increased and improved our **social media output**. Our audience on Facebook grew by 27%, on Instagram by 55% and X (formerly Twitter) by 22%.
- With the help of our first **work experience placement**, we interview participants and gathered a library of video feedback.
- We delivered support and signposting to the families and carers of our participants, and ran **Family and Carers' Group** exercise classes.
- We launched a **Creativity Club** for participants: a monthly meeting online where we share creative projects and inspiration, as well as how we overcome barriers presented by neurological conditions.
- We had a summer and Christmas **staff social,** and a **Leadership Retreat,** setting goals for the year ahead and reviewing our progress.
- For participants, we held an online summer and **Christmas party**.

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

Thank you for being open to all. Living with multiple system atrophy I find it hard to access groups as they are normally for stroke or Parkinson's only and it is so refreshing for me to be able to access this amazing community and the physio lead has just been so so kind.

Collaboration at its best.
A million thanks.

I do not what I would have done without the LEGS class.

You have been simply amazing and supported me through some very dark days and led me to the light and the belief that I can live well with this condition.

I have never been as strong, thank you.

My confidence has skyrocketed, and my class is the highlight of my week.

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

My uncle has not been out of the house engaging in any social activity for over a year and half, in hospital he used to refuse all groups, I do not know how you have done it, but he loves it.

We frequently find him waiting for us at the door on a Wednesday ready to go the gym. The group has been so important to him. Thank you for everything you do for him and all the support you have given us. It is simply invaluable and we need more classes as he would come every day if he could.

" I can now deadlift and get up from the floor on my own, never ever did I think I would say that living with a progressive condition"

Great session yesterday. I can walk !!!

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

My knee pain has completely disappeared since I started these groups and I have made friends in an environment I never would have stepped foot in prior to my stroke, but desperate times called for desperate measures and I am so glad I did.

It is also so inspiring for me to meet people like yourself and services like LEGS who are trying to improve the lives of those living with neurological illness.

My attendance has been 100% as I love it so much.

Thanks so much to you and the team for another wonderful year. I am so appreciative of everything you do and I know I would be quite a different person without LEGS!

What a superb mix of physio and information sessions. And we have had some good fun together as well.

ACHIEVEMENTS AND PERFORMANCE

PARTNERSHIPS AND COLLABORATIONS

- We spoke at the The Centre for Neurorehabilitation's Clinical Network Event.
- We presented two research papers at the international congress on Neurorehabilitation and Neural Repair conference in Maastricht, Netherlands.
- We spoke at the UK Stroke Forum.
- We hosted regular CPD sessions for our physiotherapists to ensure we are embedding new practice and evidence into our classes.
- We delivered in-service training to neurological rehabilitation teams in Barnet, Homerton and Camden.
- We attended events with Chelsea Football Club.
- We liaised with Social Prescribers in all of the boroughs we operate.
- We partnered with Age UK Croydon to create a pathway for referrals for them to our face to face classes.

ACHIEVEMENTS AND PERFORMANCE

FUNDRAISING

- We were delighted to receive £10,000 of National Lottery funding, £3,000 from London Catalyst and £500 from Magic Little Grants, to help fund the face to face groups in Croydon and some of our online provision.
- The continued and generous support of individual donors provided stability to our income.
- Our trusts and grants fundraising was supported by a part time, freelance fundraiser.

STAFFING AND VOLUNTEERS

- We appointed four new **freelance physiotherapists** who have added so much to our repertoire and team.
- As ever, we benefitted enormously from the generous support of many **volunteers** who supported the delivery of our face to face and online groups.
- We are so grateful to the LEGS participants who voluntarily give their time to help us as **LEGS Ambassadors** and as our **Participant Voice Representative**.

FINANCIAL REVIEW

REVIEW OF FINANCIAL RESULTS

For the year ended 31st March 2024, there was a deficit us of £13,678 (2022-2023: deficit of £41,858).

The income for the year was £151,580 (2022-2023: £97,808). The nearly 55% increase was due to increased participant numbers (meaning an increase in membership fees income), diversifying our income with successful grant applications and the generosity of major donors.

Donations provided the largest income stream, amounting to £82,163 (2022-2023: £59,147).

Income from charitable activities (membership fees and commissioned exercise classes with Headway) was £52,889 (2022-2023: £34,832).

LEGS received no statutory revenue funding and relied for its income entirely on its own fundraising activities, on donations from external sources and on the membership fees paid by participants.

Directly employed staff numbers remained at 1.82FTE (0.5FTE administrative staff, 1.32FTE clinical staff).

Total expenditure for the year was £165,258 (2022-2023: £139,666). This 18% growth reflects the expansion of our programme of services.

Total cash funds at this year end were £62,677 (2022-2023: £76,355).

RESERVES

The Trustees calculate the reserves as the part of the charity's unrestricted income funds that is freely available, after taking account of designated funds that have been ring fenced for specific costs.

The Trustees maintain a policy of keeping at least 3-6 months' running costs (based on the average of the forecast expenditure for the current and next year) as designated funds within the free reserves, to protect against the possibility that one or all of our current funders is unable to continue their current level of commitment. This policy is reviewed frequently.

At the end of March 2024, a 3 month reserve requirement was equivalent to £47,643. The total unrestricted funds were £52,363. Therefore, we had met our reserves goal.

We are aiming to build a 6 month reserve, which we hope to have achieved by the end of March 2027.

FINANCIAL REVIEW

RESPONSIBILITIES OF BOARD OF TRUSTEES

The Trustees are responsible for preparing the Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare accounts 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 year.

The Trustees are responsible for keeping proper accounting records which 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 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the Trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

These accounts have been prepared in accordance with the provisions applicable to CIOs subject to the requirements of the Charity Commission.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not ordered an audit to be carried out under Section 146 of the Charities Act 2011.

The notes below form part of these accounts.

The Trustees' annual report has been approved by the board of Trustees on 14 January 2025 and signed on its behalf by:

Annys Fairweather
Chair, LEGS

FINANCIAL REVIEW

NOTES TO THE LEGS ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2024

1. The accounts presented here have been prepared on a receipts and payments basis for the year ended 31 March 2024.
2. In accordance with the Charities Commission guidance, and at the request of the Trustees, these accounts have been independently examined. The independent examiner's report follows these notes.
3. The Trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS OF LEGS

Report to the Trustees of LEGS. Charity no 1177659.

I report to the Trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2006 Act).

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(4)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF
14 January 2025

FINANCIAL REVIEW

CHARITY COMMISSION FOR ENGLAND AND WALES

LEGS (Local Exercise Groups for stroke and neurological conditions)
Charity no. 1177659

Receipts and payments accounts

CC16a

For the period from	1st April 2023	To	31st March 2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	82,163		-	82,163	59,147
Fees and subscriptions	51,289		-	51,289	32,232
Fundraising	1,393		-	1,393	1,689
Trusts and Grants		13,500	-	13,500	2,140
Commissioned groups	1,600		-	1,600	2,600
Miscellaneous	1,635		-	1,635	
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	138,080	13,500	-	151,580	97,808
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	138,080	13,500	-	151,580	97,808
A3 Payments					
Fundraising	8,702	-	-	8,702	73
Professional memberships	180	-	-	180	96
Staffing & Recruitment	137,477	2,786	-	140,263	127,210
Staff training	1,109	-	-	1,109	1,128
Staff travel and subsistence	-	-	-	-	25
Insurance	320	-	-	320	755
Venue hire & equipment	8,027	400	-	8,427	5,769
Support costs & misc	6,257	-	-	6,257	4,340
Trustee Training & Expenses		-	-	-	270
Sub total	162,072	3,186	-	165,258	139,666
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	162,072	3,186	-	165,258	139,666
Net of receipts/(payments)	- 23,992	10,314	-	- 13,678	- 41,858
A5 Transfers between funds	3,871	- 3,871	-	-	-
A6 Cash funds last year end	72,484	3,871	-	76,355	118,212
Cash funds this year end	52,363	10,314	-	62,677	76,354

FINANCIAL REVIEW

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		52,363	10,314	-
		-	-	-
		-	-	-
	Total cash funds	52,363	10,314	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities				
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Electronically signed by AF	Annys Fairweather	14/01/2025
	Electronically signed by EK	Esther Kufrin	14/01/2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

OUR ORGANISATION

LEGS (Local Exercise Groups for stroke and neurological conditions) was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Apart from the first charity Trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The Trustees may, by and from their number and from time to time, elect such officers (Chair, Secretary, Treasurer) as they see fit.

All Trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

TRUSTEE BOARD STRUCTURE

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

Additionally, we have four sub committees: Finance, Marketing & Fundraising, Participant Voice, Business Planning, which meet at least twice a year, or as required to work on focused projects.

We want our board to reflect the diverse communities we serve and for LEGS' leadership structure to represent the equality, diversity and inclusion that we strive to create through our charity's aims.

All of our nine Trustees have personal and lived experience of living with or caring for somebody with a neurological condition. And they each bring a wealth of professional experience which strengthens our governance and leadership.

PREMISES

We continue to benefit from the generous support of Barrecore whom offer us accessible studio space at a subsidised rate so that we can run our face to face classes affordably in Notting Hill, Islington and Wandsworth.

The William Hobbayne Hall in Hanwell, home to our Tai Chi classes generously provide their venue at a charity rate meaning we can offer face to face Tai Chi classes affordably. The John Trotter Trust also provide us with generously subsidised rates for our Barnet class.

This year we started a hire agreement with a second GLL Better Gym (in Thornton Heath). Hiring such accessible spaces on a weekly basis ensures we reach more participants and reduces our charity costs.

The ability of our team to work remotely and from home means we have no need for a dedicated office space, which again is a cost saving.

STRUCTURE, GOVERNANCE AND MANAGEMENT

TRUSTEE INDUCTION & TRAINING

New Trustees receive induction through 1:1 meetings with the Chair and the Director of Operations, training courses, attending board meetings and self-directed reading. Induction is an ongoing process. We recognise that it needs to be tailored to the individual and lasts many months.

On or prior to appointment, Trustees are provided with a copy of the charity constitution, latest copy of the annual report as well as Charity Commission publications on the roles and obligations of Trustees, as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Charity Commission and Getting On Board.

We encourage Trustees to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates.

We have a dedicated Trustee training budget and Trustees are directed to undertake training.

Our Chair and Director of Operations lead on Trustee induction but it is the collective responsibility of the board to support one another, welcome new Trustees and work together collaboratively.

POLICIES, PROCEDURES, STANDARDS & RISK MANAGEMENT

We work to all relevant professional standards and our clinicians are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance.

We have a comprehensive set of policies and procedures which are regularly reviewed by Trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of Trustees at least annually.

REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY NAME

LEGS (Local Exercise Groups for stroke and neurological conditions)

REGISTERED ADDRESS

LEGS
c/o LB Group
1 Vicarage Lane
London
E15 4HF

CONTACT DETAILS

Telephone: 07377 259 778
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TRUSTEES

Annys Fairweather, Chair of Trustees
Esther Kufrin, Deputy Chair of Trustees
Hugh Baxter, Treasurer
Caroline Appel
Rupert Cockcroft
Frederick Baidoo
Stuart Davies
Sophia Forrest
Anthony (Paul) Mylrea

LEADERSHIP TEAM

Annys Fairweather, Chair of Trustees and Founding Physiotherapist

Victoria Bailey-King, Operational Director

Sarah Sparkes, Clinical Director & Lead Physiotherapist

BANKERS

Barclays Bank
35 Notting Hill Gate
London
W11 3JR

INDEPENDENT EXAMINER

Mark Middleton
Director

LB Group
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LEGS

England & Wales - Charity number 1177659

Accounts

LEGS
ANNUAL REPORT & ACCOUNTS
2022-2023

LEGS
LOCAL EXERCISE GROUPS
FOR STROKE & NEURO CONDITIONS

Registered charity: 1177659

Report for year ended 31 March 2023

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INTRODUCTION FROM CHAIR

I am so pleased to present the LEGS Annual Report for April 2022 – March 2023. After a period of rapid diversification due to COVID-19, this year was focused on expanding our face to face services, whilst improving our operations and growing our offering of online classes.

A key aim was to increase the number of groups and participants, to reach as many people as we could, which we did by providing services to 166 people (46% more than last year). Our weekly class offering rose from 18 to 26, including new Pilates and Tai Chi classes. Of these eight new classes, four were face to face, operating in three new venues in Greater London, bringing the total weekly face to face sessions to 11, across seven venues.

Another key aim was achieved with the opening of two new face to face classes in a Better Gym in Croydon. This was a huge step forward for LEGS, one that was delayed due to the pandemic, and which paves the way for where we wish to focus face to face services in the future. By targeting Croydon, with its higher level of socio-economic deprivation and increased length of NHS waiting lists for community based neurological rehabilitation, we can provide rehabilitation and support to people who stand to benefit the most.

Our weekly, online Neuro Café builds on our aim of empowering people with information and resources on their conditions and enables participants to feedback to us on the services they want. The Neuro Café's successes were presented by our Clinical Director, Sarah Sparkes at the UK Stroke Forum in 2022.

We recruited five new Trustees, to improve the diversity, skill and expertise of our Board. Enabling our new Trustees to assist the work of our Leadership Team, will be key to driving forward the charity's mission.

I wish to extend my thanks and gratitude to the whole LEGS community, our participants, their families and carers, our staff, physiotherapists, Trustees and volunteers. Special mention must go to Sarah Sparkes and Victoria Bailey-King, whose commitment and professionalism drive forward this incredible organisation. I am excited to see where our incredible community takes LEGS in 2023 - 2024.

Annys Fairweather
Chair, LEGS, August 2023

OBJECTIVE AND ACTIVITIES IN 2022-2023

VISION

Equal access to physical activity for people with neurological conditions, enabling them to live active, healthy lives.

MISSION

To provide affordable and accessible rehabilitation to people living with neurological conditions.

VALUES

Our values express who we are. They form the basis for all we do.

