

LIMBPOWER

England & Wales · Charity number 1180906

Details

Status Registered

Legal form CIO

Registered 2018-11-29

Register [View on the Charity Commission register](#)

Contact

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Tandridge Lane
Lingfield
RH7 6LL

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Website www.limbpower.com

Activities

Objects: THE RELIEF OF AMBULANT DISABLED PEOPLE (INDIVIDUALS WITH AN AMPUTATION/S AND/OR IMPAIRMENTS TO THEIR LIMBS) AND THEIR FAMILIES BY PROVIDING OR ASSISTING IN THE PROVISION OF ENGAGEMENT OPPORTUNITIES, EVENTS, RESOURCES AND FACILITIES TO ENABLE SUCH PERSONS TO PARTICIPATE IN PHYSICAL ACTIVITY, SPORTS AND THE ARTS IN THE INTERESTS OF PHYSICAL, SOCIAL AND PSYCHOLOGICAL WELFARE AND WITH THE OBJECT OF IMPROVING THEIR REHABILITATION AND CONDITIONS OF LIFE

Activities: The relief of ambulant disabled people providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£363,662	£314,631	-	-
2023-12-31	£320,697	£322,680	-	-
2022-12-31	£324,378	£255,458	-	-
2021-12-31	£216,562	£208,285	-	-
2020-12-31	£0	£0	-	-

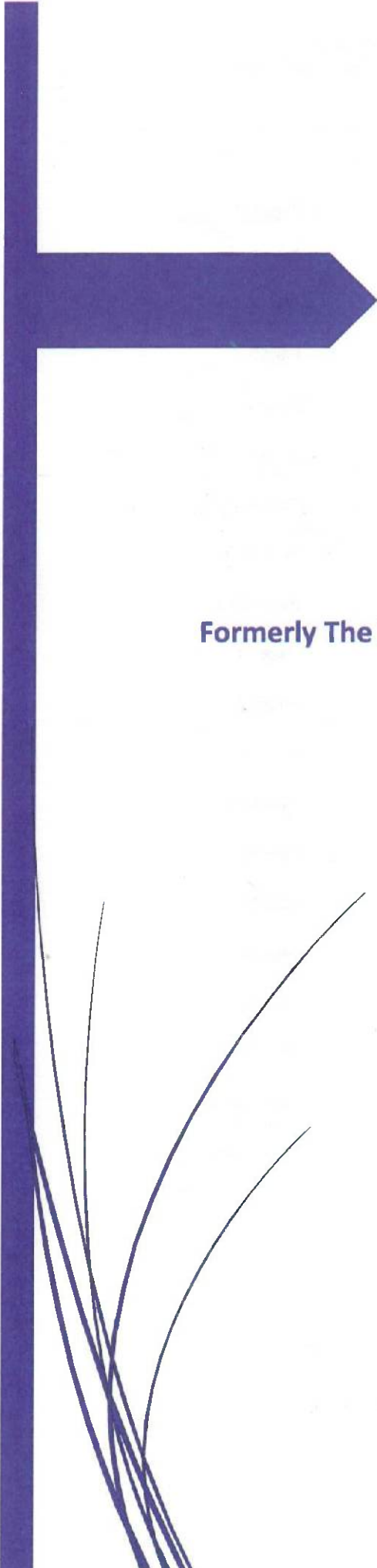
Trustees

Name	Role	Appointed
JANET WILLIAMS	Chair	2018-11-29
Angela Schroeder		2018-11-29
Carl Barrett		2018-11-29
Chris Linnitt		2018-11-22
Ken Black		2021-03-20
Rachel Morris		2018-11-22
Ross Wadey		2018-11-29

LIMBPOWER

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Accounts



LIMBPOWER

**Formerly The British Ambulant Disabled Sports and Arts
Foundation**

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 202**

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1. EXECUTIVE SUMMARY

The 2024 reporting year marked a transformative period for LimbPower, with significant growth, innovation, and measurable impact in supporting amputees and individuals with limb difference. Through inclusive physical activity, sport, and arts programmes, the charity empowered individuals to lead active, confident, and connected lives, bridging the gap between clinical rehabilitation and lifelong rehabilitation and community engagement.

LimbPower's work continues to shape a national culture shift in how amputees and individuals with limb difference are supported, seen, and celebrated. Through research-led innovation, strategic partnerships, regional and digital delivery, and peer-led outreach, we are building an inclusive movement that enables every person with an amputation and limb difference to engage in meaningful movement, physical activity and sport to achieve their potential.

Key Achievements and Highlights from 2024

Community Engagement and Outreach

LimbPower supported over 3,000 community members through the work of our Outreach Officer, Sports and Exercise Development Officers, and Physical Activity Advisers—resulting in measurable improvements in fitness, confidence, and mental wellbeing.

Programme Expansion and Multi-Stage Pathways

LimbPower delivered more than 60 programmes across England, reaching over 750 individuals through flagship events and initiatives such as the LimbPower Games Multisport Event, Junior Games, ReVAMP, and #ICan Camps. These programmes offered inclusive, structured opportunities for physical, emotional, and social development across life stages from childhood to adulthood.

Rehabilitation to Community Pathways

In partnership with NHS England and Prosthetic Limb Centres, LimbPower embedded Fitness and Gym Classes, Nordic Walking sessions, and Physical Activity Advisers. Volunteers with lived experience were trained to support individuals transitioning from clinical rehabilitation into sustained community participation.

Strategic Partnerships and Systemic Change

Collaboration with Sport England, Disability System Partners, National Disability Sports Organisations, National Governing Bodies, NHS England, and peer charities enabled integrated clinical pathways and inclusive talent development contributing to broader systemic change in physical activity and disability sport.

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Digital Innovation and Inclusion

LimbPower's digital tools and resources saw exceptional growth and usage with our 127 paper resources and infographics downloaded 59,005 times and our 302 video resources viewed 8,423 times in the last 12 months. Our Amputee BMI Calculator used over 22,000 times in just six months. Our digital platforms extend reach and accessibility, supporting children, young people, adults, and older individuals in both urban and rural areas.

Co-Produced, Peer-Led, Delivery

All programmes were co-produced and delivered by individuals with lived experience, enhancing relevance, trust, and long-term impact. Outreach Officers, Physical Activity Advisers, Mentors, and volunteers enabled peer-to-peer support across all levels of delivery. Community-led programmes like ManFit and Nottingham Fit demonstrate the power of grassroots leadership.

Evidence-Based Innovation

A nationwide, nine-year co-production research project identified a "Knowledge Gap" as a key barrier to physical activity for children with limb difference. In response, LimbPower developed a new website for children and families, launched a parent peer-support forum and delivered Physical Literacy (Fundamental Skills) workshops across England. LimbPower uses clinical feedback, participant data, and research to drive continuous improvement. The ReVAMP programme, for example, trained 48 amputees in six months and is now embedded into NHS referral pathways.

Regional and Digital Reach

With regional hubs in the Southwest, Southeast, Northwest, and East Midlands, and online classes engaging over 500 participants, LimbPower is ensuring equitable access. Our hybrid delivery model supports diverse groups, including:

- Teenagers and older adults
- People with single or multiple limb loss
- Children born with upper limb difference
- Individuals in underserved or isolated communities

Driving a National Culture Shift

LimbPower is at the forefront of a transformational shift in how disability and limb difference are perceived in sport and society. Where participation was once discouraged by healthcare professionals, amputees are now active, visible, and proud thanks to advocacy, inclusive programmes, and powerful community role models.

2. LETTER FROM THE CHAIR

Dear Friends and Supporters,

2024 has been a year of strategic growth, deeper alignment, and greater ambition across the health and physical activity landscape. LimbPower's work is no longer solely about delivering programmes, it's about reshaping systems. As we deepen our integration with the NHS, influence national health priorities, and expand inclusive pathways into movement and rehabilitation, our role as a trusted system partner has never been more critical.

We are proud to collaborate not only with **Sport England**, but also with **NHS England, prosthetic and orthotic services**, and the **Department of Health and Social Care (DHSC)** to embed person-centred, community-driven physical activity into the fabric of health and care. Our Physical Activity Advisers are now bridging the clinical-to-community gap, and our research-informed work is helping address long-standing inequalities in access, visibility, and opportunity.

Through strategic partnerships with healthcare providers, National Disability Sports Organisations, national governing bodies, and the voluntary sector we are co-producing a future where physical activity is not an afterthought, but a fundamental pillar of rehabilitation, prevention, and lifelong wellbeing.

On behalf of the Board of Trustees, I want to thank our partners, supporters, and most importantly, our community of people with limb difference who led this work through courage, lived experience, and unstoppable determination.

LimbPower is not just a charity we are part of a movement driving equitable, inclusive, system-level change.

With heartfelt appreciation,
Janet Williams
Chair of Trust

3. LETTER FROM THE CEO

Dear Friends,

Every story of transformation, every child finding joy in movement, every adult taking that first walk, run, or swim after limb loss is why we do what we do.

This year, more than 3,000 individuals felt the impact of LimbPower's mission. We stood beside community members in gyms, in sports halls, in hospitals, and online. We didn't just deliver programmes, we delivered hope, confidence, and community.

I've met young people who walked into our Junior Games unsure and scared and left empowered and confident. I've spoken with parents who finally felt seen and heard. I've witnessed amputees reclaim their strength through reVAMP, Prepare to Move, and the #ICan camps. These are not just services, they are lifelines.

What makes our work powerful is its authenticity. Co-produced by people with lived experience, our programmes reflect real needs, real barriers, and real solutions. Our volunteers are role models and critical friends. Our digital tools are bridges. Our community is our compass.

My promise for 2025 is clear: **we will reach further, listen deeper, and fight harder** to ensure every person with limb difference knows they belong in sport, in society, and in themselves.

Together, we are not just changing lives, we are changing the system.

Kiera Roche
Chief Executive Officer

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4. REFERENCE AND ADMINISTRATIVE DETAILS

Charity Incorporated Organisation Number (CIO): 1180906

Registered Charity Number: 1132829

Registered Office:

Whitecroft, Tandridge Lane, Lingfield

Surrey, RH7 6LL

Trustees:

Janet Williams (Chair)	(Appointed 22nd January 2017)
Ross Wadey	(Appointed 20th November 2016)
Carl Barrett	(Appointed 02nd March 2018)
Angela Schroeder (Vice Chair)	(Appointed 20th January 2017)
Rachel Morris	(Appointed 17th November 2018)
Chris Linnitt	(Appointed 17th November 2018)
Ken Black	(Appointed 31st March 2021)

Accountants:

Affinia (Orpington)

Lynwood House, Crofton Road, Orpington BR6 8QE

Ambassadors:

Junior Ambassadors: Ellie Challis, Jess Dowdswell, Thomas O'Toole

Ambassadors: Andrew Lewis, Anoushè Husain, Gemma Trotter, Jack Eyers, Rachel Morris,
Corrie Mapp, Meva Singh Dhesi

5. STRUCTURE AND GOVERNANCE

LimbPower is a registered charity in England and Wales, originally founded on 19th October 2009 under a Trust Deed, with its objectives and powers established through its Articles of Association (AoA), revised and updated at various AGMs. The charity was registered with the Charity Commission on 20th November 2009 (No. 1132829). On 29th November 2018, LimbPower transitioned to a Charity Incorporated Organisation (CIO), with the new registration number 1180906. This governance structure ensures accountability, transparency, and resilience in delivering our charitable aims.

The charity's objectives are specifically restricted to the following: "The relief of ambulant disabled people (individuals with an amputation (limb loss) or limb difference (normally congenital) to their limbs who are not wheelchair users); by providing or assisting in the provision of facilities to enable such persons to participate in movement, physical activity and sport in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of movement physical activity, sport, competitive sports and arts."

LimbPower was established to address a critical gap in access to disability sport, physical activity, and the arts for amputees and individuals with limb difference. We support rehabilitation and lifelong wellbeing by bridging the gap between hospital-led care and community participation. Our services empower people with limb loss and limb difference to take control of their health and wellbeing through engagement programmes, training, education, and opportunities for physical activity, sport, and the arts.

Our Board of Trustees, staff, and volunteers bring significant lived experience, advocacy, and expertise, ensuring that LimbPower remains a trusted, participant-led organisation promoting inclusion, rehabilitation, and improved quality of life.

LimbPower, through strong governance and comprehensive policies, safeguards its mission, maintains public trust, and ensures effective operations. These policies provide a clear framework for decision-making, compliance, transparency, and accountability. They reinforce our commitment to operating legally, ethically, and effectively, while reflecting our dedication to the highest standards of governance and integrity.

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6. LIMBPOWER'S CORE VALUES

Enjoyment	Inclusion
LimbPower promotes the enjoyment and fun of taking part in an activity, alongside the associated health benefits. We encourage the whole family, friends and wider social and support networks to get involved and take part together.	LimbPower respects diversity and treats everyone equally, with fairness and without discrimination, to create conditions and opportunities for everyone to engage in activity.
Empowerment	Knowledge
LimbPower supports and enables individuals by caring, listening and responding positively to their individual and organisational needs. We aim to motivate and inspire individuals with limb differences to change their own lives and make their voices heard. We advocate for and promote positive role models as a catalyst for engagement.	LimbPower strives to be an impairment-specific expert, sharing high-quality, accurate knowledge, advice, support and guidance to beneficiaries and partners.

Actions to ensure our values are adhered to:

Respect	Professionalism
LimbPower works to treat everyone as individuals, with dignity and respect, and to celebrate people's differences. We promote sportsmanship at all our engagement opportunities.	LimbPower strives to always act with responsibility, transparency, integrity, honesty, and sincerity. We deliver our work with a high level of competence, efficiency, quality and accountability.
Impact	Collaboration
We strive to make a real and sustained difference in the lives of our beneficiaries in a measurable way, by delivering fun and educational activities, events and workshops that empower individuals, their families and support networks.	LimbPower is committed to working with others to provide sustainable opportunities to drive behaviour change and have a positive impact on our community.
Workforce	
LimbPower supports amputees and people with limb difference through rehabilitation, workforce development, and community engagement to improve physical health. Increased activity also supports education and employment by enhancing confidence and cognitive skills. Our events foster social inclusion and community, helping individuals connect and belong.	

7. OBJECTIVES AND ACTIVITIES

Our Vision and Mission: We aim to change lives through the power of physical activity, sport, and the arts. Our mission is to engage amputees and individuals with limb impairments in regular, sustained participation in these activities to improve their quality of life and support their physical, social, and psychological rehabilitation.

Strategic Goals:

Increase Participation	Early Engagement
We strive to boost the number of amputees and individuals with limb impairments taking part in physical activities, sport, and the arts.	We identify service gap and develop targeted projects that address emerging needs, ensuring early and meaningful engagement for amputees and individuals with limb impairments.
Accelerate Rehabilitation	Sustained Participation
Through education, engagement, and access to inclusive opportunities, we aim to accelerate the rehabilitation process for prosthetic and orthotic users.	We promote regular, ongoing involvement in physical activity, sport and the arts to ensure lasting physical, social and psychological benefits for our community.
Address Specific Issues	Support Partnerships
We address impairment-specific challenges faced by amputees and individuals with limb impairments, developing targeted solutions that support inclusion, independence, and improved quality of life.	We collaborate with National Governing Bodies (NGBs) and Active Partnerships to create inclusive opportunities and attract amputees and individuals with limb impairments to a wide range of sports and physical activities.
Advocacy and Advice	Stakeholder Engagement
We Provide access to relevant information and advocate for the rights, needs, and inclusion of amputees and individuals with limb impairments across sport, physical activity, and wider society.	We maintain open and meaningful dialogue with stakeholders to share insight, influence decision-making, and promote inclusive approaches to physical activity, sport, and the arts.
Raise Our Profile	Commitment to Public Benefit
We aim to be recognised as the leading authority on engaging amputees and the limb difference community in movement, physical activity, sport, and the arts.	In formulating our objectives, we have adhered to the Charity Commission's guidance on operating charities for the public benefit. By continuously evolving and adapting to meet the needs of our community —identified through co-produced research and insight — LimbPower remains dedicated to improving the lives of people with an amputation and/or limb difference, ensuring they can enjoy the benefits of movement, physical activity, sport, and the arts.

