

LEGS

ANNUAL REPORT & ACCOUNTS

2021-2022



Registered charity: 1177659

Report for year ended 31 March 2022

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INTRODUCTION FROM CHAIR

LEGS ANNUAL REPORT | 03

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

LEGS ANNUAL REPORT | 04



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.

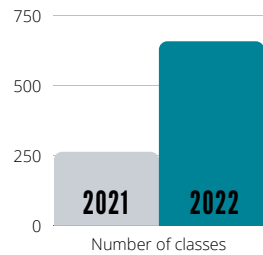
For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.



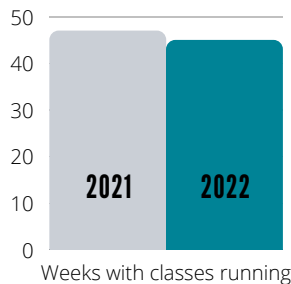
ACHIEVEMENTS AND PERFORMANCE

OUR GROUPS

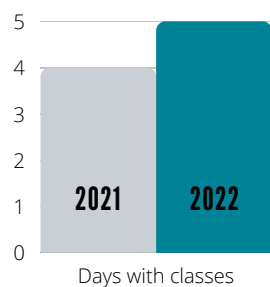
We ran 658 individual LEGS classes this year, compared with 264 in the previous year.



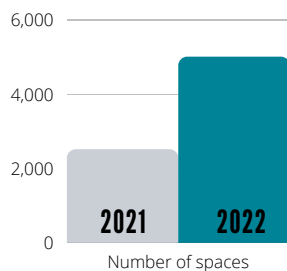
We ran classes in 45 out of 52 weeks, 2 fewer than in the previous year, to create opportunities for staff annual leave.



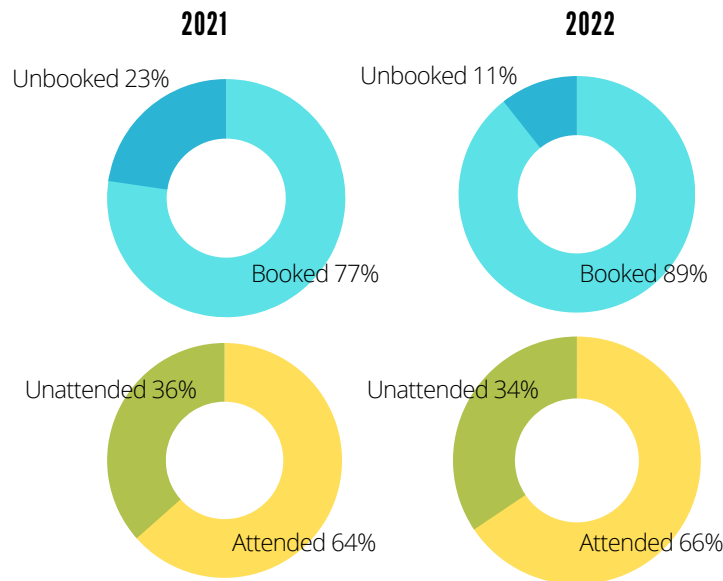
We ran classes on 5 days a week, 1 more than in the previous year.



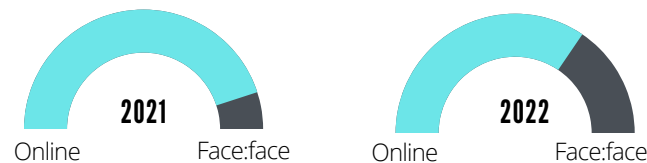
We offered 5011 spaces* compared with 2520 in the previous year, doubling our offering.



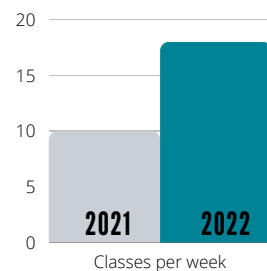
Of the 5011 available spaces, 4478 were booked and 3286 were attended by participants, compared to 1948 booked and 1599 attended in the previous year.



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).

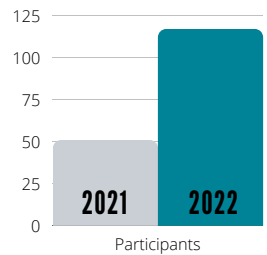


*(1 SPACE = A PLACE FOR ONE PERSON IN A 45 OR 60 MINUTE CLASS)

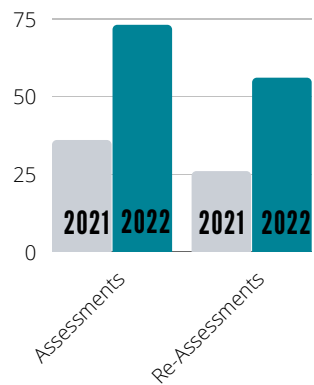
ACHIEVEMENTS AND PERFORMANCE

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).