- we are kind
- we deliver excellence
- we are inclusive
- we are collaborative
- we have integrity

OBJECTIVE AND ACTIVITIES IN 2022-2023

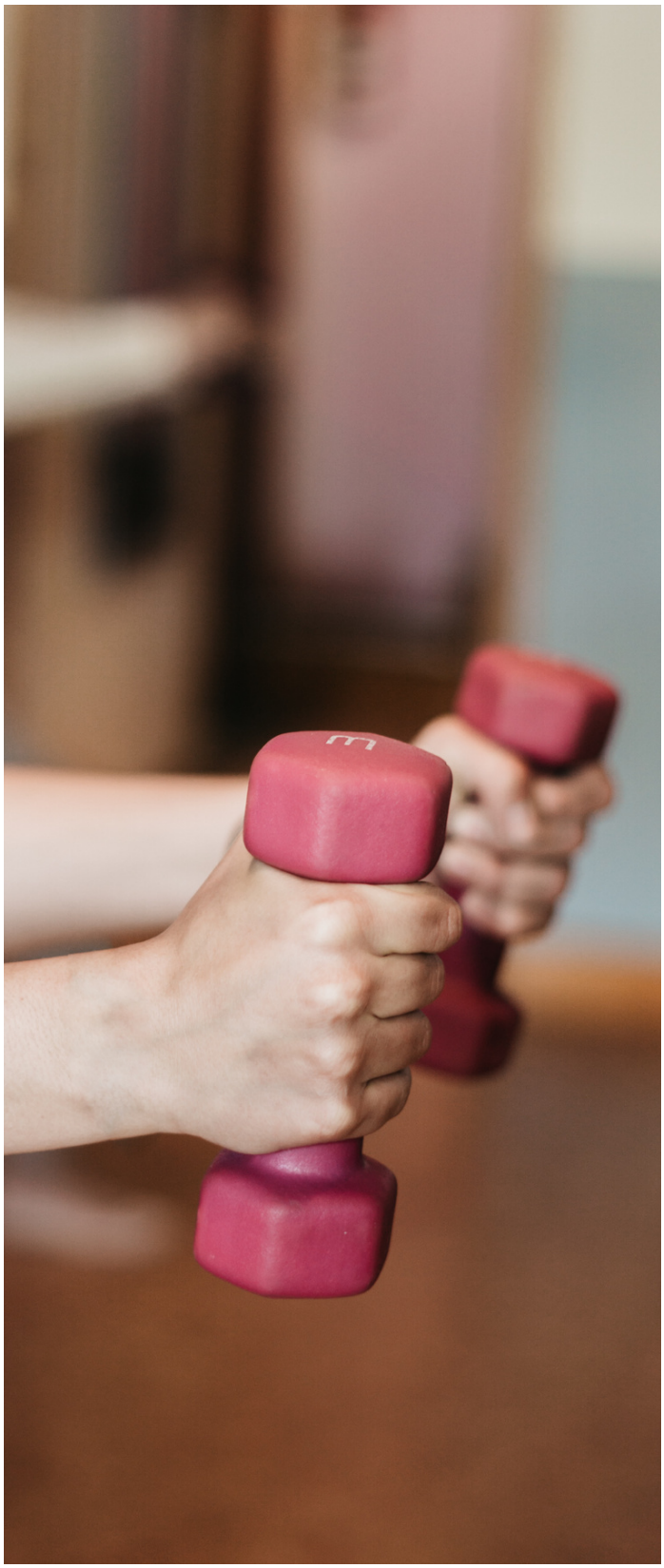
LEGS was founded to provide high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end.

NHS rehabilitation is often time-limited and under-resourced for people following a stroke or living with a long term neurological condition in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with both professional and peer support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve their physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

The LEGS programme enables participants to improve their physical function, independence and confidence, whilst reducing their reliance on carers and family.

LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.



OBJECTIVE AND ACTIVITIES IN 2022-2023

Our outcomes include improving health and emotional well-being, increasing physical activity and reducing social isolation. We aim to enable people to enjoy activities that are meaningful to them and assist them to fulfil their personal and societal roles.

Our aims are consistent with our founding object which is:

"the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions."

The main activities undertaken in relation to those purposes are:

- The provision of physiotherapy assessments and reassessments
- The provision of online and face:face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

We produced a three year business plan (2020-2023) which sets out our aims for the next stages in LEGS' development. We defined our four main aims:

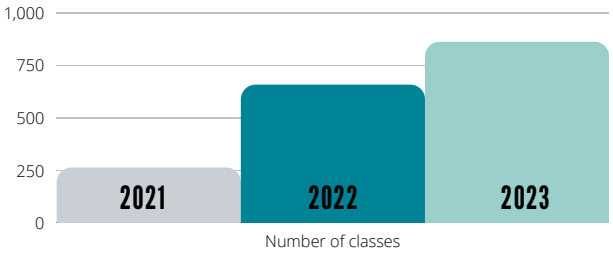
1. To increase the number of participants, with a range of neurological conditions, attending LEGS and the number of groups (both online and face:face).
2. To improve the physical condition and emotional well-being of participants.
3. To open groups in local authority and social enterprise leisure centres.
4. To increase the number of participants attending long term physical activity and improve their ability to self-manage their condition.

For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.

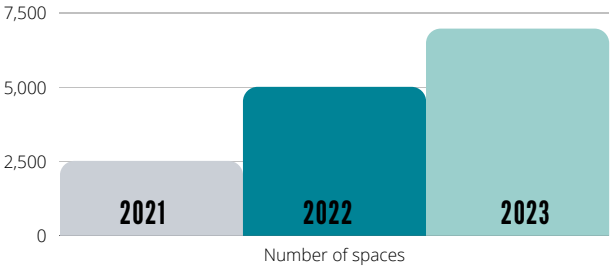
ACHIEVEMENTS AND PERFORMANCE

OUR GROUPS

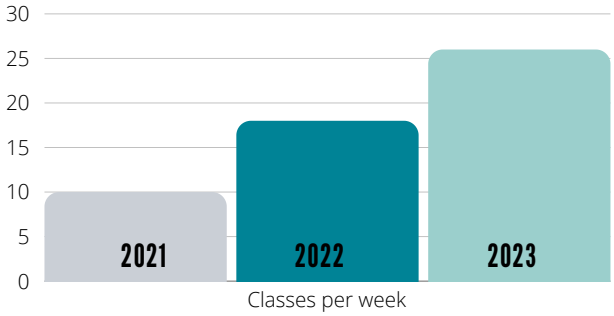
We ran 862 individual LEGS classes this year (658 in 2022 and 264 in 2021).

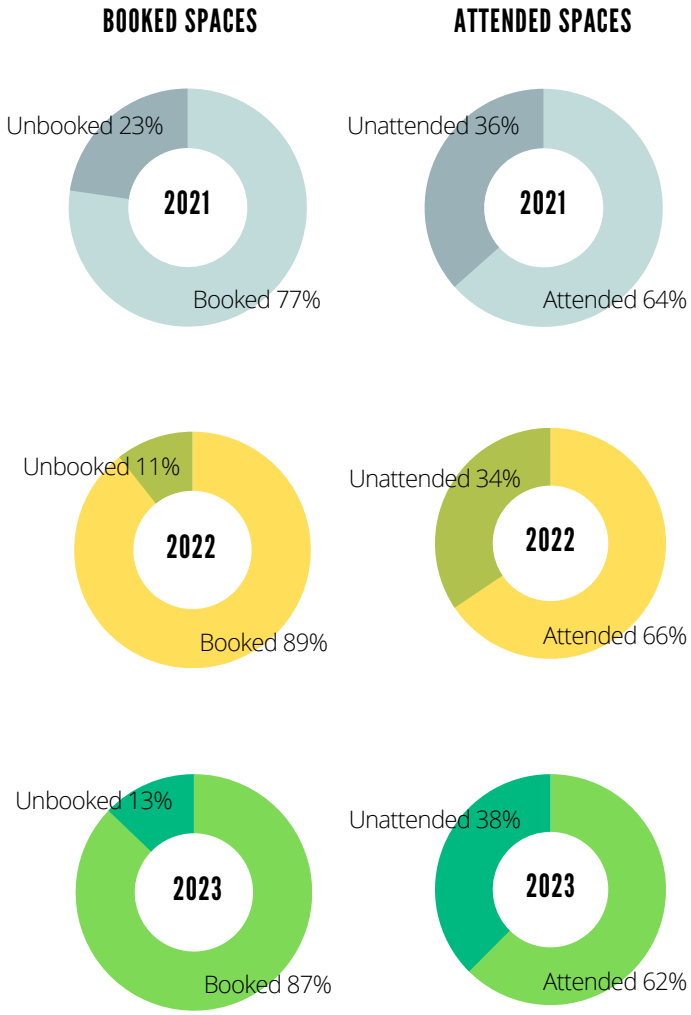


We offered 6970 spaces* (5011 in the 2022 and 2520 in 2021).



By the end of the year we were running 26 classes per week (18 in 2022 and 10 in 2021).





The slight reduction in spaces booked from 89% to 87% in the last year could be attributed to the opening of new groups towards the end of the year. Newly opened classes generally have lower bookings because we open classes when we have a waiting list of four or five people.

Attendance figures were slightly lower than the last two years. This could be because we have more participants doing more one than class so the long term injury or illness of one participant has a greater impact on the class attendance figures. There was also notably more illness as people returned to more "normal" lifestyle habits after the lockdowns of the pandemic.

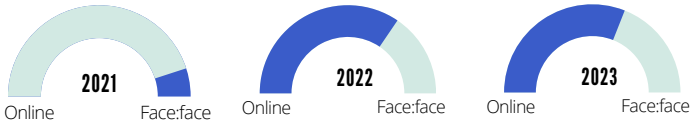
*(1 SPACE = A PLACE FOR ONE PERSON IN A 45 OR 60 MINUTE CLASS)

ACHIEVEMENTS AND PERFORMANCE

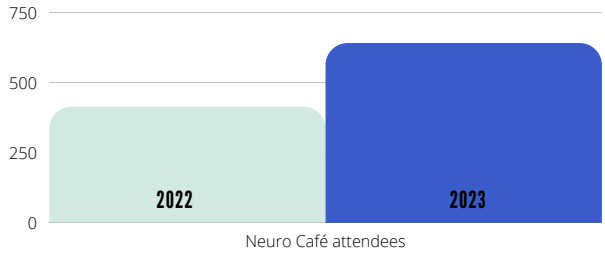
OUR SERVICES

330 of the 862 classes we ran this year were face to face (38%).

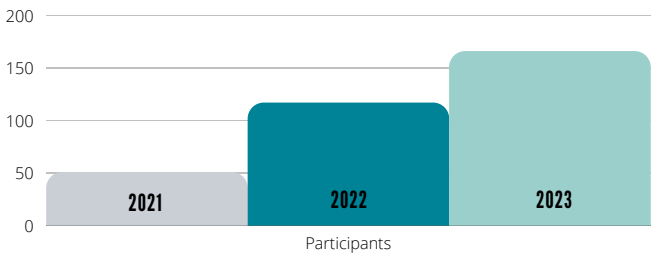
Face to face classes are more expensive to run and logistically more complicated than an online equivalent but we recognise the reported social and physical benefits which come with participants mobilising themselves for a face to face class.



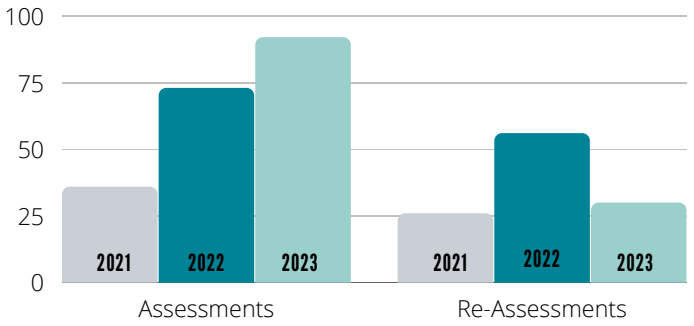
The number of times people attended a Neuro Café session in 2023 was 641 (414 in 2022), a 55% increase.



We provided services (a class or an assessment) to 166 people and their families/carers (a 42% increase from the previous year).



We completed 92 assessments for new participants (73 in 2022) and 30 re-assessments for existing participants (56 in 2022). The decrease in re-assessments was due to participants declining the offer of a re-assessment on the grounds they were satisfied with their progress due to the support they receive within the classes.

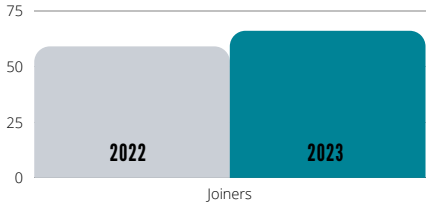


13 people were assessed but did not join because they were not suitable or the logistics of the classes did not work for them.

ACHIEVEMENTS AND PERFORMANCE

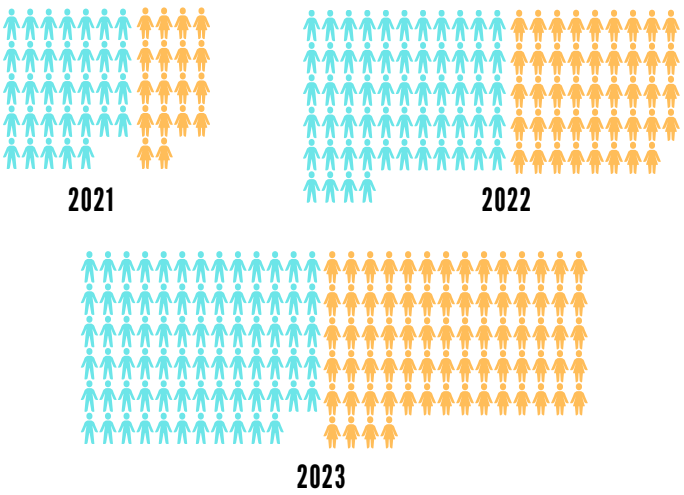
OUR PARTICIPANTS

We received 147 referrals. 66 people started with LEGS this year (59 last year).

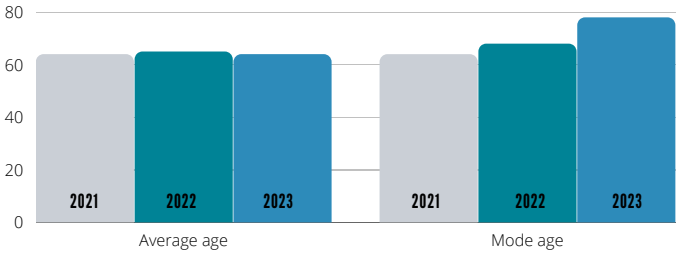


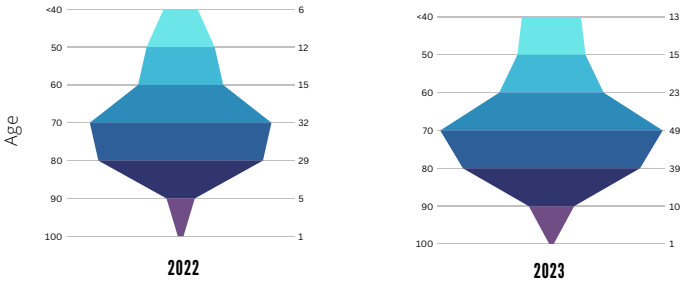
Of the 66 joiners, six stopped attending within 12 weeks of starting, meaning our drop out rate was 9% (compared with 2% in 2022 and 12% in 2021).We could not find any published reports from comparable services but we have verbal reports of drop out rates between 30-50% so we consider 9% a very good outcome.