8. PROGRAMME DELIVERY AND REACH

LimbPower delivers a wide range of inclusive programmes across the England, supporting amputees and individuals with limb difference at every stage of their rehabilitation and physical activity journey. Our delivery model combines **national reach, regional delivery, and digital accessibility**, ensuring that no one is left behind.

National, Regional, and Online Reach

Regional Hub Development

We established regional hubs in the Southeast, Southwest, Northwest, Northeast, East Midlands, West Midlands, and East Anglia. These hubs enabled locally led delivery, peer support, and community leadership—ensuring sustainability, accessibility and responsiveness to local needs.

Regional programmes include ManFit, Nottingham Fit, Nordic Walking, Discovery Days, reVAMP...

In the past year, we delivered programmes across all regions:

Area	Number
Southeast:	17 programmes
Southwest:	10 programmes
Northwest:	7 programmes
East Midlands:	5 programmes
West Midlands:	2 programmes
Northeast, Yorkshire & Humberside:	1 programme each
Region-wide initiatives:	4 programmes

National Development

LimbPower Games Multisport Event
England's biggest amputee sports event! A two-day multisport festival where adults with limb difference try new activities, build confidence, and reconnect with fitness. Over 30 past participants have gone on to represent Team England or GB.
LimbPower Junior Games Multisport Event
A fun, inclusive day for children with limb difference to play, move, and meet peers "like me." Builds confidence, friendships, and skills for lifelong sport.
Prepare to Move, Prepare to Run
Specialist sessions helping amputees walk or run with prosthetics. Boosts strength, mobility, and independence.

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Fundamental Skills Workshops
For children and young people - balance, coordination, and agility in a fun, supportive setting with schools and limb centres.
Beyond Boundaries
Outdoor adventures like climbing, cycling, and paddling that push limits and build resilience, confidence, and social connection.
National Fitness Day
We showcase inclusive fitness nationwide with community and online events—encouraging participation and fighting inactivity.
ManFit and Nottingham Fit, Portsmouth Fitness Class: Community-Based Fitness Groups
ManFit, Nottingham Fit, and Portsmouth Fitness bring amputees together for tailored exercise and peer support. Improves fitness, confidence, and wellbeing.
Nordic Walking: Delivered in Multiple Regions
Weekly sessions in regions including Billericay. A low-impact, full-body workout improving posture, stamina, and mental health.
Discovery Days: Talent Identification and Inclusive Sport Taster Events
One-day events to try adaptive sports, meet role models, and get expert coaching. A launchpad for future para sport talent.
ReVAMP: A 12-Week Physical Improvement Programme
A 12-week fitness and nutrition programme—online and in-person—designed to boost strength, energy, and confidence.
#ICan Family Camp: A Multi-Activity Residential Experience for Families
Families with limb-different children enjoy adaptive activities together. Strengthens bonds, reduces isolation, and builds confidence.
#ICan Adult Camp
A residential weekend of sport, skills, and community. Leaves participants energised, resilient, and connected.

Digital and Outreach Development

Number	Detail
514 online classes	Delivered, including Wobble, Paracise, Yoga, Zumba, and HIIT
195 one-to-one outreach interventions	Offering personalised support
22,000 Amputee BMI Calculator uptake	Users in six months
11,561 video views	Exercise videos were the most popular videos taking the top five spots for both downloads and views.
59,005 paper resources were downloaded.	With the LimbPower Cycling Guide, it was downloaded 5,970 times.

9. STRATEGIC PARTNERSHIPS AND COLLABORATION

Strategic Partnerships - Collaborative working is central to LimbPower's mission, enabling us to deliver inclusive, impactful programmes that improve the lives of amputees and individuals with limb difference. We work across sectors—healthcare, sport, research, disability, and community—building partnerships rooted in trust, shared purpose, and lived experience.

Our collaborations with NHS England, prosthetic limb centres, NGBs (e.g., British Cycling, Swim England), academic institutions, and fellow charities such as the Limb Loss Limb Difference Charity Alliance, have led to co-produced resources, integrated clinical pathways, and inclusive talent development. These partnerships have expanded our reach and relevance while also driving systemic change ensuring that our work is informed by evidence, shaped by community voice, and aligned with national strategies such as Sport England's *Uniting the Movement*.

LimbPower is one of seven NDSOs recognised by Sport England and the Activity Alliance for its expertise, experience, and track record in engaging, influencing, and changing the behaviour and habits of amputees and individuals with limb impairments, an estimated population of 450,000 people. LimbPower aligns its work with the strategies of the Department of Culture, Media and Sport and Sport England to promote inclusion and accessibility for disabled people in sport and physical activity. LimbPower is a Sport England System Partner, forming part of a network of 120 organisations uniquely positioned to influence change and level up access to sport and physical activity.

Community Lead Partnerships - Our programmes are rooted in co-production and community leadership, shaped and delivered by individuals with lived experience. We have trained Outreach Officers, Physical Activity Advisers, and volunteers to authentically engage with community members and lead delivery sessions—ensuring trust, cultural relevance, and meaningful impact.

We've developed resources such as the reVAMP toolkit, sport guides, and a national peer support network to support this approach. Our tailored interventions have reached diverse groups—including teenagers, older patients, upper limb amputees and children born with congenital limb difference, and individuals with multiple amputations—reflecting our commitment to inclusive and responsive programme design. Through this collaborative approach, we are helping to create a more equitable and active society for all.

10. OUTCOMES AND IMPACT

LimbPower continues to empower individuals with limb difference through inclusive programmes that build confidence, promote physical activity, and foster community connection. We have analysed our impact across eight key areas.

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Confidence and Self-Esteem
Confidence and self-esteem are central to our work. At the Junior Games, 100% of participants felt more confident playing sport (avg. 4.8/5) and more positive about themselves (4.65/5) . One parent said: <i>"The Junior Games helped open him up to what he can do."</i> In ReVAMP, 45% reported improved confidence and wellbeing , with peer support key to success.
Wellbeing and Social Connection
Our programmes reduce isolation and boost motivation. In Online Classes, 62% reported better mental wellbeing , while 25% of ReVAMP participants felt a sense of belonging . Group classes and WhatsApp communities provided valued peer connection.
Inclusion and Belonging
The #ICan Family Camp and Junior Games created safe, inclusive spaces. At the Junior Games, 100% enjoyed being around children like themselves (4.75/5) , and parents praised staff and activities. Events are culturally relevant, accessible, and responsive.
Physical Activity and Participation
LimbPower drives measurable activity gains. In one ReVAMP cohort, 100% increased activity, 56% improved fitness, and 44% improved strength and wellbeing . At the 2024 Games, 92% were active at the event and 100% stayed active three months later . Among Online Class attendees, 36% were previously inactive; 77% later improved fitness .
Physical Literacy and Skills
Participants also gained knowledge and skills. One ReVAMP cohort reported 30% improved exercise knowledge, 20% coordination, 30% flexibility, 45% strength, and 55% fitness . At the Junior Games, 90% gained sport-specific knowledge and 95% learned new skills .
Early Intervention and Community Integration
Our Physical Activity Adviser Programme, based in NHS Limb Centres, supported 2,284 people in two years . Volunteers with lived experience bridge rehab and community sport, acting as mentors and role models: <i>"If they can do it, I can do it."</i>
Accessibility and Equity:
A survey of 249 people with limb impairments found 83% wanted to be more active, but barriers included socket discomfort (80%) and prosthesis limitations (28%) . Women and above-knee amputees were most affected. Our programmes address these barriers directly.
Digital Impact and Resource Reach
In 2024, our video content had 35,270 views (including <i>Introduction to Exercise</i> with 1,695 views) and paper resources were downloaded 183,157 times (<i>Cycling Guide</i> 5,970 downloads). We now offer 300+ videos and 127+ publications to promote self-led activity and community connection.

In conclusion, LimbPower's work is transforming lives by building confidence, reducing isolation, and enabling more people with limb difference to engage in movement and sport on their own terms. Our outcomes demonstrate the power of accessible, community-driven physical activity in improving quality of life. Through confidence-building, inclusive design, targeted intervention, and consistent peer support, LimbPower is creating long-lasting change in physical, social, and emotional wellbeing. Our outcomes demonstrate how accessible, community-driven sport and physical activity can empower people with limb difference to thrive.

11. EVIDENCE AND LEARNING

This year, our learning has been shaped by meaningful community engagement, collaborative delivery, and reflective practice. We used mixed methods to evaluate our impact, including surveys, interviews, and participatory research. Insights from our co-production research paper and *Story of Change* summary have directly informed programme refinement and strategic planning.

Key insights include:

Regional delivery boosts engagement: Embedding Physical Activity Advisers, establishing community hubs has significantly improved responsiveness and reach, especially in underserved areas. However, ensuring consistent delivery across regions is a challenge due to limited capacity.

Lived experience leadership is foundational: Staff and volunteers with lived experience have enhanced trust, relevance, and impact. This is not a “nice to have”—it is central to our model.

Outreach and tailored support are highly effective: Our outreach programme supported 195 individuals in just six months, highlighting the value of personalised, barrier-sensitive interventions.

Digital platforms extend our reach: With over 4,000 members in our online communities, the demand for virtual connection remains strong. We now recognise the need for a digital inclusion strategy to ensure accessibility, engagement and safeguarding.

Co-production strengthens sector collaboration: Joint toolkits co-developed with NDSOs and NGBs have improved signposting and fostered shared learning sector-wide. However, effective coordination across partners requires greater capacity and sustained investment.

System-level work demands adaptive processes: As we grow from project delivery to shaping wider policy and culture, we are strengthening our work across the whole system -economic, organisational, and policy levels—while also embedding interpersonal and intrapersonal development. This includes building stronger evaluation frameworks, enhancing insight-sharing, and investing in staff growth to maximise impact at every level.

12. FUTURE DIRECTION

As we look ahead to 2025 and beyond, LimbPower is focused on expanding access, strengthening support, and ensuring that every person with limb difference has the opportunity to live an active, confident, and connected life.

1. Expanding Regional Support
2. Enhancing Digital Access
3. Strengthening Early Support Pathways
4. Listening and Learning from Lived Experience
5. Advocating for Change
6. Supporting More People to Take Part in Physical Activity and Sport
7. Measuring What Matters

Together, we will keep building a more inclusive, active, and empowered future.

13. ACKNOWLEDGEMENTS

We thank our funders, partners, volunteers, and community members for their continued support. Together, we are building a more inclusive, empowered and active society for people with limb difference.

14. FUNDRAISING

2024 Fundraising Highlights: Powered by Purpose, Driven by You

2024 was a year of action, generosity, and community spirit. Across the UK and beyond, our supporters turned passion into purpose—raising vital funds to support amputees and individuals with limb differences through inclusive sport, physical activity, and the arts.

From high-altitude treks to tea parties, every step, every leap, and every shared moment helped us move closer to a more inclusive future.

Highlights from the Year

- **Machu Picchu Trek (October 2024)**
A group of 32 participants, including amputees, clinicians, and supporters, completed a multi-day trek through the Andes to the Sun Gate of Machu Picchu—raising significant funds and awareness while building lifelong connections.
- **O2 Climb (June 2024)**
Fundraisers scaled London's iconic dome, marking personal milestones and supporting our mission with every step.
- **Parachute Jump at Netheravon (June 2024)**
Participants took to the skies, freefalling from 10,000 feet in a powerful show of courage and commitment.
- **AmpuTEA FeBREWary (February 2024)**
Supporters across the country brewed up support through tea parties and coffee mornings, raising funds and awareness in warm, welcoming spaces.
- **Spring Into Action Challenge (April–May 2024)**
Walkers, wheelers, and cyclists set personal movement goals, turning everyday activity into meaningful impact.
- **Superhero Series (August 2024)**
At Dorney Lake, our community came together for a triathlon-style event that celebrated ability, teamwork, and joy

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With Gratitude and Admiration

To everyone who walked, ran, cycled, paddled, climbed, hosted, baked, and advocated—thank you. Your energy, compassion, and commitment are the heartbeat of LimbPower. Because of you, more people are moving forward with confidence, strength, and purpose. You've helped us build a stronger, more inclusive community and we are endlessly grateful.

Thank you

Abigail L, Adam H, Adam L, Adam M, Alan F, Alexander T, Allyson I, Amanda R, Andrew L, Andrew N, Andy B, Andy P, Angie D, Asadullah K, Ben W, Beth B, Beth R, Bonny M, Bridget H, B Brook HC, Bryson N, Caewyn L, Caitlin S, Carly B, Carol M, Caroline B, Caroline W, Casey D, Charles R, Charles W, Charlotte B, Charlotte C, Charlotte T, Chris L, Chris P, Christina S, Christine L, Christopher H, Claire B, Claire G, Claire P, Claudia G, Conor B, Dan N, Daniele L, Daniel T, Danny C, Darren I, Dave HH, Dave P, David D, David F, David G, Dean R, Debbie GS, Dominic H, Donation in memory of Clare Brown – Rest in peace Clare, Edi GM, Ella L, Elwyn H, Emily S, Emma G, Emma N, Erin H, E Davies, Faye R, Fergus L, Gary K, Gary S, Gemma M, Geoffrey F, Grace N, Graham H, Harley M, Harriet C, I Helen S, Ian B, Ian L, Isobel I, Jackie P, James B, James D, James G, James W, Janet W, Jeanette M, John OB, John T, Jordan C, Josh S, Joshua M, Judi F, Julia B, Jūlija B, Katie D, Kemi O, Kiera R, Kirsten T, Krishna P, Laura B, Lea B, Leo W, Linda B, Line D, Lis M, Lis v V, Lisa J, Liv C, Lloyd L, Logan G, Lottie M, Louiz H, Lucie M, Lucy L, Luke M, Lydia, L Kentish, Matty B, Mayleen A, Megan BE, Megan G, Meva S-D, Michael P, Michelle W, Miranda A, M Young, N Gregory, Nichola F, Nicola H, Olivia L, Ollie B, Oscar M, Ottilie A, Paola B, Paola S, Poli P, Peter M, Phoebe P, Phoebe T, Rachel M, Ralph, Raquel S, Raymond L, Rebecca L, Rex D, Richard B, Richard H, Robert M, Ross B, Ross W, Ryan R, Sally K, Sam S, Sanjeeda A, Sarah-Jayne W, Shane L, Simon P, Spencer C, Stuart B, Stuart W, Tarique C, Ted W, Thomas M, Thomas S, Tim P, Tom B, Tom S, Tracey P, T Porter, Umrans M, Vicki H, Vicky R, Waqas M, Wendy F, Willow G, Zanna D.

Corporate and Community Support

We are grateful to our corporate partners and community groups whose contributions have been instrumental.

Baxter & Co, Blatchfords, Citibank Ireland Financial Services, Derby & Burton Hospital Charities, Design prosthetics, Dorset Orthopaedics, Douglas Bader, Fletchers, For Our New Unicorn, Freemasons of the Province of West Lancashire (the), Frenkel Topping,, Go Glass, Guide Share Europe, Irwin Mitchell, Kennet & Avon Canal Trust (The), Koalaa, Leigh Day, Limb-Art Ltd, Naked Prosthetics, Opcare, Ossur, Ottobock, PelliTec, Premex Services, Reach Charity, Simply Sports, Slaughter & May Solicitors, Sport England, Stewarts, Stratford Baptist, Tandridge Lottery, The Lubricators Charitable Trust, Trustees of Harvey Smith, Water Street Primary School, Wavertree Lodge, Wiggington Gardeners Association

15. RISK MANAGEMENT

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Trustees acknowledge their responsibility for the Charity's system of internal control and for reviewing its effectiveness while recognising that such a system is designed to manage rather than eliminate the risk of failure to achieve the Charity's objectives and that there is reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the responsibility of management to implement the Trustees' policies.