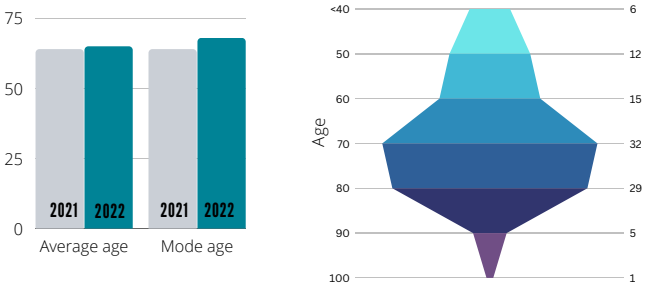
Of the 73 people assessed this year, 59 joined LEGS. 14 people were assessed but did not join, either because they were medically unsuitable or due to logistics of class timings/locations. Many were signposted to other services. Of the 59 joiners, 1 left within 12 weeks of starting, meaning our drop-out 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.

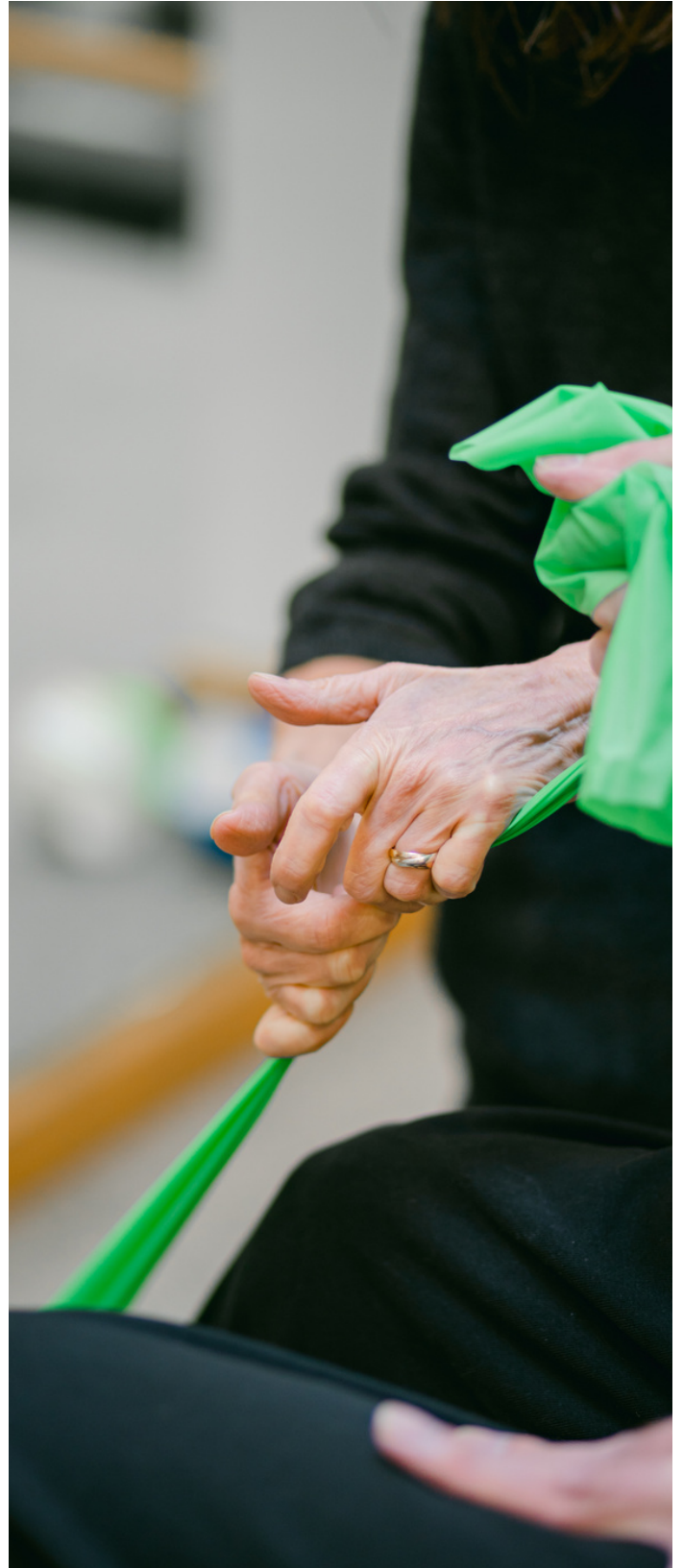
74% participants had addresses in Greater London (88% last year). Of the other 26%, 10% were from Buckinghamshire because we opened our new group with Headway, South Bucks. We also had participants from Northern Ireland, Norfolk, Leicestershire, Nottinghamshire, Lincolnshire, Hertfordshire and Wiltshire.

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.Sparkes¹, N.Farmer¹, S.Shiner¹ & K. Sayer²



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

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

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.



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 " #KeepTheArmsInTheGame"

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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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 stroke¹.

People after stroke are largely inactive² but report wanting to be empowered to be healthy³.

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 rehabilitation⁴.

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. Proc.*, 15, 174.
- 4 NICE. 2015. *Secondary prevention after a myocardial infarction*



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.



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...

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

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	-	-	-	-
A6 Cash funds last year end	99,447	6,017	-	105,464	-
Cash funds this year end	118,212	-	-	118,212	79,763

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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities				
			-	
			-	
			-	
			-	
			-	

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

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