150 people attended one or more LEGS class/es this year (103 last year, 51 in 2021). The ratio of people who attended a class this year, who identified as male compared to female was 1:1 (4:3 in 2022, 11:6 in 2021).



The age range of our participants was 25-96 (last year:32-95) with an average age of 64 (last year:65) and mode age of 78 (last year:68).





Our participants were very similar to last year's in terms of location.

75% participants had addresses in Greater London (74% last year, 88% the year before). As last year, the other participants were spread throughout the UK from Northern Ireland to Cornwall to Lincolnshire.

17 onward referrals were made for participants (11 last year) and we supported people with blue badge and benefit applications.

ACHIEVEMENTS AND PERFORMANCE

SUMMARY

In the last year:

- We **increased the number of classes** by 31%.
- We provided rehabilitation services to **46% more people** this year.
- We created **39% more hours of rehabilitation** for people with neurological conditions.
- We opened **8 new weekly classes** (44% more than the previous year).
- We maintained our goal of **keeping our classes booked** to a minimum of 86% capacity.
- We maintained an almost **equal balance** of participants identifying as male as female.
- We had more **younger people** join. The number of participants under 40 doubled. **Neuro Pilates** has been notably in demand by younger participants.
- We **assessed 26% more** people than last year.
- The number of people who left LEGS within 12 weeks of joining (our "**drop out rate**") **remained under 10%.**

ACHIEVEMENTS AND PERFORMANCE

OTHER KEY ACHIEVEMENTS & MILESTONES

- We designed and launched new face to face and online **Neuro Pilates** classes.
- We created two **online Tai Chi** classes, one standing, one seated.
- We opened two new face to face classes in **Croydon**, South London (one Move, one Rise), thanks to a Physical Activity grant from Parkinson's UK.
- We opened a face to face Move class in **Barnet**, north London.
- We opened a new **Reach** (upper limb exercises) online class.
- We completed the Transform training programme with Getting On Board, and recruited and inducted **five new Trustees,** creating four new sub committees.
- We redesigned and relaunched a **new website**.
- We created a new **"Staff Room" portal** online for our freelancers, with shared resources.
- We created an equivalent **site for Trustees.**
- We created a new weekly newsletter (**The LEGS Pinboard**) for participants to improve clarity and regularity of communication.
- We redesigned our newsletter (**The LEGS Letter**) for our wider audience and created a monthly circulation schedule.
- We significantly increased and improved our **social media output**.
- We delivered support and signposting to the families and carers of our participants, and ran **Family and Carers Group** exercise classes, including Tai chi and aerobics.
- We had a summer and Christmas **staff social** and a **Leadership Retreat,** setting goals for the year ahead and reviewing our last three year business plan.
- For participants, we held an online **Christmas party** and an "in person" tea for our Islington participants.
- We had research abstract and posters accepted to present at **two national professional conferences.**
- We supported **King's College London University** Physiotherapy students in their annual simulated practice week and **Portsmouth University** Physiotherapy students with telerehabilitation and research.

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

"I have experienced LEGS as a lifeline"

"I find having the rhythm of a weekly class online extremely helpful and supportive to have in my life"

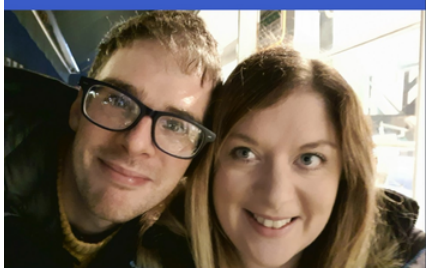
The functional exercises are fun and useful and prompt us to do practical things. I enjoy this group very much. Sometimes I forget that when I joined LEGS I could hardly coordinate left and right hands at all!

"It was something new, something fun and engaging"

"The explanations from the physios during classes help me understand my personal rehab process"

"SO MANY benefits! LEGS keeps me active"

"LEGS has some online exercises with a class which is fab for me as I can fit it in around work"



A heartfelt observation... joining the LEGS family changed my life.

Although I was visiting a physiotherapist once a week, I was getting almost nowhere in physical improvement.

Attending LEGS swiftly changed that and I firmly believe that it has the ability to change lives. I stand aloft as proof.

ACHIEVEMENTS AND PERFORMANCE

MORE FEEDBACK

Gaining an understanding of my condition, helps me in my **motivation** to exercise & understand my improving condition - **invaluable**.

*Your being there and willing to help was **everything**.*

I CANNOT THANK YOU AND THE TEAM ENOUGH OR **IMAGINE WHERE I WOULD BE** IF I HAD NOT HAD THE BENEFIT OF ALL THOSE CLASSES OVER THE PAST YEARS. WONDERFUL.

*I just wanted to say a huge thank you for welcoming me to the class. I really enjoyed it and it was so nice to meet **others in the same boat.** I wish I'd found you months ago!*

*I exercise [with LEGS] three times a week; each class has tailored exercise programmes that meet my goals. I get to train/exercise under the watchful eye of a **knowledgeable and professional Physio** and I also get to exercise with other stroke survivors - which is great.*

EXCELLENT WITH ITS RANGE & BALANCE OF ACTIVITY. IT'S **REGULARITY & STRUCTURE** HELPS ME SUSTAIN MY **SELF DISCIPLINE** & MAINTAIN MY VARIOUS EXERCISE ROUTINES.

ACHIEVEMENTS AND PERFORMANCE

PARTNERSHIPS AND COLLABORATIONS

- We opened two new classes in Croydon in collaboration with **Parkinson's UK**. This was a pilot scheme to discover the effectiveness of a multi-condition class for Parkinson's patients. The outcomes were positive.
- We delivered **in-service training** to medical teams at Imperial College London, the Robertson Unit in Willesden, The Royal Free Hospital and the Community Stroke Team and Community Partners in Northampton, Croydon, Westminster, and Kensington &Chelsea.
- We continued our delivery of services to the excellent brain injury charity **Headway**, in South Bucks, running a face to face session on Wednesdays.
- We presented our services at a Centre for **Neurorehabilitation seminar meeting** along with colleagues from Homerton, Northwick Park and Queen Square hospitals.
- We met with the **Stroke Association** which resulted in LEGS being listed in their Getting Active After Stroke page on the SA's My Stroke Guide. We are also now listed on their internal Resource Finder, used by the helpline.
- We hosted **regular CPD sessions** for our physiotherapists to ensure we are embedding new practice and evidence into our classes.

ACHIEVEMENTS AND PERFORMANCE

FUNDRAISING

- We received a corporate donation of 50 laptops from **Westminster City Council.** These are being allocated to participants who cannot afford to buy their own or who need help with setting up the technology to access our online classes.
- One of our physiotherapists ran the **London Marathon** on behalf of LEGS and raised £1,689.
- We received a corporate donation of £900 from **Radcliffe & Newlands** to fund the venue costs of our Islington class.
- **Digital Lift** grants awarded us £829 to upgrade our website and email services.
- We advertised for a **part time Fundraiser** but were not successful. We will recruit again next year. In the interim, we will work with a freelance Fundraiser on urgent projects.

STAFFING AND VOLUNTEERS

- We welcomed to the team, four new **freelance physiotherapists**, a **social media manager** and **charity administrator** (all of whom are working on an ad hoc basis for a few hours a week and greatly contributing to the smooth operations of the charity).
- As ever, we benefitted enormously from the generous support of many **volunteers** who supported the delivery of our face to face and online groups.
- We are indebted to a generous **web developer** for her pro bono work on our website updates, and the volunteer **photographer** who photographed our Pilates class .
- We are so grateful to the LEGS participants who voluntarily give their time to help us as **LEGS Ambassadors** and as our **Participant Voice Representative**.

FINANCIAL REVIEW

REVIEW OF FINANCIAL RESULTS

For the year ended 31st March 2023, there was a deficit us of £41,858 (2021-2022: a surplus of £12,748). This was anticipated and was deliberate as we had a high level of reserves at the close of the last financial year, which exceeded our reserve requirement.

The income for the year was £97,808 (2021-2022: £127,958).

Donations provided the largest income stream, amounting to £59,147 (2021-2022: £103,275). Income from charitable activities was £34,832 (2021-2022: £24,200).

LEGS received no statutory revenue funding and relied for its income entirely on its own fundraising activities and on donations from external sources as well as its participants.

Directly employed staff numbers decreased from 2.0FTE (0.5FTE administrative staff, 1.5FTE clinical staff) to 1.82 FTE (our Clinical Director increased from 0.5FTE to 0.6FTE in January 2023, our Physiotherapist decreased from 1.0FTE to 0.72FTE in February 2023).

Total expenditure for the year was £139,666 (2021-2022: £115,237). This increase reflects the cost of running more classes as well as significant inflationary increases.

Total cash funds at this year end were £76,355 (2021-2022: £118,212).

RESERVES

The Trustees calculate the reserves as the part of the charity's unrestricted income funds that is freely available, after taking account of designated funds that have been ring fenced for specific costs. The Trustees maintain a policy of keeping at least 6 months' running costs (based on the average of the forecast expenditure for the current and next years) as designated funds within the free reserves, to protect against the possibility that one or all of our current funders is unable to continue their current level of commitment. At the end of March 2023, this reserve requirement was equivalent to £95,050 and total unrestricted funds were £72,484. Therefore, we had not met our reserves goal. We are aiming towards a 6 month reserve, which we estimate will take 2 years to achieve.

RESPONSIBILITIES OF BOARD OF TRUSTEES

The Trustees are responsible for preparing the Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare accounts 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 year.

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FINANCIAL REVIEW

The Trustees are responsible for keeping proper accounting records which 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 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the Trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

These accounts have been prepared in accordance with the provisions applicable to CIOs subject to the requirements of the Charity Commission.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not ordered an audit to be carried out under Section 146 of the Charities Act 2011.

The notes below form part of these accounts.

The Trustees' annual report has been approved by the board of Trustees on 17 November 2023 and signed on its behalf by:

Annys Fairweather
Chair, LEGS

FINANCIAL REVIEW

NOTES TO THE LEGS ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2023

1. The accounts presented here have been prepared on a receipts and payments basis for the year ended 31 March 2023.
2. In accordance with the Charities Commission guidance, and at the request of the Trustees, these accounts have been independently examined. The independent examiner's report follows these notes.
3. The Trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS OF LEGS

Report to the Trustees of LEGS. Charity no 1177659.

I report to the Trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2006 Act).

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(4)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF
27 October 2023

FINANCIAL REVIEW

CHARITY COMMISSION FOR ENGLAND AND WALES

LEGS (Local Exercise Groups for stroke and neurological conditions)
Charity no. 1177659

Receipts and payments accounts

CC16a

For the period from 1st April 2022 To 31st March 2023

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					
Donations	59,107	40	-	59,147	103,275
Fees and subscriptions	32,232		-	32,232	20,705
Fundraising	1,689		-	1,689	
Trusts and Grants		2,140	-	2,140	500
Commissioned groups	2,600		-	2,600	3,495
Miscellaneous			-	-	11
	-	-	-	-	-
	-	-	-	-	-
***Sub total**(Gross income for AR)*	95,628	2,180	-	97,808	127,986
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	95,628	2,180	-	97,808	127,986
A3 Payments					
Fund raising	73	-	-	73	809
Professional memberships	96	-	-	96	175
Staffing & Recruitment	125,070	2,140	-	127,210	100,870
Staff training	1,128	-	-	1,128	1,923
Staff travel and subsistence	25	-	-	25	128
Insurance	755	-	-	755	630
Venue hire & equipment	5,769	-	-	5,769	3,096
Support costs	4,340	-	-	4,340	6,564
Trustee Training & Expenses	270	-	-	270	1,043
Sub total	137,526	2,140	-	139,666	115,237
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	137,526	2,140	-	139,666	115,237
Net of receipts/(payments)	- 41,898	40	-	- 41,858	
A5 Transfers between funds	- 3,831	3,831	-	-	6,017
A6 Cash funds last year end	118,212	-	-	118,212	99,447
Cash funds this year end	72,484	3,871	-	76,355	105,464

FINANCIAL REVIEW

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		72,484	3,871	-
		-	-	-
		-	-	-
	Total cash funds	72,484	3,871	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Electronically signed by AF	Annys Fairweather	23/10/23
	Electronically signed by EK	Esther Kufrin	23/10/23

STRATEGY FOR 2023-2024

The delivery of high quality exercise classes and rehabilitation services remains our primary purpose, and with a small team of mainly freelance physiotherapists, the timetabling, cover and supervision of staff occupies a lot of our leadership team's focus. This coming year will require a significant strategic input as we manage the maternity leave of the physiotherapist who currently delivers the majority of the cover and teaching timetable. We are excited to meet the challenge. We will focus our efforts at the start of the year on recruitment to secure staffing and ensure that we can continue to run our classes without disruption to participants or reduction in quality of outcome.

Creating a new three year plan for LEGS is the second major piece of strategy work we'll be prioritising. With the support of our newly formed Business Planning Trustee Committee, the Leadership Team, led by the Chair, will draw up a new plan to move the charity forwards, setting our vision for 2023-2026.

At the close of the last financial year we had just launched two LEGS exercise classes in a Better Gym leisure centre in Croydon, south London. This was a huge milestone for us as it has been our goal since launching the charity five years ago. We were especially proud that this was achieved in collaboration with Parkinson's UK, as we were able to harness the significantly greater funding capacity of a large, national charity. Additionally, opening these classes in Croydon (an area of economic deprivation and one we had identified as having a waiting list for people needing post stroke rehabilitation), confirmed our view that this is the direction in which we want to steer LEGS. As such, we will be prioritising this model of delivery and trying to build on the success of this pilot by developing a relationship with the Better Gym teams.

The diversification of our fundraising portfolio and the creation of a strategic fundraising pipeline is carried over from last year's aims and becomes an urgent agenda item for this year.