16. STATEMENT OF TRUSTEES RESPONSIBILITIES

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

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure, of the charitable organisation for that year end 31 December 2024. In preparing these financial statements, the Trustees are required to:

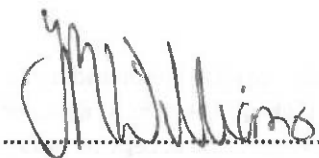
- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that 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 Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination 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 external examiner is not aware of that information.

Approved by order of the board of Trustees on 25.09.25 and signed on its behalf by



Janet Williams – Trustee Chairperson

17. ASSURANCE REPORT

We have reviewed the financial statements of LimbPower for the year ended 31 December 2024 which comprise the Statement of Financial Activities, the balance sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Trustees' responsibilities for the financial statements

As explained more fully in the Trustees responsibilities statement, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Accountants' responsibility

Our responsibility is to express a conclusion on the financial statements. We conducted our review in accordance with International Standard on Review Engagements (ISRE) 2400 (Revised) 'Engagements to review historical financial statements'. ISRE 2400 (Revised) requires us to conclude whether anything has come to our attention that causes us to believe that the financial statements, taken as a whole, are not prepared, in all material respects, in accordance with United Kingdom Generally Accepted Accounting Practice. ISRE 2400 (Revised) also requires us to comply with the ethical and other professional requirements of our accounting body.

Scope of the assurance review

A review of financial statements in accordance with the ISRE 2400 (Revised) is a limited assurance engagement. We have performed procedures, primarily consisting of making enquiries of management and others within the charity, as appropriate, applying analytical procedures and evaluating the evidence obtained. The procedures performed in a review are substantially less than those performed in an audit conducted in accordance with International Standards on Auditing (UK and Ireland). Accordingly, we do not express an audit opinion on these financial statements.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that the financial statements have not been prepared:

- so as to give a true and fair view of the state of the charity's affairs as of 31 December 2024, and of its surplus for the year then ended.
- in accordance with United Kingdom Generally Accepted Accounting Practice; and
- in accordance with the requirements of the Charities Act

Use of our report

This report is made solely to the company's Trustees, as a body. Our review work has been undertaken so that we might state to the Trustees those matters we have agreed to state to them in a reviewer's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the Charity Trustees as a body, for our review work, for this report, or for the conclusions we have formed.

Affinia (Orpington)
Lynwood House
Crofton Road Orpington Kent
BR6 8QE

Date:

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

18. STATEMENT OF FINANCIAL ACTIVITY

				Year Ended 2024	Year Ended 2023
	Notes	Unrestricted funds £	Designated Funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Voluntary income	2	71,951	-	163,550	235,501
Activities for generating funds	3	128,161	-	0	128,161
Total		<u>200,112</u>	-	<u>163,550</u>	<u>320,697</u>
EXPENDITURE ON					
Costs of generating funds	4	40,424	-	25,919	66,343
Charitable activities					
Sports England – Inclusive Sports		-	-	136,920	136,920
Department of Health		-	-	-	-
- Children Prosthetic Fund		-	-	-	6,575
Amputee App		5,000	-	-	5,000
LimbPower Adult and Junior Games		22,769	-	-	22,769
Research and Insight		-	-	-	-
I Can Camp – Adult and Family		9,558	-	-	9,558
Other Charitable activities		-	-	-	-
Support and Admin costs		25,104	-	43,281	68,385
Governance Cost	5	5,656	-	-	5,656
Total		<u>108,511</u>	-	<u>206,120</u>	<u>314,631</u>
NET INCOME/EXPENDITURE		<u>91,601</u>	-	<u>(42,570)</u>	<u>49,031</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		68,149	93,387	202,773	364,309
Transfer between funds		19,987	(19,987)	-	-
Total funds carried forward		179,737	73,400	160,203	413,340

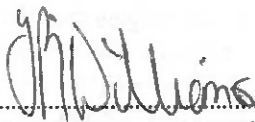
LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2024

19. BALANCE SHEET

				Year Ended 2024	Year Ended 2023
	Notes	Unrestricted funds £	Designated Funds £	Restricted funds £	Total funds £
FIXED ASSETS					
Tangible assets	8	4,329	-	-	4,329
		<u>4,329</u>	-	-	<u>4,329</u>
CURRENT ASSETS					
Debtors	9	-	-	-	100
Prepayments		212	-	-	546
Cash at bank		132,024	73,400	273,254	424,272
		<u>132,236</u>	<u>73,400</u>	<u>273,254</u>	<u>424,918</u>
CREDITORS					
Amounts falling due within one year	10	(21,421)	-	(48,458)	(69,879)
NET CURRENT ASSETS		<u>110,815</u>	<u>73,400</u>	<u>224,796</u>	<u>360,990</u>
NET ASSETS		<u>115,144</u>	<u>73,400</u>	<u>224,796</u>	<u>364,309</u>
FUNDS				2024	2023
Unrestricted funds:					
General fund				115,144	68,149
Designated fund				73,400	93,387
				<u>188,544</u>	<u>161,536</u>
Restricted funds:					
Sports England				224,796	202,773
				<u>224,796</u>	<u>202,773</u>
Total Funds				<u>413,340</u>	<u>364,309</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2024

The financial statements were approved by the Board of Trustees on
and were signed on its behalf by:


.....
Janet Williams - Trustee Chairperson

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

20. NOTES TO THE ACCOUNTS
ACCOUNTING POLICIES

1. Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there is no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computers and Office equipment - 20% straight line method.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2024

2a. VOLUNTARY INCOME

	2024	2023
	£	£
Subscriptions	1,390	1,570
Donations	54,311	42,644
WheelPower	-	18,890
Sponsorship	16,250	25,950
	<u>71,951</u>	<u>89,054</u>

2b. Grants

	2024	2023
	£	£
Department of Health- Children Prosthetics Fund	-	6,575
Sports England – Inclusive Sports Fund	163,550	166,204
Other Grants	-	-
	<u>163,550</u>	<u>172,779</u>

3. Activities for generating income

	2024	2023
	£	£
Superhero Tri	2,202	2,598
Mania Mara fun	7,873	5,467
I Can programme	1,027	9,610
AmpuTEA FeBREWary	3,440	4,391
Walking Events	71,274	8,564
LimbPower Junior & Adult Games	4,413	4,652
Running Events	7,920	10,649
Parachute Jump	2,850	3,863
Other individual fundraising activities	12,789	9,070
Cycle events	14,373	0
	<u>128,161</u>	<u>58,864</u>

4. COSTS OF GENERATING FUNDS

	2024	2023
	£	£
Staff costs	13,135	12,314
Marketing & advertising	12,784	9,892
Event costs	10,389	7,549
Other fundraising costs	30,035	17,050
	<u>66,343</u>	<u>46,805</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2024

5. GOVERNANCE COSTS

	2024	2023
	£	£
Staff costs	5,254	4,925
Book-keeping and payroll services	402	402
Legal & professional fees	-	-
	<u>5,656</u>	<u>5,327</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2024 (2023: £nil)

7. STAFF COSTS

Staff costs were as follows: -

	2024	2023
	£	£
Salaries and wages	136,130	113,121
Social security cost	14,064	9,907
	<u>150,194</u>	<u>123,028</u>

The average number of staff employed by the charity during the financial year was 7 (2023: 6).

No employee received emoluments of more than £60,000 in the 12-month period from 1 January to 31 December 2024 (2023: nil).

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2024

8. TANGIBLE FIXED ASSETS

	Computer and office equipment £
COST	
At 1 January 2024	20,436
Additions	3,250
At 31 December 2024	<u>23,686</u>
DEPRECIATION	
At 1 January 2024	17,117
Charge for year	2,240
At 31 December 2024	<u>19,357</u>
NET BOOK VALUE	
At 31 December 2024	<u>4,329</u>
At 31 December 2023	<u>3,319</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	-	100
Prepayments	212	546
Accrued income	-	-
	<u>212</u>	<u>646</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Trade creditors	10,619	14,631
Social security and other tax	6,737	3,726
Accrued expense	4,065	4,020
Deferred Income	48,458	41,551
	<u>69,879</u>	<u>63,928</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2024

11. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfer between funds £	At 31.12.24 £
Unrestricted funds				
General fund	68,149	91,601	19,987	179,737
Designated fund	93,387	-	(19,987)	73,400
Restricted funds				
Sports England	202,773	(42,570)	-	160,203
TOTAL FUNDS	<u>364,309</u>	<u>49,031</u>	=	<u>413,340</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	200,112	(108,511)	19,987	111,588
Designated fund	-	-	(19,987)	(19,987)
	<u>200,112</u>	<u>(108,511)</u>	=	<u>91,601</u>
Restricted funds				
Sports England	163,550	(162,839)		(1,525)
Support and admin costs		(43,281)		(43,281)
	<u>163,550</u>	<u>(206,120)</u>	=	<u>(42,570)</u>
TOTAL FUNDS	<u>363,662</u>	<u>(314,631)</u>	=	<u>49,031</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

INCOME AND ENDOWMENTS

	2024 £	2023 £
Voluntary income		
Subscriptions	1,390	1,570
Donations	54,311	42,644
WheelPower	-	18,890
Sponsorship donation	16,250	25,950
	<u>71,951</u>	<u>89,054</u>
Activities for generating funds		
Superhero Tri	2,202	2,598
Mania Mara fun	7,873	5,467
I can programme	1,027	9,610
AmpuTEA FeBREWary	3,440	4,391
Walking Events	71,274	8,564
LimbPower Junior & Adult Games	4,413	4,652
Running Events	7,920	10,649
Parachute jump	2,850	3,863
Individual fundraising activities	12,789	9,070
Cycle events	14,373	-
	<u>128,161</u>	<u>58,864</u>
Grant		
Department of Health – Children Prosthetics Fund	-	6,575
Sports England – Inclusive sports	163,550	166,204
	<u>163,550</u>	<u>172,779</u>
Total incoming resources	<u>363,662</u>	<u>320,697</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	2024	2023
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	13,135	12,314
Marketing and advertising	12,784	9,892
Events costs	10,389	7,549
Other fundraising	30,035	17,050
	<u>66,343</u>	<u>46,805</u>
Charitable activities		
Sports England – project costs	136,920	138,347
Department of Health – Children Prosthetics Fund	-	6,575
Amputee App	5,000	-
LimbPower Games Junior and Adult	22,769	24,896
Research and Insight	-	5,000
I Can Camp – Adult and Family	9,558	15,472
Other charitable activities – including depreciation	-	19,054
	<u>174,247</u>	<u>209,344</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	28,897	27,519
Travel expenses	-	-
Rent	6,409	4,702
General office expenses	1,955	2,245
Staff Training	2,924	6,490
Insurance	2,717	2,530
IT support and telephone	2,967	2,045
Postages	4,133	3,157
Book-keeping and accountancy	3,618	1,356
Office stationeries and printing costs	5,844	3,296
Advertising & marketing	3,196	2,466
Subscriptions	3,257	4,653
Bank charges	227	129
Depreciation	2,241	616
	<u>68,385</u>	<u>61,204</u>

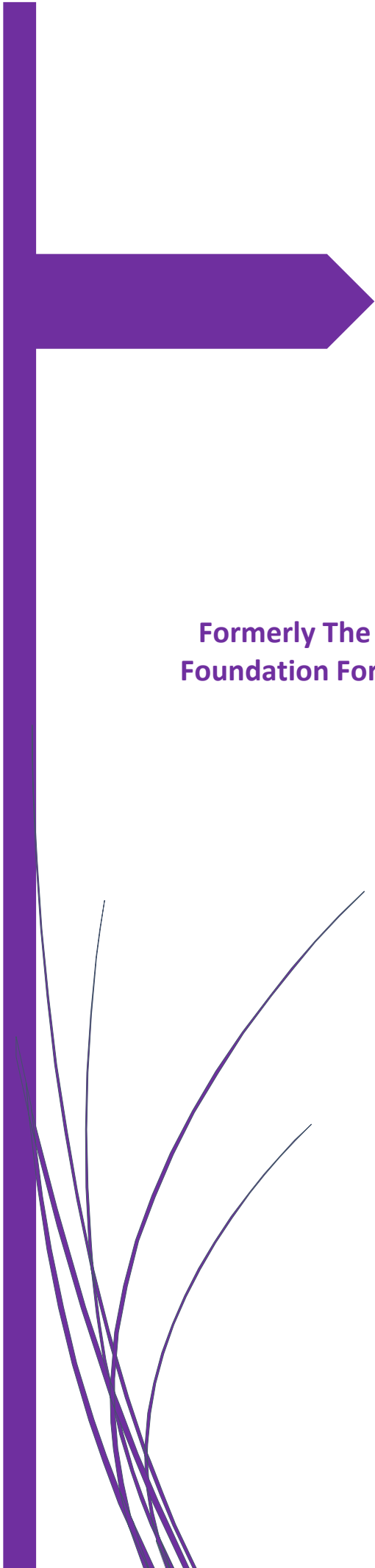
LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	2024	2023
	£	£
Governance costs		
Staff and wages costs	5,254	4,925
Bookkeeping and payroll	402	402
Legal & professional fees	-	-
	<u>5,656</u>	<u>5,327</u>
Total resources expended	<u>314,631</u>	<u>322,680</u>
Net Surplus/Deficit for the year	<u>49,031</u>	<u>(1,983)</u>

LIMBPOWER

England & Wales - Charity number 1180906

Accounts



LIMBPOWER

**Formerly The British Ambulant Disabled Sports and Arts
Foundation Formerly The British Ambulant Disabled Sports
and Arts Foundation**

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 2023**

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
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LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
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1. LETTER FROM THE CHAIR

Dear Supporters and Friends,

As the Chairperson of LimbPower, I am delighted to share with you the progress we have made in the past year.

Our mission of promoting and enabling inclusive physical activity and sport for amputees and individuals with limb difference has seen significant strides, thanks to your unwavering support and generosity. We have expanded our programmes and reach, providing more opportunities for limb different participants of all ages and abilities to take-part, enjoy and engage in regular activity.

However, we are not without challenges. The current global context has highlighted the importance of resilience, adaptability, and innovation. We are determined to leverage these qualities to further enhance our impact and sustainability.

We continue to develop and adjust our strategic plan to meet the changing environment and changing needs of community members. Our vision is to empower amputees and individuals with limb difference to achieve their full potential, and as a Sport England System Partner, to promote social inclusion and awareness, and foster partnerships and collaborations for sustainable change.

Our strategic priorities include enhancing participation, expanding community engagement, and building organisational capacity. We believe that by pursuing these priorities, we can make a meaningful and lasting difference in the lives of amputees, individuals with limb difference, and their families, and communities.

We also believe that we can inspire and mobilise more people to join our cause and contribute to a more inclusive and equitable world.

Thank you again for your support and partnership. We invite you to join us in this exciting journey, and to share your feedback, ideas, and stories with us.

Sincerely, Janet Williams Chairman, LimbPower

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

2. OVERVIEW FROM THE CEO

What a remarkable year it has been for LimbPower! As I reflect on our journey through 2023, my heart swells with pride and gratitude. It has been a tough year with the increased cost-of-living disproportionately affecting our community members. The less money you have, the less active you can be and with more disabled people falling into the lower socioeconomic groups we know they are less likely to be physically active than non-disabled people. LimbPower fuelled by our unwavering commitment to inclusivity, empowerment, and resilience have focused on providing more free opportunities and more accessible opportunities to engage community members in movement, physical activity and sport and as a result we have seen an increase in engagement.