On a less time sensitive agenda, is our desire to consider the charity's branding and marketing, as we grow and reach larger audiences. Part of our strategy this year will be enlisting the services of design experts to discuss our name and messaging.

With the recruitment of five new Trustees last year, the Board is at an exciting stage of development. A key goal is to enable and empower Trustees to produce outcomes for the charity. Strategically, we want Trustees to be involved in the detail of the charity's operations, leading on projects, producing work, being proactive and less dependent on LEGS staff.

STRUCTURE, GOVERNANCE AND MANAGEMENT

OUR ORGANISATION

LEGS (Local Exercise Groups for stroke and neurological conditions) was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Apart from the first charity Trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The Trustees may, by and from their number and from time to time, elect such officers (Chair, Secretary, Treasurer) as they see fit.

All Trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

TRUSTEE BOARD STRUCTURE

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

This year we created four additional committees (Finance, Marketing & Fundraising, Participant Voice, Business Planning) which meet at least twice a year, or as required to discuss priorities.

STRATEGY & OUTCOMES

We want our board to reflect the diverse communities we serve and for LEGS' leadership structure to represent the equality, diversity and inclusion that we strive to create through our charity's aims.

This year we recruited five new Trustees. All of them have personal or lived experience of living with or caring for somebody with a neurological condition. And they each bring a wealth of professional experience which will strengthen our leadership.

PREMISES

We continue to benefit from the generous support of Barrecore, with whom we have developed a strong working relationship. They offer us accessible studio space at a subsidised rate so that we can run our face to face classes affordably in Notting Hill, Islington and Wandsworth.

The William Hobbayne Hall in Hanwell, home to our Tai Chi classes also generously provide their venue at a charity rate meaning we can offer face to face Tai Chi classes affordably.

We are excited to have launched two classes this year in Better Gyms, which are our ideal venues for accessible and affordable exercise classes.

The ability of our team to work remotely and from home means we have no need for a dedicated office space and we have no plans to invest in such.

STRUCTURE, GOVERNANCE AND MANAGEMENT

TRUSTEE INDUCTION & TRAINING

New Trustees receive induction through 1:1 meetings with the Chair and the Director of Operations, training courses, attending board meetings and self-directed reading. Induction is an ongoing process. We recognise that it needs to be tailored to the individual and lasts many months.

On or prior to appointment, Trustees are provided with a copy of the charity constitution, latest copy of the annual report as well as Charity Commission publications on the roles and obligations of Trustees, as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Charity Commission and Getting On Board.

We encourage Trustees to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates.

We have a dedicated Trustee training budget and Trustees are directed to undertake training.

Our Chair and Director of Operations lead on Trustee induction but it is the collective responsibility of the board to support one another, welcome new Trustees and work together collaboratively.

POLICIES, PROCEDURES, STANDARDS & RISK MANAGEMENT

We work to all relevant professional standards and our clinicians are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance.

We have a comprehensive set of policies and procedures which are regularly reviewed by Trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of Trustees at least annually.

REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY NAME

LEGS (Local Exercise Groups for stroke and neurological conditions)

REGISTERED ADDRESS

LEGS
c/o LB Group
1 Vicarage Lane
London
E15 4HF

CONTACT DETAILS

Telephone: 07377 259 778
Email: info@legs.org.uk
Website: www.legs.org.uk

TRUSTEES

Annys Fairweather, Chair of Trustees
Esther Kufrin, Deputy Chair of Trustees
Hugh Baxter, Treasurer
Caroline Appel
Rupert Cockcroft
Frederick Baidoo
Stuart Davies
Sophia Forrest
Anthony (Paul) Mylrea

Advisor to Trustees
David Fairweather

LEADERSHIP TEAM

Annys Fairweather, Chair of Trustees and Founding Physiotherapist

Victoria Bailey-King, Operational Director

Sarah Sparkes, Clinical Director & Lead Physiotherapist

BANKERS

Barclays Bank
35 Notting Hill Gate
London
W11 3JR

INDEPENDENT EXAMINER

Mark Middleton
Director

LB Group
1 Vicarage Lane
London
E15 4HF

LEGS

England & Wales - Charity number 1177659

Accounts

LEGS

ANNUAL REPORT & ACCOUNTS

2021-2022

LEGS
LOCAL EXERCISE GROUPS
FOR STROKE & NEURO CONDITIONS

Registered charity: 1177659

Report for year ended 31 March 2022

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INTRODUCTION FROM CHAIR

I am delighted to present the LEGS Annual Report for the year, 1st April 2021 - 31st March 2022.

If the previous year was defined by a rapid response to the emerging Covid-19 crisis, this current one was about stabilising the services we had built under the pressure of the pandemic, and deepening the foundations of the charity.

Covid-19 featured significantly in all our lives and our work, but the pandemic did not diminish the energy of our inspiring participants, who continued to support each other through this turbulent time.

One of the key areas of work was securing staffing and building a team to keep our services running with consistency and clinical excellence. We recruited a cohort of outstanding Physiotherapists and have created structures for cover to ensure that our classes run without disruption throughout the year.

Crucially, this year we secured the ongoing support of major donors, bringing stability to our longer-term funding. This continues to be an area of focus and, as our strategy for next year outlines, appointing a fundraiser is an urgent priority.

We have listened to what our participants tell us they most value about LEGS: namely, our personalised approach to each individual and being part of a community of people facing similar challenges. In response, we concentrated on boosting our Neuro Café provision, moving it to an evening slot which increased attendance. We brought in a range of external speakers and created a bank of resources for our participants to access via a dedicated members' area on our website. It's a huge part of what LEGS makes successful.

As always, I am extremely grateful to our many supporters, volunteers and participants for their ongoing encouragement and engagement with our work this year. Special thanks go to our Leadership Team, Physiotherapists and Trustees who drive forward the charity's mission and vision with great professionalism and care.

Annys Fairweather

Annys Fairweather
Chair, LEGS, April 2022

OBJECTIVE AND ACTIVITIES IN 2021-2022

VISION

Equal access to physical activity for people with neurological conditions, enabling them to live active, healthy lives.

MISSION

To provide affordable and accessible rehabilitation to people living with neurological conditions.

VALUES

Our values express who we are. They form the basis for all we do.

- we are kind
- we deliver excellence
- we are inclusive
- we are collaborative
- we have integrity

OBJECTIVE AND ACTIVITIES IN 2021-2022

LEGS was founded to provide high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end.

NHS rehabilitation is often time limited and under-resourced for people following a stroke or living with a long term neurological condition in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with both professional and peer support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve their physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

The LEGS programme enables participants to improve their physical function, independence and confidence, whilst reducing their reliance on carers and family.

LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.

OBJECTIVE AND ACTIVITIES IN 2021-2022

Our outcomes include improving health and emotional well-being, increasing physical activity and reducing social isolation. We aim to enable people to enjoy activities that are meaningful to them and assist them to fulfil their personal and societal roles.

Our aims are consistent with our founding object which is:

"the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions."

The main activities undertaken in relation to those purposes are:

- The provision of physiotherapy assessments and reassessments
- The provision of online and face:face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

We produced a three year business plan (2020-2023) which sets out our aims for the next stages in LEGS' development. We defined our four main aims:

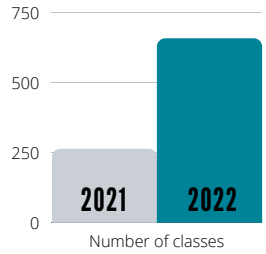
1. To increase the number of participants, with a range of neurological conditions, attending LEGS and the number of groups (both online and face:face).
2. To improve the physical condition and emotional well-being of participants.
3. To open groups in local authority and social enterprise leisure centres.
4. To increase the number of participants attending long term physical activity and improve their ability to self-manage their condition.

For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.

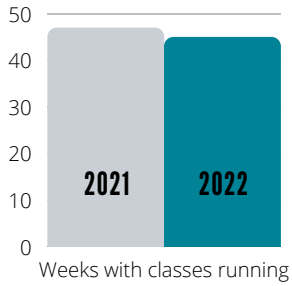
ACHIEVEMENTS AND PERFORMANCE

OUR GROUPS

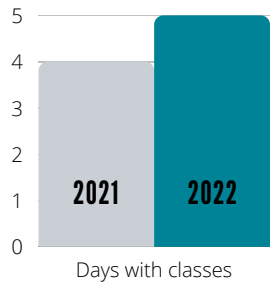
We ran 658 individual LEGS classes this year, compared with 264 in the previous year.



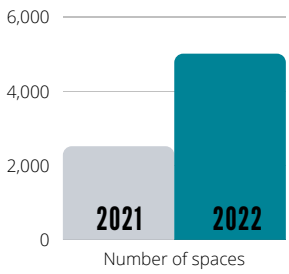
We ran classes in 45 out of 52 weeks, 2 fewer than in the previous year, to create opportunities for staff annual leave.



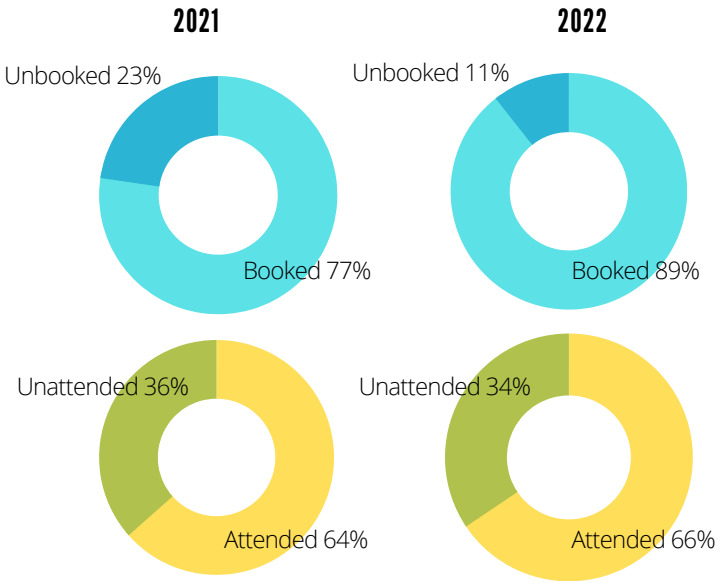
We ran classes on 5 days a week, 1 more than in the previous year.



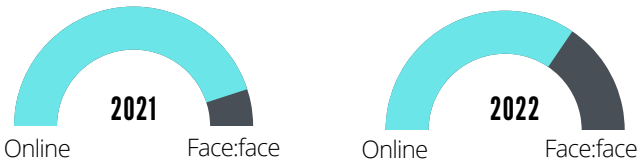
We offered 5011 spaces* compared with 2520 in the previous year, doubling our offering.



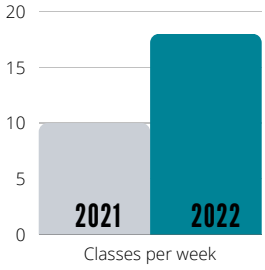
Of the 5011 available spaces, 4478 were booked and 3286 were attended by participants, compared to 1948 booked and 1599 attended in the previous year.



205 of the 658 classes we ran this year were face to face (30%). 70% were online. In the previous year these figures were 10% and 90% respectively. This reflects our aim to revive face to face services and prioritise the opening of new face to face groups as we emerged from Covid-19 restrictions.



By the end of the year we were running 18 classes per week (an increase from 10 at the same time the year before).

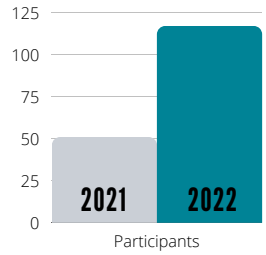


*(1 SPACE = A PLACE FOR ONE PERSON IN A 45 OR 60 MINUTE CLASS)

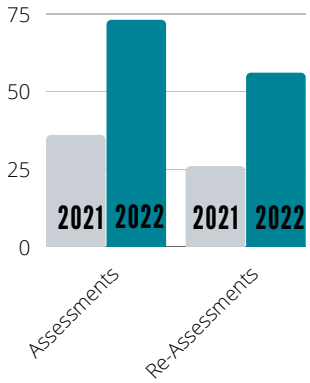
ACHIEVEMENTS AND PERFORMANCE

OUR PARTICIPANTS

We provided services to 117 people and their families/carers (2.3 times the previous year).

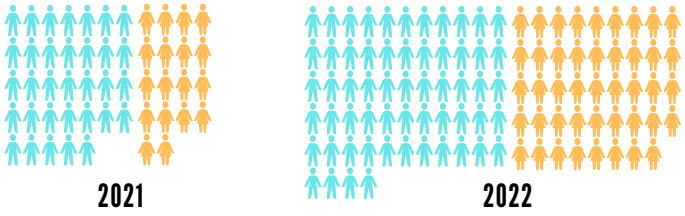


We completed 73 assessments for new participants (compared to 36 in 2021) and 56 re-assessments for existing participants (26 in 2021).

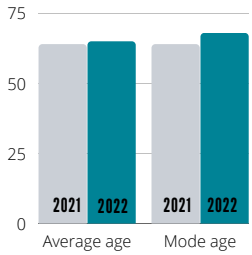


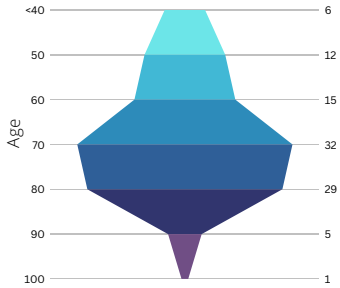
Of the 73 people assessed this year, 59 joined LEGS. 14 people were assessed but did not join, either because they were medically unsuitable or due to logistics of class timings/locations. Many were signposted to other services. Of the 59 joiners, 1 left within 12 weeks of starting, meaning our drop-out rate was 2% (compared with 12% in 2021) which is testament to participants' satisfaction with LEGS as well as the effectiveness of our screening process at assessment.

103 people attended a class/es this year. The ratio of people who attended a class this year, who identified as male compared to female was 4:3 (11:6 in 2021).



The age range of our participants was 32-95 (last year:31-86) with an average age of 65 (last year:64) and the mode age was 68 (last year:64).





Our participants were even more geographically diverse than last year...

26% participants lived in either Westminster, Hammersmith & Fulham or Kensington & Chelsea, compared with 38% last year and 70% the year before.

74% participants had addresses in Greater London (88% last year). Of the other 26%, 10% were from Buckinghamshire because we opened our new group with Headway, South Bucks. We also had participants from Northern Ireland, Norfolk, Leicestershire, Nottinghamshire, Lincolnshire, Hertfordshire and Wiltshire.

11 referrals were made by LEGS to other services (including functional electrical stimulation, Queen Square upper limb programme, personal training, ARNI, podiatry, orthotics, social services and speech and language therapy).

ACHIEVEMENTS AND PERFORMANCE

SUMMARY

- In the last year, we **more than doubled** the number of classes we ran.
- We increased our coverage across the week, with classes running on **5 out of 5** week days.
- We **doubled** the number of hours of rehabilitation we provided to our service users.
- We increased the **cost efficiency** of our groups by booking them to 89% (up from 77%).
- We **more than doubled** the number of people we assessed or provided an ongoing service to.
- Our weekly timetable ran with almost **double the number of classes** compared to last year.
- The number of people who left LEGS within 12 weeks of joining (our **"drop out rate"**) **reduced from 12% to 2%.**
- Our reach was more **spread out nationally**, with a quarter of participants living outside of London.

ACHIEVEMENTS AND PERFORMANCE

OTHER KEY ACHIEVEMENTS & MILESTONES

- We created a new category of class, **LEGS Rise**, to cater for participants wanting to improve lower limb strength and confidence. The classes are supported by a family member or carer, who also participates in the class. We started with a face to face group in our Notting Hill studio and then added an online group.
- We opened two new face to face **Tai Chi** classes in Hanwell.
- We opened two more **LEGS Move** classes, one online and the other in a **new venue** in Islington, North London.
- We developed and opened a higher ability class for **LEGS Reach** (Reach +) to cater for participants needing to progress from the original Reach group.
- We achieved the **Active Westminster Mark**.
- We hosted a **summer tea party** and a **Christmas social** in London for our participants.
- We had a face to face **staff social** and a **Summer Retreat,** setting goals for the year ahead and updating our operational plan.
- We created more opportunities for collaboration with our participants. The **Participant Voice** project was developed as a way to gather regular feedback and funnel it directly into leadership meetings. We appointed from our participants, a Participant Voice Representative, who leads participant sessions, collates the feedback and delivers it to the Trustees. We produce a written response to the feedback and suggestions in a document called **"We're Listening"** which is shared with all participants.
- We created a **Family & Carers Group** to provide a forum for those who support our participants at home. We hosted online sessions, for peer to peer support and relaxation (including Pilates).
- We moved the **Neuro Café** to an evening time slot, increasing attendance numbers and providing a timetable of weekly topics, with regular external speakers ranging from artists to charity leaders to Citizens Advice experts.

ACHIEVEMENTS AND PERFORMANCE

GROUP OUTCOMES & EVALUATION

	GROUP				
	Move (in studio)	**Move (online)**	**Start**	**Reach**	**Extra**
Rated the class 5 stars	100%	86% (14% = 4*s)	100%	100%	100%
Felt their knowledge and understanding of self managing their affected upper limb(s) (for Reach) or condition (for all other classes) had improved.	100%	71% (29% "not sure")	100%	100%	100%
Felt their strength had improved in their affected upper limb(s) (for Reach) or legs and arms (all other classes).	100%	100%	100%	100%	100%
Felt that attendance and participation at this class had improved their mood/well-being.	66% (33% "no change")	100%	100%	100%	100%
Felt that their balance had improved.	100%	86% (14% "no change")	N/A	N/A	66% (33% "no change")
Other	On average, fear of falling was 3/10 where 0 is no fear of falling and 10 is petrified.	On average, fear of falling was 4/10 where 0 is no fear of falling and 10 is petrified.	66% said their core strength had improved.	On average, participants rated their improvement in upper limb function as a 70% increase.	

ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

Sarah Sparkes and the LEGS physio team have been a godsend for me and so many others. I was anxious about exercising with others with neurological conditions and had been fearful of a pure Parkinson's group so a mixed Neuro exercise group was a happy medium for me. They targeted education and exercises to me within the group and were so kind and supportive.

I have improved more in the time with LEGS than I have in 8 months of community physio input. Specialist care and so so kind.

I am very grateful to you for your so helpful initial assessment of my physical condition, identifying things which were entirely missed by the various doctors I had seen and this really helped me get some of the help I needed.

I like the balance of activities and Neuro Café information sessions as I get the physical therapy and social therapy I need. I like meeting the other people in the group sessions and having a regular meeting time helps personally.

I saw a foot surgeon yesterday who was amazed at how supple I was (bending down to tie my shoelaces). Of course, I hold LEGS responsible for that!

I want to thank you for your very interesting talks on pain, incontinence, cognitive skills, and invisible handicap over the recent weeks. They have been so informative and very important topics.

ACHIEVEMENTS AND PERFORMANCE

MORE FEEDBACK

It was wonderful to have you lead the session today with your typical mixture of caring for each person, mischievous good humour, wild metaphors and precise instruction.

Very much looking forward to the new term of exercises as I have found them absolutely invaluable! Getting in and out of the car, getting dressed, wobbling around through small spaces has been made much easier having done these exercises!

Thanks so much to all of you for keeping us motivated, fit and cheerful! So very much appreciated here.

So, what is so good about LEGS?

Well, I think it is the regular exercises we do, the sense of belonging to this group of people who are determined not to let a stroke stop them living their lives, a sense of fun during the sessions. The Neuro Café is an important part of my week now. They are a group of highly motivated people. Being in a group physio session is a great incentive/motivator to keep doing the classes. It is hard to do the exercises on your own so the regular appointments help.

I also like linking the exercises to daily living functional tasks like polishing and doing the dishes! The teaching input is also very helpful to develop coping mechanisms post stroke and during lockdown.

Volunteering with LEGS] was one of my favourite things about being a student physio!

Physiotherapy student

I have another client who has joined one of your classes and I am so pleased that this is the first group that she has positively engaged with!

NHS referrer

ACHIEVEMENTS AND PERFORMANCE

PARTNERSHIPS AND COLLABORATIONS

- *We continued to collaborate with the brain injury charity **Headway**, in South Bucks, running a face to face session on Wednesdays. We met with other Headway groups to discuss future collaborations.*
- *We presented at the **ABIL** (Acquired Brain Injury Forum for London) conference.*
- *We presented two posters at the annual **UK Stroke Forum**, including one about our newly opened Reach class (see page 15).*
- *We collaborated with **Westminster City Council**, who funded a membership for a Westminster resident.*
- *We were nominated for the **UK Parkinson's Excellence Network Award**.*
- *We supported two cohorts of **King's College London** second year BSc students in their physiotherapy studies, by providing them with lectures and observations. The first cohort had 40 students and the second, 60.*
- *Helena Drummond, MSc student at **University College London**, presented a poster at the UK Stroke Forum on her research project undertaken at LEGS (see page 16).*
- *Annys Fairweather spoke with students as part of an expert panel at the **King's College London Careers Day**.*
- *We presented at the **Remote Rehab Conference.***

ACHIEVEMENTS AND PERFORMANCE

"Reach" for the reps:

How many repetitions can be completed within a one hour physio led upper limb online exercise group for clients with neurological impairments?

S.Sparkes [1], N.Farmer [1], S.Shiner [1] & K. Sayer [2]

1: Local Exercise Groups for stroke & neurological conditions 2 : Kings College London, School of Population Health & Environmental Sciences Faculty of Life Sciences and Medicine

Introduction:

Upper limb rehabilitation post stroke is recognised to be **significantly under dosed** (Ward et al 2019) and this experience is also felt by individuals living with other neurological pathologies with limited time spent on upper limb rehabilitation. During the COVID-19 pandemic we set up two weekly upper limb rehab groups on Zoom, with the hope of increasing intensity of exercise practice, building skill acquisition and increasing confidence with functional task practice. We wanted to motivate individuals to do more with their upper limb outside of sessions through participation in homework/challenges. We were interested to see what dosage was possible to achieve in a one hour online class on Zoom as the participants were making changes and reported gaining somatosensory, motor and emotional benefits from participation within the online Reach group.

Ref: Ward NS, Kelly, K, Brander, F. An expert opinion: upper limb rehabilitation after stroke. ACNR 2019: 18(4):20-22

Method:

Physiotherapy students from King's College, London, came to record the dosage of rehabilitation given within a Reach class during their online simulated practice education week. Students observed two Reach groups and analysed 20 participants. They recorded the reps achieved for each exercise within the main circuit and within the functional task practice. Warm up, sensory circuit and cool down exercises were not analysed/recorded. Each exercise was completed for 2 minutes. The students got to observe and analyse impaired movement and were able to discuss, at the end of the class, with the physiotherapist, the pros and cons of the participants focusing on the number of repetitions achieved for that group. Students recorded reps on an anonymised live Google Docs sheet and statistical analysis was completed by the LEGS physio team. Participants also gave the students subjective feedback comments on the classes.

Online Reach class: warm up, sensory circuit, strength & endurance circuit, functional task practices & cool down = 1 hour

Results:

Main exercise circuit 2 minute stations	Total reps (n=20)	Mean	Median	IQR
Table push up	742	37.1	37.5	14.5
Shoulder protraction	1018	50.9	49	24
Shoulder retraction	1096	54.8	59	14.5
Shoulder flexion	726	36.3	36.5	17
Shoulder abduction	976	48.8	47	18.75
Shoulder external rotation	801	40.05	38	21.5
Elbow flexion/ extension	1091	54.55	45.5	22.5
Supination/pronation	879	43.95	42.5	20.25
Wrist flexion/extension	849	42.45	39.5	24.25
Radial/ulnar deviation	1402	70.1	75	36.75
Finger tapping/ mobilisation	1709	85.45	64	58.75

Functional task practice	Total reps (n=20)	Mean	Median	IQR
Rolling pin/ cling film roll	1129	56.45	47.5	27
Chopping with knife	1138	56.9	58.5	36.5
Unscrew lid or twisting ball	1107	55.35	58.5	65.5
Fork to plate to mouth	1041	52.05	52.5	32

Total reps within main circuit : 11,289

Total reps within functional task exercises : 4415

Mean reps per participant per 1 hour class : 785.2

- **High number of repetitions achieved**
- **Participants rated class as ★ ★ ★ ★ ★**
- **20/20 reported reduction in stiffness post class and increased mobility**

Conclusions:

King's physiotherapy students concluded that online upper limb groups allowed:

- •Repetitive practice
- •Strength/endurance training
- •**Implementation science in action**
- •Functional task practice and problem solving
- •Fun group with motivating therapist input
  - " they all motivated each other and had fun when doing rehab which was great to see"
- •Education on importance of practice outside of group
  - " it was great to see the physio encouraging the functional task practice daily out of the class & using technology to aid self management "
- Self management advice and peer support sharing solutions to overcome challenges " #KeepTheArmInTheGame"

LEGS physiotherapy staff concluded that online upper limb groups allowed:

- High intensity practice
- Education around evidence based practice for upper limb neurological rehabilitation including adjuncts such as mirror box therapy, neuro muscular electrical stimulation, mental imagery and motor rehearsal – many participants had no awareness of appropriate adjuncts to manage upper limb
- Increased self practice through empowerment and altering locus of control

Both students and clinicians recognised that a focus on repetitions and being "counted" meant that:

- quality not always maintained
- •full available range not always worked through in quest to gain more reps which differed to usual classes

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ACHIEVEMENTS AND PERFORMANCE

UCL

A qualitative exploration in to why active stroke survivors began or resumed physical activity after their stroke. Did interactions with healthcare professionals play a role?

Helena Drummond [a,b] and Sally Davenport [a]

[a] Physiotherapy Group, GOS Institute of Child Health, University College London, [b] Department of Sport, Health and Exercise, University of Portsmouth

Introduction

Physical activity after stroke can bring many health benefits including decreased risk of further stroke[1].

People after stroke are largely inactive[2] but report wanting to be empowered to be healthy[3].

This study explored the experiences of active stroke survivors on what caused them to begin or resume physical activity after their stroke.

Methods

Semi-structured interviews were conducted online via Microsoft Teams.

Interviews explored the journey to being engaged in regular physical activity, including who or what facilitated initial, and ongoing, engagement.

Data analysis was recursive and informed by thematic analysis. Data was read multiple times before codes and themes were developed.

Results

Seven participants took part. The average interview length was 45 minutes.

Participants knew of the link between lifestyle factors and stroke risk, but reducing the risk of further stroke was not a main reason for them to be active.

Participants' main reasons for being active were embedded in to three key themes: Identity; Social and Relationship factors, and Positive Reinforcement.

Lifestyle advice provided by healthcare professionals was not influential in participants' decision to be physically active. Health professionals providing practical support and encouragement to exercise positively influenced participants' behaviour.

"I had a wonderful NHS physio...As soon as she knew there was a gym there, she said, 'right, we're going' and I didn't really want to go. Because it's also a bit humiliating, if you can't even stand up properly or, you know, anyway, she made me and I'm glad she did"

Healthcare professionals appeared to have less of a role in supporting ongoing exercise participation. Factors which positively influenced long-term exercise participation included involvement in group exercise. This provided social support, healthy competition and motivation.

"I think that sense of community is, you know, the [exercise group] community is...Really, really important"

Conclusion

Healthcare professionals were often influential in helping people to start exercise after having a stroke. Participants benefitted from being engaged in exercise early after their stroke, such as by being told about exercise opportunities before hospital discharge, or being guided to attend exercise by community physiotherapists. These findings regarding the benefits of early exercise show parallels with current recommendations in cardiac rehabilitation[4].

Participants were able to successfully establish exercise in to their weekly routine. At this stage, healthcare professionals seemed to have a less influential role. Participants gained support from their exercise group. They also became more confident in recognising their own improvements and motivating themselves.

Acknowledgements: Huge thanks are given to the entire team at LEGS.

Helena Drummond
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@helena_physio

References
1 Lawrence et al. 2009. A summary of the guidance relating to four lifestyle risk factors for recurrent stroke. *Br. J. Neurosci. Nurs*, 5, 471-476.
2 Fini et al. 2017. How Physically Active Are People Following Stroke? Systematic Review and Quantitative Synthesis. *Phys. Ther.*, 97, 707-717.
3 Croot et al. 2014. Transient ischaemic attack: a qualitative study of the long term consequences for patients. *BMC Fam. Prac.*, 15, 174.
4 NICE. 2015. *Secondary prevention after a myocardial infarction*

LEGS LOCAL EXERCISE GROUPS FOR STROKE & NEURO CONDITIONS

ACHIEVEMENTS AND PERFORMANCE

COMMUNICATION AND FUNDRAISING

- We secured the long term investment of a third **major donor** to fund our new groups and part of our core costs.
- We agreed a continuation of current funding from our two other **major donors.**
- We raised £3,730 with the **Captain Tom** campaign which involved our participants and staff setting themselves individual, sponsored, physical activity targets. £2,980 of this was allocated to our Sponsored Place Scheme, meaning we can grant ongoing memberships for people in severe financial hardship who could not otherwise afford our subsidised fees.
- We received £500 from the **Magic Little Grants** fund.