Our achievements are a testament to the collective spirit of our LimbPower family—the participants, their families, the volunteers, donors, and advocates who stand shoulder to shoulder with us.

Let me share a glimpse of what we've accomplished:

Our programmes reached more amputees and individuals with limb difference than ever before. From multisport events to pirate exercise videos, we have created spaces and engagement opportunities where beneficiaries can participate in a friendly, inclusive environment among limb different peers or in the safety of their own home.

We advocate on behalf of individual community members, and we campaign with the aim of sparking conversations about ability, inclusion, resilience, and the power of physical activity and sport. We supported 3,000 community members throughout the year through our Physical Activity Advisers and dedicated staff. LimbPower are not just advocates; we were a catalyst for change.

LimbPower support and encourage community members to engage in activity and we celebrate their triumphs, no matter how big or small. Every step, every milestone is something to be celebrated. Whether it was a personal best time, a gold medal, or simply crossing the finish line, each achievement was a testament to human spirit.

LimbPower put inclusion at the heart of everything we do, by inclusion we mean providing opportunities that suit the needs of the individual community members, which can mean taking part with non-disabled people, with just other limb different individuals or on their own. We collaborated with the NHS, limb centres, Sport England, sports organisations, charities, schools, and corporations to break down barriers. Our message is simple "We belong. We matter."

As we turn the page to 2024, I invite you to join us on our journey of breaking down barriers and creating opportunities for amputees and individuals with limb difference to engage in physical activity and sport to aid their physical, social and mental wellbeing.

Thank you for believing in us. Let's keep pushing boundaries, breaking stereotypes, and creating a world where everyone's abilities shine.

Kiera Roche CEO, LimbPower

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

3. HIGHLIGHTS FROM 2023

System Partner

In 2023 LimbPower became a Sport England System Partner alongside the six other National Disability Sports organisations forming part of 120 organisations in the unique position to influence change and level up access to sport and physical activity for people with a physical impairment.

Tackling Inequalities Fund - Supporting Limb Different Community Activity

The Tackling Inequalities Fund was part of the system work LimbPower carried out in the background in addition to the fantastic delivery work that we have been carrying out to support you. The Tackling Inequalities Fund was established by Sport England to aid clubs and facilities that were struggling coming out of the COVID-19 Pandemic. Through this scheme LimbPower has aided over ten clubs.

This Fund was used by the clubs to run sessions, aid in the development of facilities, to purchase adapted equipment and improve overall user experience at the clubs. We also supported a club specific to amputees which fell outside of the criteria, playing an active role in relaunching ManFit <https://www.manfit.org>.

The Children's Prosthetic Fund

LimbPower, in collaboration with NHS England and the DHSC, has transferred the administration of the Children's Prosthetic Fund to NHS England. This change ensures children up to 18 years old have seamless access to activity and sports prostheses through the NHS, eliminating complex funding applications. Over 600 children have already received activity limbs through the fund while it was administered by LimbPower. Having access to activity and sports limbs for school P.E. significantly enhances children's inclusion and engagement in sports and activities.

Lunch of an amputee specific BMI Calculator

LimbPower designed and introduced our groundbreaking Amputee BMI Calculator, tailored for amputees and limb difference individuals, **revolutionising Health Management for Amputees and Limb Difference Individuals**. This innovative tool offers more accurate BMI measurements, addressing the weight of missing limbs. Empowering users to make informed health decisions. Follow this link to visit the BMI Calculator web page <https://www.limbpower.com/exercise/new-amputee-bmi-calculator>. This web page has been viewed 5,492 times (google analytics).

Walk-enabled pirate videos

The Walk: Enabled Pirate videos, funded by LimbPower and created by RU: Enabled, are a series of 24 animated exercise videos for children with limb differences. These videos promote physical activity through fun, pirate-themed workouts. The outcomes include improved fitness and engagement, while the impact is enhanced physical and mental well-being for children with an amputation and or limb difference. The videos have been collectively viewed 49,149 times since the launch.

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Prepare to Move Prepare to Run Workshops

Prepare to Move, Prepare to Run Workshops were held in Bristol, Surrey, and Manchester, in our regional hub areas. 34 amputees attended these workshops. Outputs included tailored training sessions and personalised support. The outcomes from the workshops included improved mobility, increased self-confidence, and enhanced prosthetic proficiency. The impact was profound, with participants reporting better prosthetic control and ability to engage in physical activity and a significant boost in prosthetic trust and proficiency

4. REFERENCE AND ADMINISTRATIVE DETAIL

Charity Incorporated Organisation Number (CIO) 1180906

Registered office

Whitecroft
Tandridge Lane
Lingfield
Surrey
RH7 6LL

Trustees

The names of the current Trustees are:

Janet Williams - Chair	Appointed 22 nd January 2017
Ross Wadey	Appointed 20 th November 2016
Carl Barrett	Appointed 02 nd March 2018
Angela Schroeder – Vice Chair	Appointed 20 th January 2017
Rachel Morris	Appointed 17 th November 2018
Chris Linnitt	Appointed 17 th November 2018
Ken Black	Appointed 31st March 2021
John Head (Associate)	Appointed 13 th June 2022

Accountants

Baxter & Co Chartered Certified Accountants, Lynwood House, Crofton Road, Orpington BR6 8QE

Ambassadors

Junior Ambassadors

Ellie Challis
Jess Dowdswell
Thomas O'Toole

Ambassadors

Andrew Lewis
Anoushè Husain
Gemma Trotter
Jack Evers
Rachel Morris
Corrie Mapp
Meva Singh Dhesi

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5. STRUCTURE AND GOVERNANCE

LimbPower was previously a charitable foundation founded on 19th October 2009 (Trust Deed), which established the objectives and powers of the charity, governed under its Articles of Association (AoA), which have been revised and updated at various AGMs. The charity was registered with the Charity Commission on 20th November 2009, registration number 1132829. On the 29th of November 2018 LimbPower transitioned to a Charity Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales, with the new Registered Charity Number: 1180906.

The charity's objectives are specifically restricted to the following "The relief of ambulant disabled people (individuals with limb loss or impairments to their limbs who are not wheelchair users); by providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts."

LimbPower aim to achieve these objectives through the provision of useful and relevant information, access to facilities and opportunities for participation in physical activity, sport, and the arts.

6. THE CHARITY BACKGROUND

LimbPower is a registered charity in England and Wales established in November 2009 to address a critical gap in disability sports, physical activity, and arts access among amputees and individuals with limb difference. Our mission centres on enhancing the lives of amputees and individuals with limb impairments, including congenital limb differences, club foot, hip dysplasia, balance disorders, and peripheral nerve injuries. We facilitate the integration of physical activity, sports, and the arts into rehabilitation journeys and lifelong well-being, bridging the gap between hospital led rehabilitation and community engagement. (Ask John Head to look at the terminology)

LimbPower works in collaboration and co-production with its community of beneficiaries, partners and stakeholders (healthcare professionals, sports providers, and government) to deliver services the community want, and need based on research and evidence. LimbPower's services are community-led and co-designed to empower amputees and individuals with limb impairments to take control of their own health and wellbeing. LimbPower's Board of Trustees, staff and volunteers have lived experience of limb impairment and understand the challenges and opportunities that accompany living with a physical disability. LimbPower also provides training, education, advocacy, and awareness campaigns to raise awareness of the benefits and to support engagement/participation opportunities within physical activity, sport, and the arts for people with limb impairments.

LimbPower is one of the seven recognised as the National Disability Sports Organisation by Sport England and the Activity Alliance for its expertise, experience, and track record in engaging, influencing, and changing the behaviour and habits of amputees and individuals with limb impairments - an estimated population of 450,000 people - in relation to sport and physical activity. LimbPower aligns its work with the strategies of the Department of Culture Media and Sports and Sport England to promote inclusion and accessibility for disabled people in sport and physical activity. In 2022, LimbPower became a Sport England System Partner alongside the six other National Disability Sports organisations, forming part of 120 organisations that have the unique position to influence change and level up access to sport and physical activity.

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7. OBJECTIVES AND ACTIVITIES

At LimbPower, we place immense value on engaging with our community beneficiaries, volunteers, physical activity advisers, and mentors—who all have a personal stake in our mission and success.

Our Evolution: Initially, our focus was on delivering events and activities to aid the physical, social, and psychological rehabilitation of individuals with limb impairments. However, since gaining recognition as a National Disability Sports Organisation in July 2014, we have significantly deepened our understanding of the Disability Sports Landscape. This evolution has allowed us to broaden our services, now offering events, workshops, toolkits, coaching resources, sports action plans, memberships, case studies, and factsheets.

During the Covid-19 pandemic, we adapted swiftly to meet the needs of our community by introducing innovative online and virtual engagement opportunities. This adaptability highlights our commitment to creating a positive, meaningful, and measurable impact on the lives of amputees and individuals with limb impairments.

Our Vision and Mission: We aim to change lives through the power of physical activity, sport, and the arts. Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in these activities to improve their quality of life and support their physical, social, and psychological rehabilitation.

Strategic Goals:

1. **Increase Participation:** We strive to boost the number of amputees and individuals with limb impairments taking part in physical activities, sports, and the arts.
2. **Early Engagement:** By identifying service gaps, we develop projects that meet emerging needs, ensuring early and meaningful engagement.
3. **Accelerate Rehabilitation:** Through education and engagement, we aim to speed up the rehabilitation process for prosthetic and orthotic users.
4. **Sustained Participation:** We promote regular involvement in physical activities, ensuring lasting benefits for our community.
5. **Address Specific Issues:** We tackle impairment-specific challenges faced by amputees and individuals with limb impairments.
6. **Support Partnerships:** We collaborate with National Governing Bodies and Active Partnerships to attract our community to various sports.
7. **Advocacy and Advice:** Providing access to relevant information, we advocate for our community's needs.
8. **Stakeholder Engagement:** We maintain open dialogue with stakeholders on exercise, physical activity, sport, and the arts.
9. **Raise Our Profile:** We aim to be recognised as the leading authority on engaging the limb loss community in movement, physical activity, sport, and the arts.

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Commitment to Public Benefit: In formulating our objectives, we have adhered to the Charity Commission's guidance on operating charities for the public benefit. By continuously evolving and adapting to meet the needs of our community identified through co-produced research and insight, LimbPower remains dedicated to improving the lives of those with an amputation and or limb difference, ensuring they can enjoy the benefits of movement, physical activity, sports, and the arts.

8. LIMBPOWER'S CORE VALUES

Enjoyment – LimbPower work to promote the enjoyment and fun of taking part in an activity, as well as promoting the health benefits. Encourage the whole family friends and social and support networks to engage in an activity together.

Empowerment – LimbPower work to support and enable individuals through caring, listening and responding positively to their individual and organisational needs. To motivate and inspire individuals with limb differences to change their own lives and make their voices heard. We advocate and promote positive role models as a catalyst for engagement.

Inclusion - LimbPower respects diversity, treating everyone equally, with fairness and without discrimination to create conditions and opportunities for everyone to engage in an activity.

Knowledge – LimbPower strive to be impairment-specific experts in sharing quality and accurate knowledge, advice, support and guidance to beneficiaries and partners.

ACTIONS TO ENSURE OUR VALUES ARE ADHERED TO

Respect – LimbPower work to treat everyone as individuals, with respect and dignity and celebrate people's differences. Promote sportsmanship at all our engagement opportunities.

Professionalism – LimbPower strives to always act with responsibility, transparency, integrity, honesty, and sincerity. To deliver our work with a high level of competence, efficiency quality and accountability.

Impact - To strive to make a real and sustained difference in the lives of our beneficiaries in a measurable way, through running fun and educational activities, events and workshops that empower the individuals and their families and support network.

Collaboration – LimbPower is committed to working with others to provide sustainable opportunities to affect behaviour change and have an impact on our community.

Workforce - LimbPower is dedicated to fostering workforce development among amputees and individuals with limb differences, guiding them through rehabilitation and empowering community engagement for improved physical health. Participation in physical activities, sports, and recreation significantly impacts mental well-being, reducing stress, anxiety, and isolation while enhancing empowerment, happiness, and self-esteem. This comprehensive approach extends to educational development, where increased activity levels bolster self-esteem, confidence, and cognitive abilities, opening doors to better educational and employment

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prospects. Additionally, our efforts in social and community development combat isolation and exclusion, fostering connections and belonging through participation in our activities and events, promoting a stronger sense of community and camaraderie among diverse individuals.

9. DESIRED OUTCOMES - PUBLIC BENEFIT

LimbPower supports community members (beneficiaries) through the life-long rehabilitation process and the engagement in movement, community activity, sport and the arts through interventions and advocacy, improving **physical well-being** (improved physical health) and **mental well-being** to enable happier, healthier, and more fulfilled lives.

Being physically active and taking part in sport and active recreation is essential to an individual's well-being, reducing the impact of pre-existing medical conditions such as diabetes or vascular disease, maintaining strength, balance, and motor skills, increasing energy levels, reducing falls, and promoting healthy early years. Regular exercise reduces illness and improves mobility for amputees and individuals with limb differences.

Mental well-being

Physical activity and active recreation can improve mental well-being, including reducing stress and anxiety and reducing feelings of isolation. Mastering new skills increases an individual's empowerment, happiness, confidence, and self-esteem. Good mental well-being outcomes are equally as important as the physical benefits of taking part in physical activity and active recreation.

Individual development

Developing skills and self-efficacy through movement, physical activity, sport and the arts is crucial. Being active improves educational attainment through greater self-esteem, confidence, and direct cognitive benefits. Physical activity and sport can have a positive impact on a person's educational and employment opportunities and can also support those who are not in employment, education, or training.

Social and community development

Social inclusion is a vital part of the work LimbPower undertakes to reduce feelings of isolation and exclusion. Volunteering for us or taking part in our participation events and activities gives community members a sense of belonging, supports stronger inclusion, and reduces feelings of isolation and loneliness. These activities promote links with other people, both disabled and non-disabled.

Workforce development

LimbPower is dedicated to fostering workforce development among amputees and individuals with limb differences, guiding them through rehabilitation and empowering community engagement for improved physical health. This comprehensive approach extends to educational development, volunteering, and employment opportunities, where increased activity levels bolster self-esteem, confidence, and cognitive abilities, opening doors to better educational, volunteering, and employment prospects. LimbPower have directly employed seven people with limb difference and work with 70 volunteers from the community. We also support the development of instructors and coaches with limb difference.

Promoting Movement and Inclusion

LimbPower champions the life-changing impact of engaging in movement, physical activity, and sport. Disabled people and those with long-term health conditions are twice as likely to be inactive. Therefore, it is crucial to tackle deep-rooted inequalities and make movement, physical activity, and sport a normal part of everyday life for amputees and individuals with limb differences. Promoting more movement for increased mobility is essential because when we move, we are strong. Being active helps children's bodies develop and helps adults counteract the physical decline associated with aging, this is especially important for amputees and individuals with limb difference.

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10. CHARITY ACTIVITIES

LimbPower operates across all societal levels (see table below) to meet the changing needs of amputees and the limb different community. We adapt our activities and programmes to support core community members and reach inactive individuals, promoting engagement in physical activity and sport. Our Physical Activity Advisers play a crucial role in reaching new amputees at early stages of behaviour change, emphasising the importance of movement in rehabilitation. Supported by our Sports Development and Exercise Development Officers, LimbPower's interventions align with Sport England's mission to tackle deep-rooted inequalities and champion the life-changing impact of physical activity. By addressing barriers at various health levels, we aim to make movement a normal part of everyday life for amputees, promoting increased mobility.