STAFFING

- We appointed a **full time physiotherapist**, following the success of the short term, National Lottery-funded trial of a full time Rehabilitation Assistant. Sarah Shiner joined LEGS as an integral and hugely influential part of the core team in June 2021.
- We appointed four **freelance physiotherapists,** including a **Tai Chi specialist.**
- We benefitted from the generous support of **volunteers** who supported the delivery of our face to face and online groups.
- We are very grateful to the LEGS participants who voluntarily give their time to help us as **LEGS Ambassadors** and as our **Participant Voice Representative**.
- **Two professional photographers** generously donated their services to LEGS, creating a set of beautiful images of our studio sessions.

FINANCIAL REVIEW

REVIEW OF FINANCIAL RESULTS

For the year ended 31st March 2022, there was a surplus of £12,748 (2020-2021: £79,763).

The income for the year was £127,985 (2020-2021: £154,020). The decrease is due to the reduction in donations from major donors of £7,000 and because we did not have the previous year's £25,000 National Lottery funding (a Covid-19 response grant).

Donations provided the largest income stream, amounting to £103,775 (2020-2021: £114,984). Income from charitable activities was £24,200 (2020-2021: £9,729). This was due to the doubling of our membership and increased class capacities as well as the purchase of our services by Headway, South Bucks.

LEGS received no statutory revenue funding and relied for its income entirely on its own fundraising activities and on donations from external sources as well as its participants.

Directly employed staff numbers remained the same, at 2.0FTE (0.5FTE administrative staff, 1.5FTE clinical staff).

Total expenditure for the year was £115,237 (2020-2021: £74,257). This increase was due to the charity's expansion: we ran 2.5 times as many classes this year.

Total cash funds at this year end were £118,212 (2020-2021: £105,464).

RESERVES

The Trustees calculate the reserves as the part of the charity's unrestricted income funds that is freely available, after taking account of designated funds that have been ring fenced for specific costs. The Trustees maintain a policy of keeping at least six months' running costs (based on the average of the forecast expenditure for the current and next years) as designated funds within the free reserves, to protect against the possibility that one or all of our current funders is unable to continue their current level of commitment. At the end of March 2022, this reserve requirement was equivalent to £83,118. At the end of the financial year 2021-2022, the total unrestricted funds were £118,212. Therefore, we had met our reserves target. These reserves are kept in a current, instant access account.

RESPONSIBILITIES OF BOARD OF TRUSTEES

The Trustees are responsible for preparing the Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare accounts 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 year.

continues overleaf...

FINANCIAL REVIEW

The Trustees are responsible for keeping proper accounting records which 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 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the Trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

These accounts have been prepared in accordance with the provisions applicable to CIOs subject to the requirements of the Charity Commission.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not ordered an audit to be carried out under Section 146 of the Charities Act 2011.

The notes below form part of these accounts.

The Trustees' annual report has been approved by the board of Trustees on 16 January 2023 and signed on its behalf by:

Annys Fairweather
Chair, LEGS

FINANCIAL REVIEW

NOTES TO THE LEGS ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2022

1. The accounts presented here have been prepared on a receipts and payments basis for the year ended 31 March 2022.
2. In accordance with the Charities Commission guidance, and at the request of the Trustees, these accounts have been independently examined. The independent examiner's report follows these notes.
3. The Trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS OF LEGS

Report to the Trustees of LEGS. Charity no 117769.

I report to the Trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2006 Act).

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(4)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF
3 January 2023

FINANCIAL REVIEW

CHARITY COMMISSION FOR ENGLAND AND WALES

LEGS (Local Exercise GroupS for stroke and neurological conditions)
Charity no. 1177659

Receipts and payments accounts

CC16a

For the period from	1st April 2021	To	31st March 2022

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					
Donations	103,275		-	103,275	114,984
Fees and subscriptions	20,705		-	20,705	9,729
Fundraising			-	-	180
Trusts and Grants	500		-	500	28,788
Commissioned group	3,495		-	3,495	-
Miscellaneous	11		-	11	339
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	127,986	-	-	127,986	154,020
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	127,986	-	-	127,986	154,020
A3 Payments					
Fund raising	809	-	-	809	2,160
Professional memberships	175	-	-	175	148
Staffing & Recruitment	100,870	-	-	100,870	64,453
Staff training	1,923	-	-	1,923	301
Staff travel and subsistence	128	-	-	128	63
Insurance	630	-	-	630	575
Venue hire	3,096	-	-	3,096	560
Support costs	6,564	-	-	6,564	5,998
Trustee Training & Expenses	1,043	-	-	1,043	-
Sub total	115,237	-	-	115,237	74,257
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	115,237	-	-	115,237	74,257
Net of receipts/(payments)	12,748	-	-	12,748	79,763
A5 Transfers between funds	6,017	- 6,017	-	-	-
A6 Cash funds last year end	99,447	6,017	-	105,464	-
Cash funds this year end	118,212	-	-	118,212	79,763

FINANCIAL REVIEW

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		118,212		-
		-	-	-
		-	-	-
	Total cash funds	118,212	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Electronically signed by AF	Annys Fairweather	05/01/2023
	Electronically signed by EK	Esther Kufrin	05/01/2023

STRATEGY FOR 2022-2023

To design our strategy for next year we identified the primary risks to the charity and prioritised the actions needed to guard against these.

We will therefore be focusing on :

- securing the continuity of our services for our participants through ensuring attendance levels are consistently high and represent cost efficiency to our fundraisers
- maintaining quality and stability of services rather than focusing on growth in this period of economic turbulence and uncertainty
- diversifying our fundraising portfolio to stabilise the charity's income
- strengthening the Trustee board by recruiting new members, identifying areas of need in the following areas: professional skill set, representation of our participants' lived experiences, representation of the racial diversity of our participants
- maintaining staff morale and cultivating a strong organisational ethos, in a team which works remotely and part time

We will seek purposefully to reduce the previous rate of expansion of our services (following an intensive burst in 2020-2021) to ensure that we provide a meaningful programme of rehabilitation with classes which are safe, well attended and effectively producing physical and emotional benefits for our participants. We will therefore be aiming to open up to 6 new classes (a 30% increase), utilising our existing freelance physiotherapists as much as possible.

It is simpler logistically and more time efficient (therefore cheaper) to open new classes *online*, because this model requires no travel for staff or venue hire. However, the benefits of face to face delivery are significant and go beyond just the physical outcomes of having a "hands on" physiotherapist present. Our participants report reduced loneliness, increased confidence and increased connectivity from committing to a weekly face to face class. We will therefore seek to open at least two new face to face groups as a priority. We will supplement this with online groups, because these are still much needed, provide outstanding results and are more suitable for many participants with mobility issues.

As we reach the end of our current three year Operational Plan (which set out our aims for the period April 2020 - March 2023) we will be evaluating the degree to which we met our objectives, and how these may have shifted within the context of the Covid-19 pandemic. We will use these reflections to shape the next three year plan which will be written in early 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

OUR ORGANISATION

LEGS (Local Exercise Groups for stroke and neurological conditions) was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Apart from the first charity Trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The Trustees may, by and from their number and from time to time, elect such officers (Chair, Secretary, Treasurer) as they see fit.

All Trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

TRUSTEE BOARD STRUCTURE

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

STRATEGY & OUTCOMES

We want our board to reflect the diverse communities we serve and for LEGS' leadership structure to represent the equality, diversity and inclusion that we strive to create through our charity's aims.

To create a board which reflects the lived experiences of the people we work with, we will be proactively seeking to recruit new Trustees with lived experience of a neurological condition, who represent the racial diversity of our participants. We will also conduct a skills audit to identify the professional skills we want to recruit to the board next year.

PREMISES

We continue to benefit from the generous support of Barrecore, with whom we have developed a strong working relationship. They offer us accessible studio space at a subsidised rate so that we can run our face to face classes affordably in Notting Hill and Islington.

The William Hobbayne Hall in Hanwell, home to our Tai Chi classes also generously provide their venue at a charity rate meaning we can offer face to face Tai Chi classes affordably.

The ability of our team to work remotely and from home means we have no need for a dedicated office space and we have no plans to invest in such.

STRUCTURE, GOVERNANCE AND MANAGEMENT

TRUSTEE INDUCTION & TRAINING

New Trustees receive induction through 1:1 meetings with the Chair and the Director of Operations, training courses, attending board meetings and self-directed reading. Induction is an ongoing process. We recognise that it needs to be tailored to the individual and lasts many months.

On or prior to appointment, Trustees are provided with a copy of the charity constitution, latest copy of the annual report as well as Charity Commission publications on the roles and obligations of Trustees, as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Charity Commission and Getting On Board.

We encourage Trustees to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates.

We have a dedicated Trustee training budget and Trustees are directed to undertake training.

Our Chair and Director of Operations lead on Trustee induction but it is the collective responsibility of the board to support one another, welcome new Trustees and work together collaboratively.

POLICIES, PROCEDURES, STANDARDS & RISK MANAGEMENT

We work to all relevant professional standards and our clinicians are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance.

We have a comprehensive set of policies and procedures which are regularly reviewed by Trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of Trustees at least annually.

REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY NAME

LEGS (Local Exercise Groups for stroke and neurological conditions)

REGISTERED ADDRESS

LEGS
c/o LB Group
1 Vicarage Lane
London
E15 4HF

CONTACT DETAILS

Telephone: 07377 259 778
Email: info@legs.org.uk
Website: www.legs.org.uk

TRUSTEES

Annys Fairweather, Chair of Trustees
Esther Kufrin, Deputy Chair of Trustees
David Fairweather, Treasurer
Caroline Appel
Rupert Cockcroft

LEADERSHIP TEAM

Annys Fairweather, Chair of Trustees and Founding Physiotherapist

Victoria Bailey-King, Operational Director

Sarah Sparkes, Clinical Director & Lead Physiotherapist

BANKERS

Barclays Bank
35 Notting Hill Gate
London
W11 3JR

INDEPENDENT EXAMINER

Mark Middleton
Director

LB Group
1 Vicarage Lane
London
E15 4HF

LEGS

England & Wales - Charity number 1177659

Accounts

LEGS

ANNUAL REPORT & ACCOUNTS

2020-2021

LEGS
LOCAL EXERCISE GROUPS
FOR STROKE & NEURO CONDITIONS

Registered charity: 1177659

Report for year ended 31 March 2021

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INTRODUCTION FROM CHAIR

It is with great pleasure that I present the LEGS Annual Report for the year, 1st April 2020 - 31st March 2021.

It has been an extraordinary year, in many ways, not least because of the altered world in which we operated; a world adjusting to the realities, uncertainties and complexities of Covid-19. We, like so many other small charities, found ourselves overcoming previously unimagined challenges and creating solutions to problems we could not have foreseen two years ago.

For LEGS, until the spring of 2020, supporting people with stroke and neurological conditions constituted delivering face-to-face exercise groups and conducting in-person assessments and reassessments from our Notting Hill studio on either a Monday or a Tuesday afternoon. This had been our model since our first group opened in 2016. In a matter of weeks, following the emergence of Covid-19, and with the rapid escalation in case numbers, it was evident we could no longer safely deliver our sessions without risking the health of our participants, many of whom are elderly and have underlying health conditions which make them more vulnerable to the virus.

We decided, just ahead of the announcement of a national lockdown in March 2020 that we would stop our face-to-face classes. Without our participants missing a single session, we seamlessly moved our classes online. I am especially proud of how quickly and safely we did this. Sarah Sparkes, Lead Physiotherapist, devised a new, online exercise programme, adapting the classes to home environments, considering how we could keep participants safe while being instructed remotely. She and Victoria Bailey-King, Head of Operations, ensured that each of our members could access the new technology, which for most, involved using Zoom for the first time.

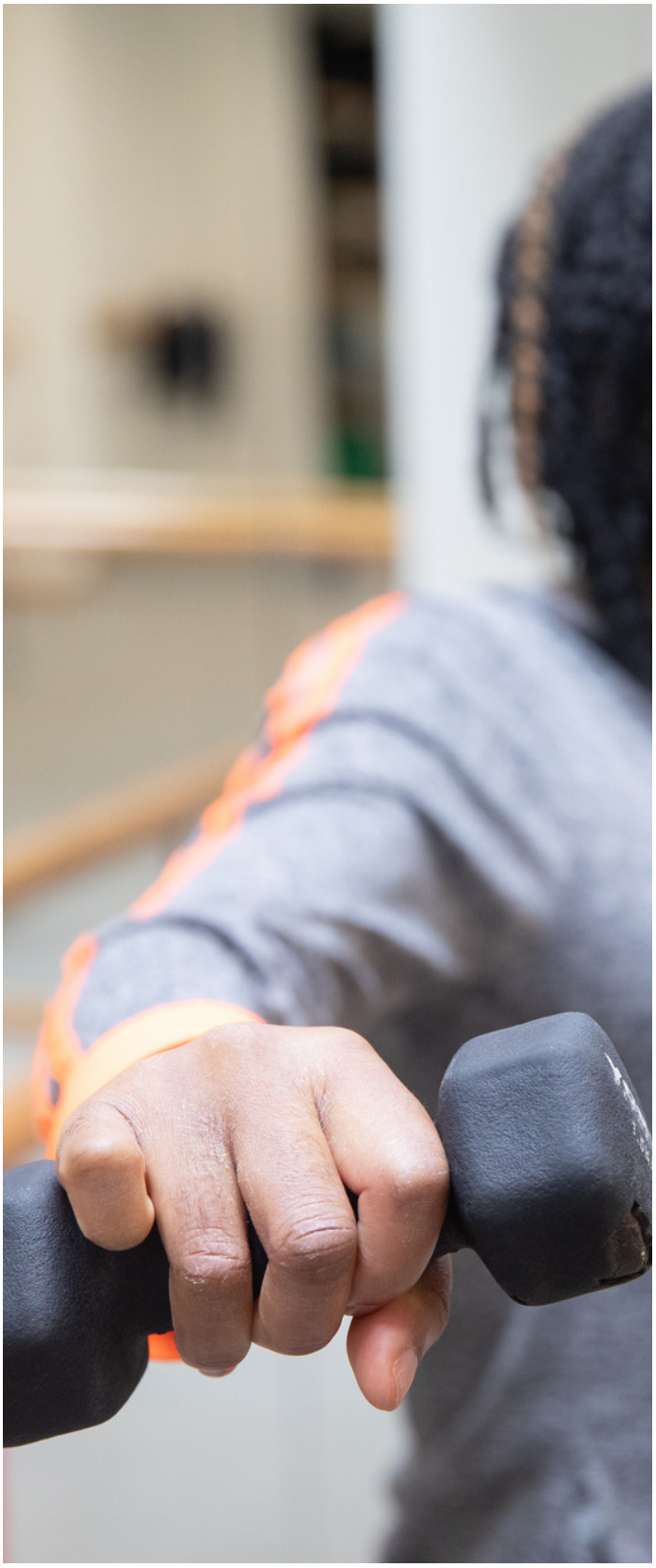
We sourced funding to purchase tablets so that participants without the necessary equipment would not be isolated. Participants told us how intensely grateful they were for the life line to the outside world LEGS provided for them. The compassion and attention with which our team supported participants during this challenging period is something of which I am immeasurably proud.

The newly devised online programme, for which we were awarded a Digital Award by Active Westminster in December 2020, allowed us to reach a whole new audience as we were no longer constricted geographically. We received a grant from The National Lottery which funded a huge expansion of our programme; we went from running two to ten groups a week, introduced a weekly Neuro Café for peer support and education sessions, started a Walking Programme, run by a Rehabilitation Assistant and more than doubled the number of participants. It has been LEGS' busiest year, with a rapid and exciting period of growth which we attribute largely to the emergence of the Covid-19 induced digital environment.

We are, as always, extremely grateful to all our supporters and participants for their ongoing encouragement and engagement with our work this year. We are especially proud of our Leadership Team and Physiotherapists who go above and beyond to deliver our vision, mission and values. My sincere thanks go to the trustees who give their time and expertise so generously to all we do.

Annys Fairweather
Chair, LEGS, November 2021

OBJECTIVE AND ACTIVITIES IN 2020-2021



VISION

A future where people with neurological conditions have improved access to physical activity and their communities, enabling them to live happy, healthy lives.

MISSION

To provide high quality, specialist and tailored rehabilitation, support and exercise groups to people living with neurological conditions, in an affordable and accessible way.

VALUES

Our values express who we are. They form the basis for all we do.

- we deliver excellence
- we are inclusive
- we are collaborative
- we have integrity
- we are kind

OBJECTIVE AND ACTIVITIES IN 2020-2021

LEGS was founded to provide high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end. NHS rehabilitation is often time limited and under-resourced for people following a stroke or living with a long term neurological condition in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with both professional and peer support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve their physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

The LEGS programme enables participants to improve their physical function, independence and confidence, whilst reducing their reliance on carers and family. LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.

OBJECTIVE AND ACTIVITIES IN 2020-2021

Our outcomes include improving health and emotional well-being, increasing physical activity and reducing social isolation. We aim to enable people to be able to enjoy activities that are meaningful to them and assist them to fulfil their personal and societal roles.

Our aims are consistent with our founding object which is:

"the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions."

The main activities undertaken in relation to those purposes are:

- The provision of physiotherapy assessments and reassessments
- The provision of online and face:face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

We produced a three year business plan (2020-2023) which sets out our aims for the next stages in LEGS' development. We defined our four main aims:

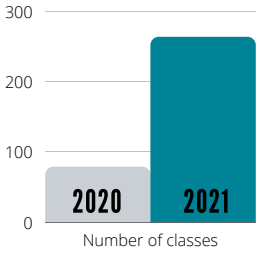
1. To increase the number of participants, with a range of neurological conditions, attending LEGS and the number of groups (both online and face:face).
2. To improve the physical condition and emotional well-being of participants.
3. To open groups in local authority and social enterprise leisure centres.
4. To increase the number of participants attending long term physical activity and improve their ability to self-manage their condition.

For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.

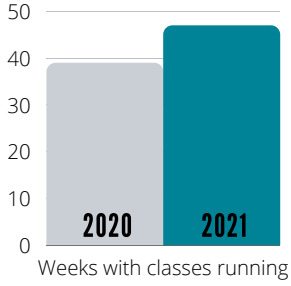
ACHIEVEMENTS AND PERFORMANCE

OUR GROUPS

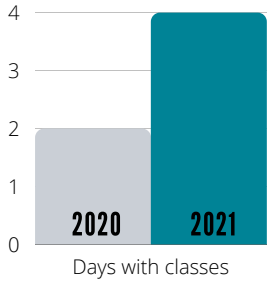
We ran 264 individual LEGS classes this year, compared to 76 in the previous year.



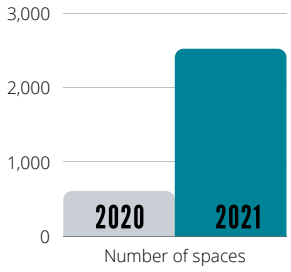
We ran classes in 47 out of 52 weeks, compared to 39 weeks in the previous year.



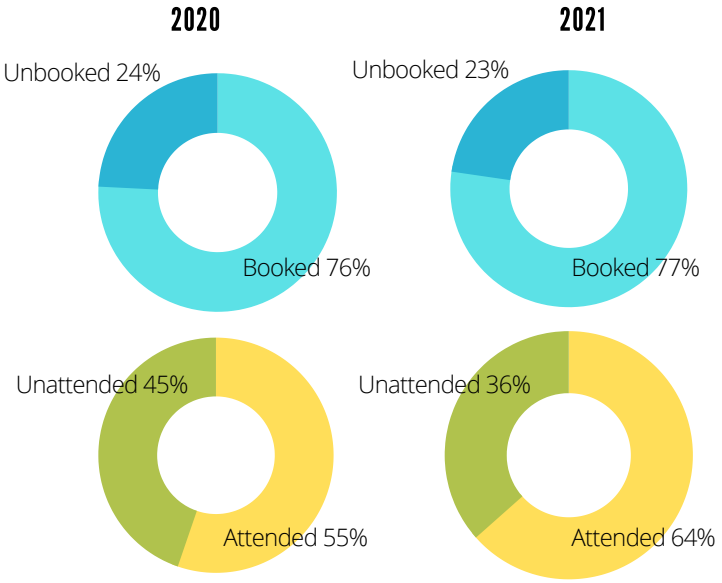
We ran classes on 4 days a week (Monday, Tuesday, Thursday and Friday), an increase from 2 in the previous year (Monday and Tuesday).



We offered 2520 spaces* compared with 760 in the previous year, an increase of 331%.

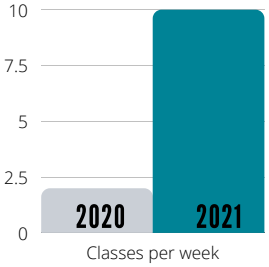


Of these 2520 available spaces, 1948 were booked and 1599 were attended by participants, compared to 576 booked and 420 attended in the previous year.



26 of 264 classes we ran this year were face:face (10%). 90% were therefore online. This is a direct reversal of the previous year (92% face:face, 8% online) and reflects the closures of our physical venues as a result of Covid-19 and the expansion of our online programme.

By the end of the year we were running 10 classes per week (although the 2 studio-based classes were temporarily closed as a result of our Covid- 19 precautions).

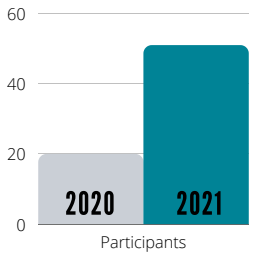


*(1 SPACE = 1 HOUR CLASS)

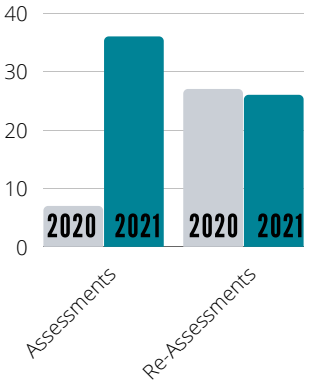
ACHIEVEMENTS AND PERFORMANCE

OUR PARTICIPANTS

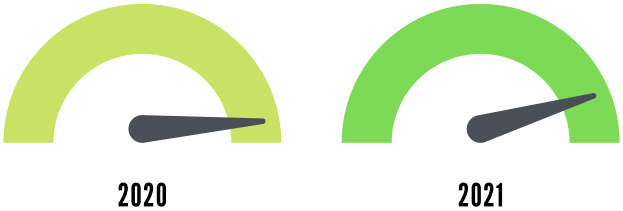
We provided support to 51 participants and their families/carers (an increase of 255%).



We completed 36 assessments for new participants (compared to 7 in 2020) and 26 re-assessments for existing participants (27 in 2020).

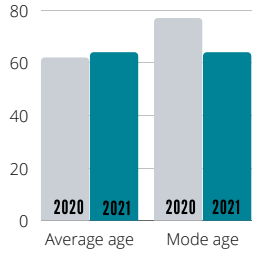


Of the 36 new participants we assessed this year, 34 joined LEGS. Of these 34 people, 4 left within 12 weeks of starting. Our drop-out rate was therefore 12%. This compares with 5% in the previous year. We anticipated a higher drop-out as a result of our increased number of participants and we recognised that 5% was untypically low.



The male to female ratio was 11:6 (1:1 in 2020).

The age range of our participants was 31-86 (last year:36-77) with an average age of 64 (last year:62) and the mode age, 64 (last year:77).



Our participants were much more geographically diverse than in previous years.

38% participants lived in either Westminster, Hammersmith & Fulham or Kensington & Chelsea, compared with 70% last year.

88% participants had addresses in Greater London, 12% outside, with those participants ranging from Northern Ireland, to Norfolk, to Lincolnshire.

13 referrals were made by LEGS to other services.

ACHIEVEMENTS AND PERFORMANCE

SUMMARY

- In the last year, we **trebled** the number of classes we ran.
- We were open for **90%** of the year, compared with 75% in the previous.
- We **doubled** our coverage across the week, with classes running on 4 out of 5 week days.
- We **trebled** the number of hours of rehabilitation we provided to our service users.
- We **trebled** our number of participants.
- We had **x5** as many classes running each week.
- We supported a **wider** (and generally **younger**) range of age groups than last year.
- Participants came from a **wider range** of Greater London boroughs, with a small percentage living outside of London.

ACHIEVEMENTS AND PERFORMANCE

OTHER KEY ACHIEVEMENTS & MILESTONES

- We developed and opened a new type of class, **LEGS Extra**, to cater for participants needing a higher intensity class than our mixed ability, Move group. We opened two of these groups.
- We redesigned and relaunched our **website** with a much more participant friendly design and significantly more content and functionality.
- We introduced a sustainably manufactured, high quality, LEGS-branded **polo shirt and hoodie** for staff and participants.
- We transferred all of our participant data to a **new software platform**, enabling more sophisticated reporting, more detailed record keeping and increased efficiency of admin processes.
- We launched a **Walking Programme**, providing 1:1 support for our most isolated and/or medically vulnerable participants.
- We developed and opened a **LEGS Reach** class to absorb participants from Queen Square's upper limb group, which closed due to lack of funding. We opened two of these groups.
- We hosted a **summer party** online for all of our participants and an **Easter party** for our newly expanded team of staff.
- We **reopened our face to face classes** with Covid-19 safety precautions and safety measures in place.
- We developed and opened a **LEGS Start** class, a seated exercise class suitable for wheelchair users.
- We were awarded a **Digital Active** award by Westminster Active.
- We opened a third **LEGS Move** group.

ACHIEVEMENTS AND PERFORMANCE

OUTCOMES & EVALUATION

We assessed participants on a regular, 12 week basis. The outcomes consistently show that attendance at LEGS increases participants' mobility, balance and strength and emotional wellbeing.

We analysed the outcomes of 15 stroke participants and presented the results to the UK Stroke Forum, with the poster on the next page. A summary of our research outcomes:

Strength

15 out of 15 participants showed improved lower limb strength with improvement in 30 second Sit To Stand exercises. The baseline median for 30 second Sit To Stands was 8 (the interquartile range was 6-9). After 12 weeks, the median had increased to 12, the interquartile range to 9-13.

Balance

See table on poster overleaf.

Emotional well being

100% participants (15 surveyed) had reduced anxiety and depression reported levels moving from level 3 (moderately depressed/anxious) or 2 (slight problems) at baseline to level 1 (no anxiety or depression) or 2 (slightly anxious or depressed) at the 12 week review.

ACHIEVEMENTS AND PERFORMANCE

LEGS
LOCAL EXERCISE GROUPS FOR STROKE & NEURO CONDITIONS

A charity's journey of setting up online education and moderate intensity stroke exercise groups via zoom: Can we improve strength, balance & emotional well-being for stroke participants via online supported physiotherapist led exercise groups ?

Sarah Sparkes, Lisa Cahalan, Victoria Bailey-King & Annys Fairweather : sarah@legs.org.uk @LEGSphysio www.legs.org.uk

INTRODUCTION:
Prior to COVID 19, LEGS (Local Exercise Groups for Stroke and neurological conditions) successfully provided physiotherapist-led exercise groups for people living with stroke. In response to COVID-19, we moved our groups online and our aim was to evaluate the feasibility and effectiveness of online exercise groups.

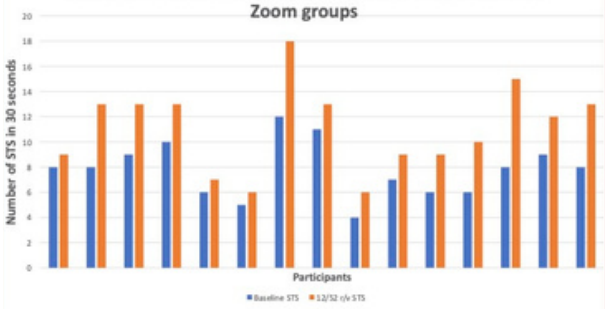
METHODS:
15 stroke participants (8 males, 7 females, age ranging from 37-79 years- mean age 64.6 years) were evaluated having completed 12/52 of online zoom groups (20 mins of education & 60 mins of exercise). All participants had a 1:1 physio assessment & outcome measures collected (30 sec STS, tandem stance, 360 degree turn, EQ5D5L, qualitative feedback) at baseline & at 12/52 review.