Table 1

Social ecology of health level	Engagement
Public Policy	LimbPower collaborates with NHS England, the Department of Health and Social Care, NHRI via Devices for Dignity (Starworks), and Sport England to engage with policymakers and advocate for the inclusion of amputees and individuals with limb differences. Our goal is to ensure their voices are heard in decision-making processes related to prosthetic rehabilitation, recreation, school PE (Physical Education), physical activity, and sport.
Community	LimbPower collaborates with the Sport England and Sport England System Partners, The Activity Alliance, the British Paralympic Association the other National Disability Sport Organisations (NDSOs) and wider disability system partners. We work with the National Governing Bodies of Sport (NGBs), Active Partnerships, Prosthetic Service Centres (including private clinics), Limb Loss Charities, Industry bodies and associations. Our goal is to promote the inclusion of amputees and individuals with limb differences in life-long rehabilitation and engagement in greater movement, physical activity, sport and the arts to improve happiness, well-being and a more fulfilled life. We aim to break down physical, technical, and social barriers to inclusion and participation. This approach supports Sport England's mission to create a more physically active nation by addressing inequalities and championing the transformative impact of sport and physical activity for all.
Institutional	LimbPower is a user-led charity (50% of the Board, 57% of staff and 80+% of volunteers are limb different or parents of limb different children). Beneficiaries are at the heart of the organisation, with a focus on parity for community members. Our strategy is founded on one question, how can LimbPower make activity, both physical and creative the <i>norm</i> rather than the <i>exception</i> among people with an amputation and people with limb difference?
Interpersonal	LimbPower supports community members (beneficiaries) on an intrapersonal level by providing social networking opportunities at events, workshops, open days, conferences, and exhibitions. Additionally, we offer virtual networking through social media support groups. Our staff also extend support to family members and advocate for community members by connecting them with volunteer mentors, Physical Activity Advisers, Sports Development Officers, and our Exercise Development Offices.

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Intrapersonal	Advocacy is at the heart of LimbPower’s mission, offering opportunities to engage in movement, physical activity, and sport to develop physical skills, improve well-being, and build confidence. We provide information and knowledge to promote attitude and behaviour change, bridging the gap between rehabilitation and an active life. Our Physical Activity Advisers engage new amputees early, emphasizing the importance of movement in rehabilitation and providing personalized guidance to overcome barriers. Our Sports Development & Exercise Development Officers promote inclusive exercise and sports participation, organizing programmes, projects, and coaching to foster a healthy lifestyle. We advocate for the inclusion of amputees in decision-making processes, tackling inequalities, and championing the transformative impact of physical activity and sport. Our comprehensive approach ensures effective interventions, promoting increased mobility and participation in physical activity and the arts to enhance well-being.
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10. COMMUNITY ENGAGEMENT

Interventions & Services

Physical Activity Advisers

LimbPowers physical activity roles have operated in 4 hub areas Manchester, Newcastle, Nottingham and Roehampton. Advisers have attended the limb centres one day a week and engaged patients in discussion about physical activity opportunities post rehab and also practical lifestyle support from a fellow amputee perspective over the course of the year our advisers have engaged 1075 amputee or limb different patients in conversations around becoming more active or practical peer support. They have engaged in 490 conversations with healthcare professionals through visits to the limb centres and guest speaking roles at special events for both staff and patients. 2 of our physical activity advisers are Nordic walking coaches and are running weekly groups with sustained attendance, these instructors report attendance of 600 with an average of 5 participants per session over 3 weekly sessions. All of our physical activity advisers have facilitated post rehab continuation of physical activity by liaising on behalf of patients with partners such as, Active partnerships, Swim England, England Golf, Northumberland county council, local community groups such as art clubs and local gym owners. And signposting to LimbPowers online offers.

Multisport Events

The LimbPower Games and LimbPower Junior Games brought joy as limb different children and adults returned to our flagship events at Stoke Mandeville Stadium. Over 140 individuals benefited, experiencing the positive impact of sports participation. The Junior Games saw 63 children, including 39 with limb differences, while the LimbPower Games had 76 participants, showcasing balanced gender representation. These events fostered community and empowerment, highlighting the importance of inclusive sports. Participants reported increased confidence, improved social skills, and a greater sense of belonging, promoting long-term engagement in sports and physical activities.

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Beyond Boundaries

This in-person health and fitness day has been transformative, reaching inactive and primary (new) amputees. This powerful initiative provided participants with one-to-one support, in-person exercise classes, and health/wellness sessions led by limb different and professional coaches. Participants received fitness equipment to continue engagement after the event. Beyond Boundaries has become a vital stepping stone into our other programmes, including ReVAMP, the online classes, and the multisport events, ensuring sustained engagement and support. Numbers remained consistent from 2022 to 2023, underscoring the programme's ongoing success and importance. **68.4% attended further LimbPower events and classes.**

Events & Workshops

Adults	LimbPower Games, National Fitness Day Online Workshop, #ICan Adult Camp, Prepare to Move Prepare to Run, Walking for Fitness, Beyond Boundaries
NDSO Collaborative Events:	Calvert Trust Weekend (Exmoor)? Have A Go Athletics Days, Shooting Days, National Dance Day (Stoke Mandeville)
Children:	LimbPower Junior Games, Fundamental Skills Workshops, #ICan Family Camp, Inclusive Dance Day
Whole Community:	Family Fun Day, Superhero Series, Miles for March, Shooting Days, Spring into Action, Surfing Weekend

Online Classes

LimbPower expanded its class offerings, introducing three new classes: Wobble (seated), Paracise (standing), and Hiit. These classes, led by limb different instructors, complemented the existing line-up of yoga, Zumba, and Tai Chi. Our free online classes saw an **18% increase in attendance**, playing a crucial role in supporting disabled individuals during the cost-of-living crisis. The new classes with an upper limb different instructor enriched the programme. The sustained participation from attendees who joined in 2021 and an increase in the average number of class attendees highlight the ongoing success and importance of these free classes.

reVAMP

Sports Infographics

LimbPower teamed up with England Athletics and British Athletics to create Top Tips for children, families, and athletics providers to engage amputee and limb different children in athletics. These tips create inclusive environments and highlight the positive impact on physical and mental well-being. By promoting accessible opportunities and raising awareness, LimbPower and British Athletics empower children with limb differences to participate in athletics and embrace its benefits.

These resources saw significant engagement, with **68 downloads by athletics providers** and **276 by children**. Additionally, the cycling resources were downloaded **591 times by providers** and **448 times by children**, totalling **1,383 downloads in less than a year**.

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Community Support

LimbPower is committed to supporting community members throughout their rehabilitation journey. Our critical work involves assisting individuals with limb loss or limb differences, as well as their families, during the lifelong rehabilitation process. Acting as a bridge between hospital discharge and engagement in school and community activities, LimbPower plays a pivotal role. Our dedicated team, including staff, physical activity advisers, mentors, volunteers, and ambassadors, ensures ongoing participation in exercise, physical activity, and sports.

New Paper and Video Resources

Amputee BMI Calculator	A tool to help amputees calculate their BMI accurately This has had 10,062 views on our website.
LimbTalk Videos	Informative videos covering various topics related to limb loss and physical activity.
UR: Enabled: Adapted Pirate Exercise Videos	Fun and engaging exercise videos designed for children.
Tip Tips Children's Resources	Educational materials and resources for children with limb differences. Athletics Top Tips for Children, Athletics Top Tips for Providers. Working on Swimming infographics for 2024.

Engagement and Participation Metrics	Numbers	% Increase on 2022
In-Person Events:	561 attendees	down by 20
Online Classes:		
Total Classes:	247	-15.41%
Total Class Attendees:	1,157	17.94%
Interventions:		
Telephone and Email Beneficiaries:	3,441	38.03% increase
Telephone and Email Partners, Coaches, and Healthcare Professionals:	1,521	-7.43%
Annual Website Visitors (Unique Users):	33,600	60% increase
Newsletter	1,576	2,000
E-Newsletter	2,673.	3266
Social Media Presence:		
Twitter Followers:	5,443	-5.67%
Facebook Page Followers:	3,600	9.09%
Facebook Page Likes:	3,100	3.33%
YouTube Metrics:		
Videos Viewed in 2023:	12,945	139.81%
Total Video Views Since Launch:	93,557	165.55%
Subscribers:	548	64.07%
Instagram Followers:	2,702	16.32%

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RISK MANAGEMENT FOR THE YEAR ENDED 31 DECEMBER 2023

15 RISK MANAGEMENT

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Trustees acknowledge their responsibility for the Charity's system of internal control and for reviewing its effectiveness while recognising that such a system is designed to manage rather than eliminate the risk of failure to achieve the Charity's objectives and that there is reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the responsibility of management to implement the Trustees' policies.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2023

16. STATEMENT OF TRUSTEES RESPONSIBILITIES

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

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure, of the charitable organisation for that year end 31 December 2023. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that 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 Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination 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 external examiner is not aware of that information.

Approved by order of the board of Trustees on

and signed on its behalf by

.....
Janet Williams – Trustee Chairperson

LIMBPOWER
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INDEPENDENT ASSURANCE REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

17. ASSURANCE REPORT

We have reviewed the financial statements of Limbpower for the year ended 31 December 2023 which comprise the Statement of Financial Activities, the balance sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Trustees responsibilities for the financial statements

As explained more fully in the Trustees responsibilities statement, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Accountants' responsibility

Our responsibility is to express a conclusion on the financial statements. We conducted our review in accordance with International Standard on Review Engagements (ISRE) 2400 (Revised) 'Engagements to review historical financial statements'. ISRE 2400 (Revised) requires us to conclude whether anything has come to our attention that causes us to believe that the financial statements, taken as a whole, are not prepared, in all material respects, in accordance with United Kingdom Generally Accepted Accounting Practice. ISRE 2400 (Revised) also requires us to comply with the ethical and other professional requirements of our accounting body.

Scope of the assurance review

A review of financial statements in accordance with the ISRE 2400 (Revised) is a limited assurance engagement. We have performed procedures, primarily consisting of making enquiries of management and others within the charity, as appropriate, applying analytical procedures and evaluating the evidence obtained. The procedures performed in a review are substantially less than those performed in an audit conducted in accordance with International Standards on Auditing (UK and Ireland). Accordingly, we do not express an audit opinion on these financial statements.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that the financial statements have not been prepared:

- so as to give a true and fair view of the state of the charity's affairs as at 31 December 2023, and of its surplus for the year then ended;
- in accordance with United Kingdom Generally Accepted Accounting Practice; and
- in accordance with the requirements of the Charities Act

Use of our report

This report is made solely to the company's Trustees, as a body. Our review work has been undertaken so that we might state to the Trustees those matters we have agreed to state to them in a reviewer's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the Charity Trustees as a body, for our review work, for this report, or for the conclusions we have formed.

Baxter & Co
Chartered Certified Accountants
Lynwood House
Crofton Road
Orpington
Kent
BR6 8QE

Date:

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STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

18. STATEMENT OF FINANCIAL ACTIVITY

				Year Ended 2023	Year Ended 2022
	Notes	Unrestricted funds £	Designated Funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Voluntary income	2	89,054	-	172,779	261,833
Activities for generating funds	3	58,864	-	-	58,864
Total		147,918	-	172,779	320,697
EXPENDITURE ON					
Costs of generating funds	4	24,599	-	22,206	46,805
Charitable activities					
Sports England - Inclusive Sports		-	-	138,347	138,347
Department of Health					
- Children Prosthetic Fund		-	-	6,575	6,575
- Fundamental Skills		-	-	-	-
LimbPower Adult and Junior Games		24,896	-	-	24,896
Research and Insight		5,000	-	-	5,000
I Can Camp – Adult and Family		15,472	-	-	15,472
Other Charitable activities		19,054	-	-	19,054
Support and Admin costs		24,729	-	36,475	61,204
Governance Cost	5	5,327	-	-	5,327
Total		119,077	-	203,603	322,680
NET INCOME/(EXPENDITURE)		28,841	-	(30,824)	(1,983)
RECONCILIATION OF FUNDS					
Total funds brought forward		39,308	93,387	233,597	366,292
Total funds carried forward		68,149	93,387	202,773	364,309

LIMBPOWER
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BALANCE SHEET AS AT 31 DECEMBER 2023

19. BALANCE SHEET

				Year Ended 2023	Year Ended 2022
	Notes	Unrestricted funds £	Designated funds £	Total funds £	Total funds £
FIXED ASSETS					
Tangible assets	8	3,319	-	3,319	3,887
		<u>3,319</u>	<u>-</u>	<u>3,319</u>	<u>3,887</u>
CURRENT ASSETS					
Debtors	9	646	-	646	34,979
Cash at bank		<u>86,561</u>	<u>93,387</u>	<u>424,272</u>	<u>395,100</u>
		87,207	93,387	424,918	430,079
CREDITORS					
Amounts falling due within one year	10	(22,377)	-	(41,551)	(67,674)
		<u>(22,377)</u>	<u>-</u>	<u>(41,551)</u>	<u>(67,674)</u>
NET CURRENT ASSETS		<u>64,830</u>	<u>93,387</u>	<u>360,990</u>	<u>362,405</u>
		<u>64,830</u>	<u>93,387</u>	<u>360,990</u>	<u>362,405</u>
NET ASSETS		<u>68,149</u>	<u>93,387</u>	<u>364,309</u>	<u>366,292</u>
		<u>68,149</u>	<u>93,387</u>	<u>364,309</u>	<u>366,292</u>
FUNDS					
Unrestricted funds:					
General fund				68,149	39,308
Designated fund				<u>93,387</u>	<u>93,387</u>
				239,861	132,695
Restricted funds:					
Sports England				202,773	233,597
				<u>202,773</u>	<u>233,597</u>
TOTAL FUNDS				<u>364,309</u>	<u>366,292</u>
				<u>364,309</u>	<u>366,292</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2023

The Trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard;
- (b) Preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of each financial year and of its surplus or deficit for each financial.

The financial statements were approved by the Board of Trustees on **October 2024** and were signed on its behalf by:

.....
Janet Williams - Trustee Chairperson

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

20. NOTES TO THE ACCOUNTS
ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computers and Office equipment - 20% straight line method.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

2a. VOLUNTARY INCOME

	2023	2022
	£	£
Subscriptions	1,570	2,671
Donations	42,644	38,208
WheelPower	18,890	-
Sponsorship	<u>25,950</u>	<u>17,800</u>
	<u>89,054</u>	<u>58,679</u>

2b. Grants

	2023	2022
	£	£
Department of Health- Children Prosthetics Fund	6,575	25,602
Starworks	-	-
Sports England – Inclusive Sports Fund	166,204	158,731
Other Grants	<u>-</u>	<u>5,900</u>
	<u>172,779</u>	<u>190,233</u>

3. Activities for generating income

	2023	2022
	£	£
Super Hero Tri	2,598	5,464
Mania Mara fun	5,467	8,267
I Can programme	9,610	8,500
AmpuTEA FeBREWary	4,391	1,118
Walking Events	8,564	5,546
LimbPower Junior & Adult Games	4,652	3,019
Running Events	10,649	3,955
Parachute Jump	3,863	13,144
Other individual fundraising activities	<u>9,070</u>	<u>26,453</u>
	<u>58,864</u>	<u>75,466</u>

4. COSTS OF GENERATING FUNDS

	2023	2022
	£	£
Staff costs	12,314	12,676
Marketing & advertising	9,892	10,082
Event costs	7,549	12,555
Other fundraising costs	<u>17,050</u>	<u>25,064</u>
	<u>46,805</u>	<u>60,377</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

5. GOVERNANCE COSTS

	2023	2022
	£	£
Staff costs	4,925	4,156
Book-keeping and payroll services	402	438
Legal & professional fees	-	-
	<u>5,327</u>	<u>4,594</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2023 (2022: £nil)

7. STAFF COSTS

Staff costs were as follows:-

	2023	2022
	£	£
Salaries and wages	113,121	98,521
Social security cost	<u>9,907</u>	<u>3,923</u>
	<u>123,028</u>	<u>102,444</u>

The average number of staff employed by the charity during the financial year was 6 (2022: 4).

No employee received emoluments of more than £60,000 in the 12 month period from 1 January to 31 December 2023 (2022:nil).

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

8. TANGIBLE FIXED ASSETS

**Computers
and office
equipment
£**

COST

At 1 January 2023	19,532
Additions	<u>904</u>
At 31 December 2023	<u>20,436</u>

DEPRECIATION

At 1 January 2023	15,655
Charge for year	<u>1,462</u>
At 31 December 2023	<u>17,117</u>

NET BOOK VALUE

At 31 December 2023	<u>3,319</u>
At 31 December 2022	<u>3,887</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	100	26,400
Prepayments	546	-
Accrued income	<u>—</u>	<u>8,579</u>
	<u>646</u>	<u>34,979</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	14,631	13,478
Social security and other tax	3,726	2,343
Accrued expense	4,020	5,302
Deferred Income	<u>41,551</u>	<u>46,551</u>
	<u>63,928</u>	<u>67,674</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

11. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	Transfer between funds £	At 31.12.23 £
Unrestricted funds				
General fund	39,308	28,841	-	68,149
Designated fund	93,387	-	-	93,387
Restricted funds				
Sports England	203,275	(502)	-	202,773
Starworks	25,322	(25,322)	-	-
Truecolours	5,000	(5,000)	-	-
Department of Health – Children Prosthetic Fund	-	-	-	-
D of Health – Fundamental Skills	-	-	-	-
TOTAL FUNDS	<u>366,292</u>	<u>(1,983)</u>	<u>-</u>	<u>364,309</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	147,918	(119,077)	-	28,841
Designated fund	-	-	-	-
	<u>147,918</u>	<u>(119,077)</u>	<u>-</u>	<u>28,841</u>
Restricted funds				
Sports England	166,204	(166,706)	-	(502)
Starworks	-	(25,322)	-	(25,322)
Truecolours	-	(5,000)	-	(5,000)
D of Health – Children Prosthetics Fund	6,575	(6,575)	-	-
D of Health – Fundamental Skills	-	-	-	-
	<u>172,779</u>	<u>(203,603)</u>	<u>-</u>	<u>(30,824)</u>
TOTAL FUNDS	<u>320,697</u>	<u>(322,680)</u>	<u>-</u>	<u>(1,983)</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
INCOME AND ENDOWMENTS		
Voluntary income		
Subscriptions	1,570	2,671
Donations	42,644	44,108
WheelPower	18,890	-
Sponsorship donation	<u>25,950</u>	<u>17,800</u>
	89,054	64,579
Activities for generating funds		
Super Hero Tri	2,598	5,464
Mania Mara fun	5,467	8,267
I can programme	9,610	8,500
AmpuTEA FeBREWary	4,391	1,118
Walking Events	8,564	5,546
LimbPower Junior & Adult Games	4,652	3,019
Running Events	10,649	3,955
Parachute Jump	3,863	13,144
Individual fundraising activities	<u>9,070</u>	<u>26,453</u>
	58,864	75,466
Grant		
Department of Health – Children Prosthetics Fund	6,575	25,602
Sports England – Inclusive sports	<u>166,204</u>	<u>158,731</u>
	<u>172,779</u>	<u>184,333</u>
Total incoming resources	<u>320,697</u>	<u>324,378</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	12,314	12,676
Marketing and advertising	9,892	10,082
Events costs	7,549	12,555
Other fundraising	<u>17,050</u>	<u>25,064</u>
	<u>46,805</u>	<u>60,377</u>
Charitable activities		
Sports England – project costs	138,347	66,402
Department of Health – Children Prosthetics Fund	6,575	36,129
Department of Health – Fundamental Skill	-	4,409
LimbPower Games Junior and Adult	24,896	18,994
Research and Insight	5,000	5,370
I Can Camp – Adult and Family	15,472	6,699
Other charitable activities – including depreciation	<u>19,054</u>	<u>4,066</u>
	<u>209,344</u>	<u>142,069</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	27,519	22,102
Travel expenses	-	-
Rent	4,702	4,320
General office expenses	2,245	2,434
Staff Training	6,490	1,723
Insurance	2,530	2,391
IT support and telephone	2,045	1,997
Postages	3,157	2,949
Book-keeping and accountancy	1,356	1,314
Office stationeries and printing costs	3,296	2,417
Advertising & marketing	2,466	2,520
Subscriptions	4,653	3,455
Bank charges	129	180
Depreciation	<u>616</u>	<u>616</u>
	<u>61,204</u>	<u>48,418</u>

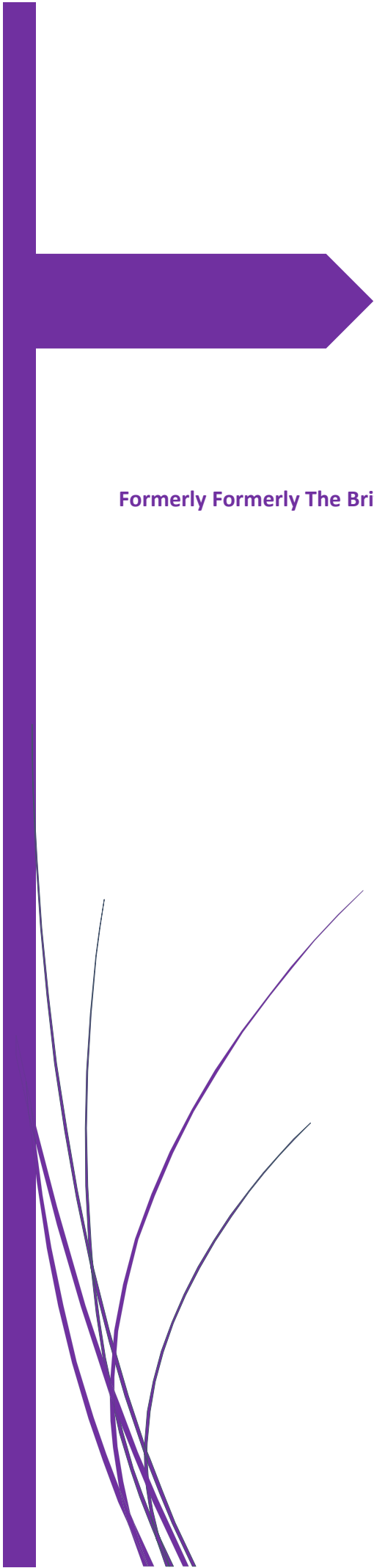
LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
Governance costs		
Staff and wages costs	4,925	4,156
Bookkeeping and payroll	402	438
Legal & professional fees	-	-
	5,327	4,594
Total resources expended	322,680	255,458
Net Surplus/Deficit for the year	(1,983)	68,920

LIMBPOWER

England & Wales - Charity number 1180906

Accounts



LIMBPOWER

Formerly Formerly The British Ambulant Disabled Sports and Arts FoundationTS FOUNDATION

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 2022**

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
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FOR THE YEAR ENDED 31 DECEMBER 2022

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LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation

OVERVIEW FROM THE CHAIR
FOR THE YEAR ENDED 31 DECEMBER 2022

1. LETTER FROM THE CHAIR

Dear supporters and friends,

I am delighted to share with you the progress we have made in the past year towards our mission of promoting and enabling inclusive sport for amputees and individuals with limb difference. Thanks to your generosity and commitment, we have been able to expand our programs and reach, providing more opportunities for participants of all abilities to participate, compete and excel.

However, as we celebrate our achievements, we also recognize the challenges and opportunities that lie ahead. The current global context has highlighted the importance of resilience, adaptability, and innovation, and we are determined to leverage these qualities to further enhance our impact and sustainability.

To this end, we have developed a new strategic plan that outlines our vision, values, goals, and strategies for the next five years. Our vision is to empower amputees and individuals with limb difference to achieve their full potential, and as a Sport England System Partner to promote social inclusion and awareness, and fosters partnerships and collaborations for sustainable change.

To achieve this vision, we will focus on three strategic priorities:

1. Enhancing participation: We will provide more engagement opportunities, educational workshops, coaching, and support services to help participants with physical disabilities to improve their skills, confidence, and resilience.
2. Expanding community engagement: We will engage more stakeholders and system partners, including clubs, charities and associations, and media, to raise awareness of the benefits and challenges of engagement in physical activity and disability sport, and promote a culture of inclusion, respect, and diversity.
3. Building organisational capacity: We will strengthen our governance, management, and fundraising capabilities, to ensure that we have the resources, skills, and networks to sustain and scale our impact.

We believe that by pursuing these priorities, we can make a meaningful and lasting difference in the lives of amputees, individuals with limb difference and their families, and communities. We also believe that we can inspire and mobilise more people to join our cause, and contribute to a more inclusive and equitable world.

Thank you again for your support and partnership. We invite you to join us in this exciting journey, and to share your feedback, ideas, and stories with us.

Sincerely,

Janet Williams
Chairman, LimbPower

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
OVERVIEW FROM THE CEO
FOR THE YEAR ENDED 31 DECEMBER 2022

2. OVERVIEW FROM THE CEO

Dear Supporters and Friends,

I am honoured to present to you LimbPower's annual report, a testament to our unwavering commitment to creating positive change in the lives of amputees and individuals with limb differences. As we reflect on the past year, we acknowledge the challenges that have shaped our journey and celebrate the resilience that defines our community.

The past year has been marked by unprecedented challenges, with the cost of living posing significant hurdles for our community. The impact of these challenges on engagement in physical activity and sport cannot be understated. Sport England's Active Lives research and the findings from Activity Alliance have shed light on the disparities faced by our community, reinforcing the need for innovative solutions that break down barriers.

At LimbPower, we have risen to the challenge, redefining our mission to ensure that no one is left behind. Diversification has been our guiding principle, and we have taken bold steps to create more free and subsidised opportunities for engagement, both online and locally. We understand that accessibility is crucial, and our commitment to inclusivity remains resolute.

As a distributor of the Tackling Inequalities Fund, we have harnessed the power of collaboration to amplify our impact. By working hand in hand with local partners, we have facilitated meaningful change that extends beyond our direct reach. It is this synergy that exemplifies the true strength of our community.

In adapting to the changing landscape, we have reimagined our in-person participation events. The LimbPower Games, Junior Games, and Family Fun Day have evolved to meet the evolving needs of our participants. Furthermore, we are thrilled to introduce the reformatted Advanced Rehabilitation Events, now seamlessly integrated into our Beyond Boundaries Programme. By putting our beneficiaries at the forefront, we have created opportunities that empower and inspire.

Our journey is one of continuous learning, growth, and adaptation. We are dedicated to creating and adapting opportunities that resonate with the needs of our community. Together, we rise above challenges, realizing the immense potential that resides within us all.

I extend my heartfelt gratitude to each one of you—our supporters, partners, and participants. Your unwavering dedication fuels our mission, driving us to build a world where physical activity and sport are accessible to all.

With determination and unity, we stride into the future, knowing that together, we are limitless.

Warm regards,

Kiera Roche, Founder and CEO

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
HIGHLIGHTS FROM 2022
FOR THE YEAR ENDED 31 DECEMBER 2022

3. HIGHLIGHTS FROM 2022

System Partner

In 2022 LimbPower became a Sport England System Partner alongside the six other National Disability Sports organisations forming part of 120 organisations in the unique position to influence change and level up access to sport and physical activity for people with a physical impairment.

Tackling Inequalities Fund - Supporting Limb Different Community Activity

The Tackling Inequalities Fund was part of the system work LimbPower did in the background in addition to the fantastic delivery work that we have been doing to support you. The Tackling Inequalities Fund was established by Sport England to aid clubs and facilities that were struggling coming out of the COVID-19 Pandemic. Through this scheme LimbPower has aided over ten clubs. This Fund was used by the clubs to run sessions, aid in the development of facilities, to purchase adapted equipment and improve overall user experience at the clubs.

The relaunch of our in-person engagement events

LimbPower successfully reinstated our in-person engagement events, reinvigorating our community's sense of unity and empowerment post Covid-19. The LimbPower Games, our multisport event reintegrated adults in active participation and facilitated skill enhancement and camaraderie under the guidance of qualified mentors and coaches. Our Junior Games offered a nurturing platform to child amputees and children with congenital limb difference to engage in sports with other children 'like them'. The Family Fun Day supported participation in activity in a more informal and fun setting. These events exemplify LimbPower's focus on nurturing inclusivity, community and sparking a collective journey towards participation in physical activity and sport.

The Children's Prosthetic Fund

Under LimbPower's steadfast administration, remains a lifeline on behalf of the Department of Health and Social Care. This vital initiative equips children with amputations or limb differences with the essential tools they need – activity and sports limbs – to take part in school P.E., community activities, and the simple joys of playing with friends. The fund's impact speaks volumes, having provided over 600 prosthetics to children with limb differences. As we look to the future, our collaboration with the Department of Health and Social Care and NHS England gains momentum, with a paramount objective: to transition this fund, so crucial for children's empowerment, from the Department of Health and Social Care to the realm of NHS England in 2023.

Fundamental Skills Workshop

LimbPower reintroduced impactful Fundamental Skills Workshops for children, focusing on the hub areas of Gloucestershire, Surrey, and Manchester. These workshops cater to limb-different children and amputees aged 5-18, empowering them to effectively use prosthetic limbs, enhancing their engagement in physical activity and sports within school and the community. Addressing social, physical, and psychological barriers faced by such children, the workshops offer invaluable family support through skill development, confidence boosting, and fostering belonging. The programme covers six ability levels, teaching essential skills, all adapted by experienced coaches from Eclectic Coaching. With significant participant feedback showing a profound impact on well-being, these workshops enable children to thrive both physically and mentally.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
HIGHLIGHTS FROM 2022
FOR THE YEAR ENDED 31 DECEMBER 2022

NEW National Fitness Day

in 2022 LimbPower agreed to be part of the annual National Fitness Day, coordinated by ukactive. This is a national campaign that unites individuals of all backgrounds, abilities, and disabilities in acknowledging the vital connection between physical activity and mental well-being. LimbPower offered a day of adapted online fitness classes tailored for people with limb differences. 76 participants registered to take part in this inaugural event which we plan to run again in 2023.

NEW Beyond Boundaries

LimbPower celebrated the inaugural Beyond Boundaries event in East Surrey on December 3rd. With eight in-person exercise classes and well-being workshops, offering a platform for participants to embark on a journey of physical and mental empowerment. Through tailored activities and guided sessions, individuals discovered the benefits of advanced rehabilitation, fostering a sense of accomplishment, camaraderie, and resilience. 20 limb different participants attended and benefitted from the impact that focused workshops can have on enhancing participants' well-being, encouraging active lifestyles, and instilling a powerful sense of community support.

Active August Campaign

The compelling Active August campaign, and a focused micro-campaign during the Commonwealth Games sparked an impressive surge in reach, engagement, and growth across our social platforms during July and August, far exceeding the averages for previous months. The Commonwealth Games finale prompted significant activity, with a striking 400% surge in Instagram engagement, over 1,500% on Twitter, and 214% on Facebook compared to June. The Active August campaign maintained a consistent touchpoint, contributing to a sustained uptick in engagement, particularly on Instagram with a 316% increase and 414% on Twitter. While Facebook saw a 9% increment, its focus on video-heavy content utilising Reels drove a remarkable 150% increase in reach. During August the Active August Go-Tri Reel, contributed to substantial reach and engagement.