RESULTS:

STRONGER : 15/15 participants improved lower limb strength with improvement in 30 sec STS.

- Baseline median: **30 sec STS = 8** (IQR 6-9)
- 12/52 r/v median: **30 sec STS =12** (IQR 9-13)

30 Second Sit to Stand (STS) test Pre and Post 12 weeks of Zoom groups



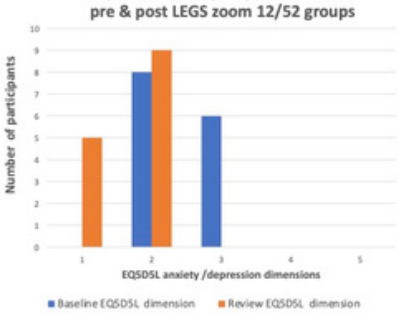
BALANCE: balance could be assessed and improved during online exercise groups, with no incidents to date

	Baseline median (secs)	Baseline IQR (secs)	12/52 review median (secs)	12/52 review IQR (secs)
Tandem stance with hemiplegic foot behind	1.63	0.46-38.0	4.71	2.06-50.61
Tandem stance with stronger foot behind	23.32	11.50-50.60	46.61	29.09-59.25
360° turn to hemiplegic side	5.9	4.05-7.03	5.13	3.36-6.48
360° turn to stronger side	5.54	4.07-6.75	4.62	3.15-5.78

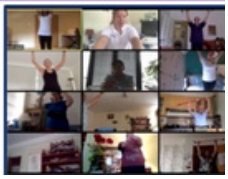
EMOTIONAL WELL-BEING:

- **100%** of participants' **EQ5D5L health state VAS improved** at 12/52 review.
- At **12/52 all participants** had **reduced anxiety and depression reported** levels moving from dimension 3 (moderate problems) or 2 (slight problems) at baseline to 1 (no problems) or 2 at review.
- Word cloud generated from qualitative feedback on how online groups made participants feel: **depicts enhanced well-being.**

Distribution of EQ5D5L dimensions of reproted anxiety/depression levels pre & post LEGS zoom 12/52 groups



DISCUSSION: A participant's feedback: "shielding would have meant ***deconditioning, isolation, & loneliness*** but with the support of LEGS online I feel **stronger,** steadier & more **connected & supported** " reflects the meaningful improvements seen in the reported outcome measures. By completing 12/52 of physiotherapy led online exercise groups twice a week, participants strength, balance, mood and well being improved.



ACHIEVEMENTS AND PERFORMANCE

PARTICIPANT FEEDBACK

"*You have created an amazing organization and I feel so lucky to have found you. LEGS has been the single **most important part of my recovery** and reintegration into life since coming home as it's allowed me to work more.*"

"*I could go on and on but living and working alone I don't know how I would have managed without the **sense of community** that LEGS provides.*"

"*LEGS has been like a **life-saver** to me! After the online NROL group at Queen's Square ceased, I was able to continue with my exercises in an uninterrupted manner, which has been a milestone in my week ever since. I have found Sarah Sparkes to be a clear, focused professional coach, whose approach is constantly innovative and is designed to consistently reflect and meet the varied needs of our group precisely. I gain a great deal from being able to place myself and my progress within this cohort of other stroke sufferers weekly... my levels of strength, stamina and self-confidence have all improved over the past months, and this is almost entirely due to the work I am able to do with LEGS.*"

"*LEGS is not just an exercise class for me, it's a **support team** with exercises that help make sense of movement. It gave me the belief that my legs were strong enough for walking, standing and turning.*"

"*You and the team give us more than we can ever give back but I know your real satisfaction comes from the fact that we are **getting better and better**.*"

PARTNERSHIPS AND COLLABORATIONS

- In partnership with a local company, Buns From Home, we established a **Sponsored Place Scheme**, providing additional funding to our most financially insecure participants.
- We developed links with colleagues in Camden which led to a collaboration with the brain injury charity **Headway**, in South Bucks.
- **Westminster City Council** funded us to provide exercise classes for one of their residents as part of their "In Work Support and Progression" project.
- We presented at the London **ACPIN** tele-rehab conference, sharing the outcomes of our Walking Programme and Upper Limb class.
- We also presented these at the annual **UK Stroke Forum**.
- We supported 60 **King's College London** second year BSc students in their physiotherapy studies, by providing them with lectures and observations.
- ***The Neuro Times*** published an article about our work.
- We provided work experience for a physiotherapy student, through our links with **Active Westminst**er, helping them to secure a place on a university course.

ACHIEVEMENTS AND PERFORMANCE

COMMUNICATION AND FUNDRAISING

- We received £800 from **The Healthwatch Grant** through participating in a research project.
- We received £1,000 from **The Edward Harvist Trust** to supply participants with equipment so that they could access our online services.
- We received £500 from **Tesco** for equipment for our participants.
- We secured the long term investment of a second **major donor** to fund our new groups and the majority of our core costs.
- We were awarded £1,000 by the **Sylvia Waddilove Foundation** to fund an online group and equipment.
- **The National Lottery Community Fund** awarded us £25,000 to recruit a Rehabilitation Assistant, open 8 new groups and run the Walking Programme.
- **Silks PR** provided us with pro bono PR and marketing services

STAFFING

- In April 2020 we appointed a part time, **freelance fundraiser** to diversify our income portfolio. With her guidance and input we successfully secured a significant grant from The National Lottery.
- We appointed a **freelance physiotherapist** based in Oxfordshire.
- We provided an official placement to a **Brunel student**, allowing her to gain her qualification as a Physiotherapist (placements were severely limited due to the restrictions in hospital settings as a result of Covid-19).
- We appointed a full time **Rehabilitation Assistant.**
- We benefited from the voluntary work of a **KCL student** who supported the delivery of our face to face and online groups.

FINANCIAL REVIEW

REVIEW OF FINANCIAL RESULTS

For the year ended 31st March 2021, there was a surplus of £79,763 (2019-2020: £18,175).
The income for the year was £154,020 (2019-2020: £53,884). The increase from last year reflects the National Lottery Community funding we secured in response to the Covid-19 situation, and then the securement of a second major donor who agreed to continue the costs of these new groups, once the Lottery funding ended.

Donations provided the largest income stream, amounting to £114,984 (2019-2020: £47,820). Income from charitable activities was £9,729 (2019-2020: £3,109).

LEGS received no statutory revenue funding and relied for its income entirely on its own fundraising activities and on donations from external sources as well as its participants.

Directly employed staff numbers increased from 1.0FTE (0.5FTE administrative staff, 0.5FTE clinical staff) to 2.0FTE with the appointment of a full time Rehabilitation Assistant (who then qualified as a Physiotherapist).

Total expenditure for the year was £74,257 (2019-2020: £35,709). This increase was due to the opening of 8 new groups and our increased staffing.

Total cash funds at this year end were £105,464 (2019-2020: £25,701).

RESERVES

The trustees calculate the reserves as the part of the charity's unrestricted income funds that is freely available, after taking account of designated funds that have been ring fenced for specific costs. The trustees maintain a policy of keeping at least eight months' running costs (based on the forecast expenditure for the year ahead) as designated funds within the free reserves, to protect against the possibility that one or all of our current funders is unable to continue their current level of commitment. At the end of March 2021, this reserve requirement was equivalent to £102,378. At the end of the financial year 2020-2021, the total unrestricted funds were £105,464 (2019-2020: £25,701). Therefore, we had met our reserves target. These reserves are kept in a current, instant access account.

RESPONSIBILITIES OF BOARD OF TRUSTEES

The trustees are responsible for preparing the trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare accounts 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 year.

continues overleaf...

FINANCIAL REVIEW

The trustees are responsible for keeping proper accounting records which 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 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.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the trustees are aware:

- There is no relevant information of which the charity's independent examiner is unaware; and

- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

These accounts have been prepared in accordance with the provisions applicable to CIOs subject to the requirements of the Charity Commission.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not ordered an audit to be carried out under Section 146 of the Charities Act 2011.

The notes below form part of these accounts.

The trustees' annual report has been approved by the board of trustees on 4 January 2022 and signed on its behalf by:

Annys Fairweather
Chair, LEGS

FINANCIAL REVIEW

NOTES TO THE LEGS ACCOUNTS FOR THE YEAR ENDED 31ST MARCH 2021

1. The accounts presented here have been prepared on a receipts and payments basis for the year ended 31 March 2021.
2. In accordance with the Charities Commission guidance, and at the request of the trustees, these accounts have been independently examined. The independent examiner's report follows these notes.
3. The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS OF LEGS

Report to the trustees of LEGS. Charity no 117769.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2006 Act).

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(4)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF
4 January 2022

FINANCIAL REVIEW

CHARITY COMMISSION FOR ENGLAND AND WALES

LEGS (Local Exercise GroupS for stroke and neurological conditions)
Charity no. 1177659

Receipts and payments accounts

CC16a

For the period from 1st April 2020 To 31st March 2021

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					
Donations	114,984		-	114,984	47,820
Fees and subscriptions	9,729	-	-	9,729	3,109
Fundraising	180	-	-	180	2,214
Trust and Grants	1,300	27,488	-	28,788	500
Miscellaneous	339	-	-	339	241
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	126,532	27,488	-	154,020	53,884
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	126,532	27,488	-	154,020	53,884
A3 Payments					
Fund raising	2,160		-	2,160	-
Professional memberships	148		-	148	-
Staffing & Recruitment	46,891	17,561	-	64,453	-
Staff training	217	84	-	301	-
Staff travel and subsistence	63		-	63	-
Insurance	288	288	-	575	-
Venue hire	560		-	560	-
Support costs	2,459	3,538	-	5,998	-
		-	-	-	-
Sub total	52,786	21,471	-	74,257	35,709
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	52,786	21,471	-	74,257	35,709
Net of receipts/(payments)	73,746	6,017	-	79,763	18,175
A5 Transfers between funds		-	-	-	-
A6 Cash funds last year end	25,701		-	25,701	-
Cash funds this year end	99,447	6,017	-	105,464	18,175

FINANCIAL REVIEW

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	Bank	99,447	6,017	-
		-	-	-
		-	-	-
	Total cash funds	**99,447**	**6,017**	**-**
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Electronically signed AF	Annys Fairweather	04/01/2021
	Electronically signed EK	Esther Kufrin	04/01/2021

STRATEGY FOR 2021-2022

The priority in the coming year will be to remain responsive and adaptive to the needs of our participants in the wake of the pandemic, ensuring that we continue to provide a meaningful programme of rehabilitation and exercise through a combination of our online and face to face services. Ensuring these classes are safe, well attended and continue to produce physical and emotional benefits is key to our success next year. We expanded at a very high rate in 2020-2021, and we now need to consolidate that expansion, by focusing on the quality of these classes and increasing attendance rates.

Sustainability is the key word in our strategy this year. We need to ensure that staffing is secure, and allows for more "slack" in the system, to enable our current team to take annual leave with ease and have sufficient cover in case of sickness. A big project for this next year is therefore the recruitment of a team of freelance physiotherapists who will run our new groups, and support one another's cover needs.

We will seek to better promote our services to referring clinicians, to reach more people and concentrate on increasing our attendance figures so that our cost per session is reduced, making us more attractive to funders and ensuring our services are sustainable.

We will seek to secure the ongoing support of major donors to bring more stability to our long term funding. Diversifying our fundraising portfolio is a key area of focus and we plan to recruit a fundraiser who will work part time to bring in a wider range of grants.

Opening new face to face classes has always been our intention, and this remains central to our planning so we will look for opportunities to do this in a safe and sustainable way, balancing the practicalities and preferences of our participants in light of Covid-19.

STRUCTURE, GOVERNANCE AND MANAGEMENT

OUR ORGANISATION

LEGS (Local Exercise GroupS - for stroke and neurological conditions) was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The trustees may, by and from their number and from time to time, elect such officers (chair, secretary, treasurer) as they see fit.

All trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

TRUSTEE BOARD STRUCTURE

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

STRATEGY & OUTCOMES

This year we inducted two new trustees: one with charity experience and lived experience of stroke and aphasia, and the other with a prominent clinical NHS role with special interest in the aims of LEGS.

This has greatly strengthened the leadership of LEGS but we recognise the need to improve the diversity of our board in the coming year, focusing on recruiting new trustees who will better represent our service users, and bring missing skills (e.g. fundraising and marketing) to our board.

PREMISES

We continue to benefit from the generous support of Barrecore, with whom we have developed a strong working relationship. They offer us studio space at a heavily subsidised rate so that we can run our face:face classes in the most cost efficient way possible.

We will continue to explore opportunities to open sessions in local authority or gym settings.

The ability of our team to work remotely and from the home office of our founding physiotherapist means we have no need for a dedicated office space and we have no plans to invest in such.

STRUCTURE, GOVERNANCE AND MANAGEMENT

TRUSTEE INDUCTION & TRAINING

New trustees receive induction through 1:1 meetings with the Chair and the Head of Operations, and specific training, where relevant. They are invited to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates.

They are provided with a copy of the constitution, latest copy of the annual report as well as Charity Commission publications on the roles and obligations of trustees as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Small Charities Coalition and Getting On Board.

We recognise that the induction process is an ongoing one, and requires tailoring and adapting to the individual over a number of months.

POLICIES, PROCEDURES, STANDARDS & RISK MANAGEMENT

We work to all relevant professional standards and our clinicians are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance.

We have a comprehensive set of policies and procedures which are regularly reviewed by trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of trustees at least annually.

REFERENCE AND ADMINISTRATIVE DETAILS

CHARITY NAME

LEGS (Local Exercise GroupS for stroke and neurological conditions)

REGISTERED ADDRESS

LEGS
c/o First Floor
34 Brook Street
London
W1K 5DN

CONTACT DETAILS

Telephone: 07377 259 778
Email: info@legs.org.uk
Website: www.legs.org.uk

TRUSTEES

Annys Fairweather, Chair of trustees

Esther Kufrin, Deputy Chair of trustees

David Fairweather, Treasurer

Caroline Appel

Rupert Cockcroft

LEADERSHIP TEAM

Annys Fairweather, Chair of trustees and Founding Physiotherapist

Victoria Bailey-King, Head of Operations

Sarah Sparkes, Lead Physiotherapist

BANKERS

Barclays Bank
35 Notting Hill Gate, London, W11 3JR

INDEPENDENT EXAMINER

Mark Middleton
Director
LB Group
1 Vicarage Lane, London, E15 4HF

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LEGS