Ripple Effect – collaboration with Swim England

LimbPower was one of the seven National Disability Sports Organisations that partnered with Swim England to deliver the Ripple Effect project in 2022-2023. The Ripple Effect is a project to increase inclusion and accessibility across Swim England's volunteering structure by breaking down barriers for disabled individuals who wanted to become volunteers and encouraging them to get involved in aquatic sports. LimbPower helped recruit, train and support volunteers with limb impairments with an interest in swimming. LimbPower also helped to raise awareness of the benefits of volunteering for people with limb impairments and the opportunities available within the aquatic sector.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
HIGHLIGHTS FROM 2022
FOR THE YEAR ENDED 31 DECEMBER 2022

Research

LimbPower conducted several research projects in 2022 to evaluate and improve our programmes and services and the disability landscape. Some of their research projects included:

- Completing the 2020 Physical Activity and Sports Survey, which aimed to understand the motivations and barriers to participation in sport and physical activity among people with limb impairments, as well as the role of prosthetic sockets and components.
- Started the Transitional Research Project with Star Works, funded by Sport England, which focused on developing innovative solutions to support young people with limb impairments to transition from paediatric to adult prosthetic services and to maintain an active lifestyle.
- The continuation of the Impact Research on the Physical Activity Adviser Programme, which assessed the effectiveness of providing personalised advice and support to people with limb impairments who want to start or increase their physical activity levels.
- LimbPower also supported research projects by System Partners, universities, manufacturers, and special interest groups.

These research projects enable LimbPower to enhance our evidence base, inform our practice, and improve the outcomes for people with limb impairments.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
REFERENCE AND ADMINISTRATIVE DETAIL
FOR THE YEAR ENDED 31 DECEMBER 2022

4. REFERENCE AND ADMINISTRATIVE DETAIL

Charity Incorporated Organisation Number (CIO) 1180906, Registered Charity Number: **1132829**

Registered office

Whitecroft
Tandridge Lane
Lingfield
Surrey
RH7 6LL

Trustees

The names of the current Trustees are:

Janet Williams - Chair	Appointed 22 nd January 2017
Ross Wadey	Appointed 20 th November 2016
Carl Barrett	Appointed 02 nd March 2018
Angela Schroeder – Vice Chair	Appointed 20 th January 2017
Rachel Morris	Appointed 17 th November 2018
Chris Linnitt	Appointed 17 th November 2018
Ken Black	Appointed 31 st March 2021
John Head (Associate)	Appointed 13 th June 2022

Auditors

Baxter & Co Chartered Certified Accountants, Lynwood House, Crofton Road, Orpington BR6 8QE

Ambassadors

Junior Ambassadors

Ellie Challis
Jess Dowdswell
Thomas O'Toole

Ambassadors

Andrew Lewis
Anoushè Husain
Gemma Trotter
Jack Evers
Rachel Morris
Corrie Mapp
Meva Singh Dhesi

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
STRUCTURE AND GOVERNANCE AND THE CHARITY BACKGROUND
FOR THE YEAR ENDED 31 DECEMBER 2022

5. STRUCTURE AND GOVERNANCE

LimbPower was previously a charitable foundation founded on 19th October 2009 (Trust Deed), which established the objectives and powers of the charity, governed under its Articles of Association (AoA), which have been revised and updated at various AGMs. The charity was registered with the Charity Commission on 20th November 2009, registration number 1132829. On the 29th of November 2018 LimbPower transitioned to a Charity Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales, with the new Registered Charity Number: 1180906.

The charity's objectives are specifically restricted to the following “The relief of ambulant disabled people (individuals with limb loss or impairments to their limbs who are not wheelchair users); by providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts.”

LimbPower aim to achieve these objectives through the provision of useful and relevant information, access to facilities and opportunities for participation in physical activity, sport, and the arts.

6. THE CHARITY BACKGROUND

LimbPower is a registered charity in England and Wales established in November 2009 to address a critical gap in disability sports, physical activity, and arts access among amputees and individuals with limb difference. Our mission centres on enhancing the lives of amputees and individuals with limb impairments, including congenital limb differences, club foot, hip dysplasia, balance disorders, and peripheral nerve injuries. We facilitate the integration of physical activity, sports, and the arts into rehabilitation journeys and lifelong well-being, bridging the gap between hospital led rehabilitation and community engagement. (Ask John Head to look at the terminology)

LimbPower works in collaboration and co-production with its community of beneficiaries, partners and stakeholders (healthcare professionals, sports providers, and government) to deliver services the community want and need based on research and evidence. LimbPower’s services are community-led and co-designed to empower amputees and individuals with limb impairments to take control of their own health and wellbeing. LimbPower’s Board of Trustees, staff and volunteers have lived experience of limb impairment and understand the challenges and opportunities that accompany living with a physical disability. LimbPower also provides training, education, advocacy, and awareness campaigns to raise awareness of the benefits and to support engagement/participation opportunities within physical activity, sport, and the arts for people with limb impairments.

LimbPower is one of the seven recognised as the National Disability Sports Organisation by Sport England and the Activity Alliance for its expertise, experience, and track record in engaging, influencing, and changing the behaviour and habits of amputees and individuals with limb impairments - an estimated population of 450,000 people - in relation to sport and physical activity. LimbPower aligns its work with the strategies of the Department of Culture Media and Sports and Sport England to promote inclusion and accessibility for disabled people in sport and physical activity. In 2022, LimbPower became a Sport England System Partner alongside the six other National Disability Sports organisations, forming part of 120 organisations that have the unique position to influence change and level up access to sport and physical activity.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
OBJECTIVES AND ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

7. OBJECTIVES AND ACTIVITIES

LimbPower understands the value and importance of engaging with our beneficiaries, volunteers, physical activity advisers and mentors whom all have a personal stake in the charity and our success.

In the beginning, LimbPower focused on delivering events and activities to aid limb-impaired persons' physical, social, and psychological rehabilitation. Since becoming a National Disability Sports Organisation in July 2014 LimbPower has developed a more in-depth knowledge of the Disability Sports Landscape and as a result, we have developed our services to include events, workshops, toolkits, coaching resources, sports action plans, membership, case studies and factsheets. We have identified new stakeholders who can help LimbPower achieve our objectives but on a larger, national scale. During the Covid-19 pandemic, LimbPower were required to change the way we work to support the needs of the community members we serve by introducing new online and virtual engagement opportunities. LimbPower is dedicated to having a positive, meaningful, and measurable impact on improving the lives of amputees and individuals with limb impairments.

Our vision is to change lives through the power of physical activity, sport, and the arts.

Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport, and the arts to improve quality of life and to aid physical, social, and psychological rehabilitation.

Our aims are to increase engagement, and sustained participation and promote local inclusion to help limb-impaired adults, young people and children reach their potential; to put each amputee and limb-impaired person in touch with the right sport and leisure activity for their needs and ability. To provide expert knowledge and support to the limb impaired, families physiotherapists, prosthetists, orthotists, occupational therapists, case managers, lawyers, support workers, coaches, and other sports providers on how to engage and adapt sports for the limb impaired.

- Increase the number of amputees and individuals with limb impairments taking part in physical activity, playing sports, and enjoying the arts.
- Build early engagement opportunities through identifying gaps in service provision and develop projects to meet the needs identified.
- Speed up and advance the rehabilitation of amputees and individuals with limb impairments (prosthetic and orthotic users) through education and engagement.
- Promote regular and sustained participation.
- Address the impairment-specific issues for amputees and individuals with limb impairments.
- Support National Governing Bodies and Active Partnerships attracting our community to their sports.
- Provide advocacy and advice through access to useful and relevant information.
- Open dialogue and engage with stakeholders around exercise, physical activity, sport, and the arts.
- Raise the profile of the charity as the authority on engaging the limb loss community in activity, sport, and the arts.

In formulating its objectives, the charity has considered the Charity Commission's published guidance on the operation of charities for the public benefit.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
LIMBPOWER'S CORE VALUES
FOR THE YEAR ENDED 31 DECEMBER 2022

8. LIMBPOWER'S CORE VALUES

Enjoyment – LimbPower work to promote the enjoyment and fun of taking part in an activity, as well as promoting the health benefits. Encourage the whole family friends and social and support networks to engage in an activity together.

Empowerment – LimbPower work to support and enable individuals through caring, listening and responding positively to their individual and organisational needs. To motivate and inspire individuals with limb differences to change their own lives and make their voices heard. We advocate and promote positive role models as a catalyst for engagement.

Inclusion - LimbPower respects diversity, treating everyone equally, with fairness and without discrimination to create conditions and opportunities for everyone to engage in an activity.

Knowledge – LimbPower strive to be impairment-specific experts in sharing quality and accurate knowledge, advice, support and guidance to beneficiaries and partners.

ACTIONS TO ENSURE OUR VALUES ARE ADHERED TO

Respect – LimbPower work to treat everyone as individuals, with respect and dignity and celebrate people's differences. Promote sportsmanship at all our engagement opportunities.

Professionalism – LimbPower strives to always act with responsibility, transparency, integrity, honesty, and sincerity. To deliver our work with a high level of competence, efficiency quality and accountability.

Impact - To strive to make a real and sustained difference in the lives of our beneficiaries in a measurable way, through running fun and educational activities, events and workshops that empower the individuals and their families and support network.

Collaboration – LimbPower is committed to working with others to provide sustainable opportunities to affect behaviour change and have an impact on our community.

Workforce - LimbPower is dedicated to fostering workforce development among amputees and individuals with limb differences, guiding them through rehabilitation and empowering community engagement for improved physical health. Participation in physical activities, sports, and recreation significantly impacts mental well-being, reducing stress, anxiety, and isolation while enhancing empowerment, happiness, and self-esteem. This comprehensive approach extends to educational development, where increased activity levels bolster self-esteem, confidence, and cognitive abilities, opening doors to better educational and employment prospects. Additionally, our efforts in social and community development combat isolation and exclusion, fostering connections and belonging through participation in our activities and events, promoting a stronger sense of community and camaraderie among diverse individuals.

LIMBPOWER
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DESIRED OUTCOMES
FOR THE YEAR ENDED 31 DECEMBER 2022

9. DESIRED OUTCOMES - PUBLIC BENEFIT

Physical well-being (Improved physical health)

LimbPower supports community members through the rehabilitation process and in community activity through interventions and advocacy, improving physical health to enable a happier and more fulfilled life. Being physically active and taking part in sport and active recreation is essential to an individual's wellbeing, reducing the impact of pre-existing medical conditions such as diabetes or vascular disease, maintenance of strength, balance and motor skills, increased energy levels, reduced falls, and healthy early years.

Mental-wellbeing

Physical activity and active recreation can improve mental wellbeing, including reducing stress and anxiety and reducing feelings of isolation. Mastering new skills increase an individual's empowerment, happiness, confidence, and self-esteem. Good mental well-being outcomes are equally as important as the physical benefits of taking part in physical activity and active recreation.

Individual development

Being active improves educational behaviour and attainment, through greater self-esteem, confidence, and direct cognitive benefits. Physical activity and sport can have a positive impact on a person's educational and employment opportunities and can also have a positive role in supporting those who are not in employment, education, or training.

Social and community development

Social inclusion is a vital part of the work LimbPower undertakes to reduce feelings of isolation and exclusion. Volunteering for the charity or taking part in LimbPower's participation events and activities gives community members a sense of belonging and supports stronger inclusion and reduces feelings of isolation. These activities promote links with other people both disabled and non-disabled.

Workforce development

LimbPower is dedicated to fostering workforce development among amputees and individuals with limb differences, guiding them through rehabilitation and empowering community engagement for improved physical health. This comprehensive approach extends to educational development, volunteering, and employment opportunities, where increased activity levels bolster self-esteem, confidence, and cognitive abilities, opening doors to better educational, volunteering and employment prospects.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
CHARITY ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

10. CHARITY ACTIVITIES

LimbPower, operates across all societal levels (see table below). We adjusted and adapt our charity activities and programmes to meet the changing needs of amputees and the limb different community. During the Pandemic we introduced more online and virtual content and more advocacy support. In 2022 we reintroduced our in-person programme of events and workshops which combined has enabled us to reach and support our core community to sustain their participation, while also reaching more inactive and rurally located community members. The Physical Activity Advisers are just starting to attend the limb centres again, which supports our programmes to reach people at the pre-contemplation and contemplation level of behaviour change and share the importance and value of physical activity in the rehabilitation process,

LimbPower's interventions work across the whole social ecology of health because the barriers to participation span all levels; by addressing the barriers and facilitators to physical activity at these different levels of health, LimbPower's interventions are more likely to be effective than working at one level in isolation.

Social ecology of health level	Engagement
Public Policy	LimbPower works with NHS England, The Department of Health, and Social Care, NHRI via Devices for Dignity (Starworks) and Sport England to engage with policymakers and advocate for the inclusion of amputees and individuals with limb difference in decision-making in both prosthetic rehabilitation and the inclusion in recreation, school PE (Physical Education), physical activity, and sport. LimbPower have also engaged with the Chief Medical Officer and Moving Medicine.
Community	LimbPower work with the Sport England System Partner, Activity Alliance, the British Paralympic Association through <i>Every Body Moves (previously parasport)</i> and the other National Disability Sport Organisations (NDSOs), National Governing Bodies of Sport (NGBs), Active Partnerships, Prosthetic Service Centres, Limb Loss Charities, Bodies and Associations to promote the inclusion of amputees and individual with limb difference in rehabilitation, physical activity, and sport. With the objective of breaking down the physical, technical, and social barriers to inclusion and participation.
Institutional	LimbPower is a user-led charity (50% of the Board, 60 % of staff and 80+% of volunteers are limb different or parents of limb different children). Beneficiaries are at the heart of the organisation, with a focus on parity for community members. Our strategy is founded on one question, how can LimbPower make activity, both physical and creative the <i>norm</i> rather than the <i>exception</i> among people with an amputation and people with limb difference?
Interpersonal	LimbPower support community members on an intrapersonal level through social networking opportunities at events, workshops, open days, conference, and exhibitions and through our virtual networking opportunities through social media support groups. LimbPower staff also support family members and advocate and connect community members through volunteer mentors and Physical Activity Advisers.
Intrapersonal	LimbPower supports community members at an intrapersonal level by offering opportunities to develop their physical skills, improve their physical and mental well-being, build confidence and self-esteem, build resilience, and provide knowledge to support attitude change. LimbPower also works to bridge the gap between rehabilitation and a physically active life.

Table 1

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation

COMMUNITY ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2022

11. COMMUNITY ENGAGEMENT

LimbPower exists to support community members through the rehabilitation process. This is the most crucial part of the charity's engagement work. Supporting individuals with limb loss or limb difference and their families through the life-long rehabilitation process. LimbPower work to bridge the gap between leaving the hospital and the hospital rehabilitation programme and engaging in school and community activity. Staff, physical activity advisers, mentors, volunteers, and ambassadors all play a vital role in supporting our community members during this transition and their ongoing engagement in exercise, physical activity, and sport.

Engagement method	Interventions
Interventions – telephone and email beneficiaries	2493
Interventions – telephone and email partners, coaches, and healthcare professionals	1643
Events	581
Children's Activity Prosthetic Fund	600+
Annual website visitors (unique users)	21,000
SOCIAL MEDIA	
Twitter follower	5770
Tweet impressions	258,000
Facebook page follower	3,300
LimbPower Facebook page reach	53,421
LimbPower Facebook Page Likes	3,000
YouTube videos viewed 2022	5398 in 2022
YouTube videos views since launch	35,232
YouTube Subscribers	334
Instagram follower	2323
Instagram page reach	25,288

Table 2

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
COMMUNITY ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2022

Interventions & Services

Programmes

Children's Activity Prosthetic Fund
Physical Activity Adviser programme
Inclusive Dance Programme
Walking inc. Nordic Walking Programme
Exercise Programme ReVAMP & Online Classes
Together Fund
Campaigns (LLDDAW & AA)
Ripple Effect

Events & Workshops

Adult

LimbPower Games
Beyond Boundaries
National Fitness Day Online Workshop
Q and A Workshops
#ICan Adult Camp
Walking for Fitness

NDSO Collaborative Events

Calvert Trust Weekend (Exmoor)
Have A Go Athletics Days
Shooting Days
National Dance Day (Stoke Mandeville)

Children

LimbPower Junior Games
Fundamental Skills Workshops
#ICan Family Camp
Inclusive Dance Day

Whole Community

Family Fun Day incorporating the Manic MaraFun
Stay at Home Superheroes
Virtual Summer Go Tri
Shooting Days

Classes & Videos

Adaptive Fitness Fun Videos
Art 4 All
New* Monday Morning Motivation Videos
Paracise
Tai Chi
Yoga
Zumba
Anyone Can Dance
*Wobble (New)
*Hiit (New)

The relaunch of the multisport days, the LimbPower Games and LimbPower Junior Games, brought joy as limb different children and adults returned to our flagship events at Stoke Mandeville Stadium. Over 160 individuals benefited from the events, experiencing the positive impact of sports participation. These events also paved the way for their continued pathway to sports involvement and participation.

Beyond boundaries

The New Beyond Boundaries in-person health and fitness day, launched in 2022, provided participants with advanced rehab events, live online exercise classes, and health/wellness sessions led by limb different and professional coaches. Each participant received personalised impact assessments and fitness equipment.

Online Classes

In 2022, LimbPower expanded its class offerings with the addition of three new classes: Wobble (seated), Paracise (standing), and Hiit. These classes, led by limb different instructors, complemented the existing line-up of yoga, Zumba, and Tai Chi. The free online classes played a crucial role in supporting disabled individuals during the COVID-19 pandemic and the cost of living crisis.

Sports Infographics

LimbPower and British Cycling teamed up to provide Top Tips for children and families, as well as cycling providers, to engage amputee and limb different children in cycling. These tips aim to create inclusive cycling environments and highlight the positive impact cycling can have on physical and mental well-being. By promoting accessible cycling opportunities and raising awareness, LimbPower and British Cycling are empowering children with limb differences to participate in this invigorating sport and

Together Fund

Established by Sport England post-COVID-19 The Together Fund supported clubs and centres that were struggling to recover from the pandemic. LimbPower assisted over ten clubs and two limb centres (Bristol and Manchester) The funding enabled the clubs and limb centres to develop the hubs, run sessions, purchase adapted equipment and improve overall user experience for the limb different community and the wider disabled community at the facilities.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2022

12. PARTNERSHIPS AND ENGAGEMENT

LimbPower engages with government agencies, the sports sector, health sector and charity sector to support our charity's programmes and community engagement in exercise, physical activity, sport, and the arts.

HEALTH SECTOR ENGAGEMENT

We have established strong partnerships within the health sector, collaborating with the Department of Health and Social Care, NHS England, the National Health Research Institute, and the individual Artificial Limb Centres. These connections allow us to influence prosthetics and orthotics provision, supported by experts on our Sports Advisory Panel and Children's Prosthetics Panel.

Policy Advocacy: LimbPower actively advocates for policy change, including access to prosthetic technology, activity prosthetics, research and development, and improved access to physical activity, sports, and the arts. Notably, our CEO serves as a Patient and Public Voice representative on the NHS England Prosthetic Service Review panel.

Research Partnerships: Research plays a pivotal role in our strategy. We are conducting research into complex cases, often overlooked, yet with significant rehabilitation needs. Additionally, we collaborate with research partners, such as St Mary's University, Starworks, the Activity Alliance and Sport England to support children and young people with limb differences.

SPORTS SECTOR ENGAGEMENT

LimbPower works in partnership with Sport England, the National Disability Sports Organisations (NDSOs), the Active Partnerships and various national governing bodies of sport to provide opportunities for participation and inclusion for people with limb impairments.

Sport Sector Engagement: In 2022, we achieved a significant milestone by becoming a Sport England System Partner, funded to address inactivity among amputees and individuals with limb differences. This partnership extends our impact, allowing us to distribute the Together Fund as part of the NDSO network.

Collaborative Influence: Our engagements extend to regular collaborations with the seven National Disability Sports Organisations (NDSOs), focusing on program sharing, best practices, research, insight, and communications. We maintain active connections with sports sector partners, including the Sports and Recreation Alliance, Activity Alliance, and National Governing Bodies of Sport, contributing to increased participation.

Charity Sector Collaboration: As a founding member of the limb loss charities network, we work closely with leading limb loss charities and disabled people's organizations. We collaborate with NDSOs like WheelPower, Cerebral Palsy Sport, UK Deaf Sport, and others, ensuring comprehensive support across the sector.

Universities and Academics: Research is foundational to our strategy, providing evidence for our programs, campaigns, events, and activities. Collaboration with universities and academics informs our work, guiding engagement strategies and partnerships to deliver impactful opportunities for individuals with limb loss. Through these multifaceted engagements, research, and insight, LimbPower continues to evolve as a trusted partner and advocate for the limb-loss community, fostering empowerment and quality support at every stage of the rehabilitation journey.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation

MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2022

13 MARKETING AND COMMUNICATIONS

LimbPower's marketing efforts in the past year have been instrumental in furthering our mission to empower individuals with limb loss and promote inclusivity. Through targeted strategies and impactful initiatives, we have successfully raised awareness, engaged with our community, and expanded our reach. Here is an overview of our key marketing accomplishments and initiatives in the reporting period:

Content Marketing and Thought Leadership

- Published engaging and informative content, including education articles, videos and paper resources, and social media posts, covering a wide range of topics related to limb loss, adaptive sports, and rehabilitation.
- Created educational infographics, paper resources, and video resources to expand our portfolio of educational and awareness-building content.
- Collaborated with industry experts to develop resources, providing valuable information to beneficiaries, and establishing LimbPower as a trusted source of educational content.

By expanding our portfolio of educational and awareness-building content we have further enriched the resources available to our community. These materials have empowered individuals with limb loss, providing them with valuable information and support. Moving forward, we will continue to prioritise the creation of informative and engaging content to educate and raise awareness about limb loss.

Community Engagement and Support

- Re-introduced our in-person workshops and events to support community members to engage in physical activity and sport in a safe environment amongst limb different peers and supported by qualified coaches with experience of working with physically disabled people.
- Developed our online classes introducing three new classes.
- Organised and participated in community events, workshops, and conferences to connect with individuals with limb difference, providing support, resources, and educational opportunities.

Partnerships and Collaborations

- Established strategic partnerships with prosthetic manufacturers, healthcare providers, and adaptive sports organisations, leveraging their networks and expertise to expand our reach and impact.
- Actively collaborated with influential individuals, brand ambassadors, and advocacy groups to amplify our message and extend our influence within the limb-loss community.
- Write a regular article for BACPAR Magazine on engaging amputees and individuals with limb difference in physical activity.
- Write a regular news feature for Activity Alliance as part of the NDSO awareness partnership.

Digital Presence and Branding

- Strengthened our online presence by refreshing our website and optimizing it for improved user experience, accessibility, and mobile responsiveness.
- Developed a cohesive brand identity across all marketing channels, ensuring consistent messaging and visual representation to enhance recognition and credibility.

Targeted Marketing Campaigns

- Implemented targeted digital advertising campaigns to reach specific demographics, and interest groups, ensuring our message reached those who could benefit the most from our programs and services.
- Successfully executed two month-long awareness campaigns: Limb Loss and Limb Difference Month and Active August, which featured inspiring stories, educational resources, and fundraising initiatives to raise awareness and support for individuals with limb loss.
- Executed two one-day campaigns: European Limb Loss Day and National Fitness Day, leveraging these occasions to generate increased visibility and engagement through social media, educational content, and community events.

LIMBPOWER
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MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2022

LimbPower Newsletter and e-newsletter

- LimbPower continue to write and distribute the paper newsletter to beneficiaries and the health and sport support network.
- Launched the LimbPower e-newsletter, a monthly email publication designed to keep our subscribers informed about the latest news, events, success stories, and educational resources.
- The newsletter served as a valuable communication tool, fostering a sense of community, sharing inspiring stories, and providing important updates on LimbPower's initiatives and opportunities.

Research and Insight

In parallel to our impactful marketing endeavours, LimbPower places great emphasis on research and insight to enhance our engagement with the limb-loss community. By continually understanding evolving needs, grounding our content in evidence-based approaches, measuring program impact, and collaborating with stakeholders, we ensure our initiatives remain wanted, needed, effective and relevant. Research not only informs our strategic planning and community engagement strategies but also enables us to share up-to-date information and foster a strong sense of belonging among individuals with limb loss.

NEW THIS YEAR

The Physical Activity for Disabled Children and Young People infographic with the Chief Medical Officers.

LimbPower was one of seven NDSOs that collaborated with the Chief Medical Officers' office and other DPOs to co-produce the infographic for the UK Chief Medical Officers' physical activity guidelines for disabled children and disabled young people in 2022. The infographic was based on a rapid evidence review and consultation with disabled children, disabled young people, parents, carers, and health and social care professionals. [The infographic provides practical advice and recommendations on how to help disabled children and disabled young people achieve the benefits of physical activity for their health and well-being](#)

Filming and Production of the LimbTalk Children's educational videos

LimbTalk is a video series which aims to educate and inspire children with limb loss and limb difference and their families, by featuring real stories and experiences of people who have overcome challenges and achieved their goals. The video series was launched in June 2023 as part of LimbPower's Limbformation project, which provides resources and information for children and families affected by limb difference. The video series involved the participation of children, young people and their families who have been involved in LimbPower's events and programmes. [Available on YouTube and covers topics such as school PE, making friends, family dynamics, sports, and hobbies and more](#)

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MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2022

Believe Perform Infographics (The importance of being active and The Inclusion Spectrum)

In co-production with Believe Perform is a platform that provides resources and support for mental health and well-being in sport and education. LimbPower created two infographics *The importance of being active* and *The Inclusion Spectrum*. The first infographic shows how physical activity can improve health, mood, cognition, and performance in different domains of life. The second infographic explains what inclusion means and how it can be achieved in sport and education settings. [The infographics are designed to be engaging, informative, and easy to understand for different audiences](#)

E- Newsletter

LimbPower has recently launched an e-newsletter for community members and their support network, to keep them updated on the latest news, events, resources, and opportunities that LimbPower and our partners offer around rehabilitation, physical activity, sport, well-being, education, advocacy, and more. The e-newsletter also features stories and experiences from people with limb difference who have participated in LimbPower's programmes and activities. [The e-newsletter is free to subscribe and can be accessed through LimbPower's website](#)

National Fitness Day Campaign

LimbPower joined UK Active's National Fitness Day Campaign on 22 September 2022. The campaign aimed to celebrate the fun and benefits of physical activity and encourage people to get active. LimbPower organised a full day of online inclusive exercise classes for amputees and individuals with limb differences, led by limb different qualified instructors and coaches. The classes included yoga, Wobble, Paracise, Tai Chi, strength, and conditioning, and more. The classes were suitable for all abilities and ages, and aimed to improve fitness, mobility, confidence, and well-being. The event was a success, with 78 registered participants over the full day of sessions. LimbPower received positive feedback from the participants, who enjoyed the variety and quality of the classes and felt motivated and inspired to stay active.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
FUNDRAISING
FOR THE YEAR ENDED 31 DECEMBER 2022

14. FUNDRAISING

LimbPower employs a diverse range of channels to raise funds and support our charitable objective of improving the lives of individuals with limb differences.

Grants and Foundations: LimbPower secures grants from organisations such as Sport England, the TIF Fund, Department of Health and Social Care, and other foundations supporting disability-related causes. These grants provide essential financial backing for our key projects and initiatives.

Charity Events: LimbPower organizes a variety of fundraising challenges and leverages existing events to amplify our fundraising efforts. These events include the Amputee FeBREWary, Brighton Marathon and 10k, Family Fun Day and Manic MaraFun, Superhero Series, Parachute Jumps at Netheravon, Exmoor Coastal Hike, LimbPower Ball, O2 Walkover, and the #ICanCamp Fundraiser. These initiatives not only raise funds through participant registrations and sponsorships but also bring attention to our cause.

Online Fundraising Platforms: LimbPower utilizes online fundraising platforms such as JustGiving, GoFundMe, and Donr. These platforms provide a convenient way for individuals to create their own fundraising campaigns in support of LimbPower. They encourage their networks to contribute, and we also run lotteries, raffles, and individual fundraising campaigns through these platforms.

Corporate Partnerships: We collaborate with **other charities, non-profit organizations, and healthcare institutions that share similar goals**. Our partners include Beast Prosthetics, Opcare, Blatchford, Design Prosthetics, Otto Bock Healthcare PLC, Dorset Orthopedic, Limb Art, Pace Rehabilitation, Stewarts, Swim England Ltd, Douglas Bader Foundation, Leigh Day Solicitors, Irwin Mitchell, Fletchers, and others. These partnerships not only provide financial support but also foster mutual growth and awareness.

Community Engagement: LimbPower actively engages with local communities, disability support groups, and schools. Through workshops, seminars, and educational events, we raise awareness about limb differences and the importance of inclusion. These efforts often lead to donation drives and fundraising activities within the community.

Social Media Campaigns: Our strong presence on social media platforms like Facebook, Twitter, and Instagram allows us to share inspiring stories, project updates, and event information. Social media serves as a powerful tool to reach a wider audience, raise awareness, and encourage online donations.

Collaborations and Partnerships: We collaborate with charities, non-profit organizations, and healthcare institutions that share similar goals. These collaborations result in joint fundraising initiatives, co-hosted events, and shared resources, magnifying the impact of our campaigns.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation

FUNDRAISING AND RISK MANAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2022

Lotteries and raffles: LimbPower's past raffles provided an engaging way to support our cause while offering participants a chance to win enticing prizes, including curated hampers. These hampers contained gourmet treats and lifestyle treasures, enhancing the excitement. Additionally, LimbPower introduced a new revenue stream by partnering with "EasyFundraising," enabling supporters to generate donations for our charity through everyday online purchases. This innovative approach expanded fundraising efforts and allowed individuals to contribute conveniently to our mission of enhancing the lives of individuals with limb differences.

By meticulously planning and executing this comprehensive fundraising strategy, LimbPower engages a diverse range of supporters and generates the resources necessary to create a meaningful impact in the lives of individuals with limb differences.

We extend our heartfelt gratitude to all grant givers, donors, supporters, fundraisers, and volunteers whose dedication and contributions drive our mission forward and supporting the work of the charity in so many creative, inspirational and interesting ways. **Your collective efforts are truly remarkable.**

15 RISK MANAGEMENT

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Trustees acknowledge their responsibility for the Charity's system of internal control and for reviewing its effectiveness while recognising that such a system is designed to manage rather than eliminate the risk of failure to achieve the Charity's objectives and that there is reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the responsibility of management to implement the Trustees' policies.

LIMBPOWER
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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

16. STATEMENT OF TRUSTEES RESPONSIBILITIES

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

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure, of the charitable organisation for that year end 31 December 2022. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that 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 Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination 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 external examiner is not aware of that information.

Approved by order of the board of Trustees on

and signed on its behalf by

.....
Janet Williams – Trustee Chairperson

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
INDEPENDENT AUDITORS REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

17. INDEPENDENT AUDITOR'S REPORT

We have audited the financial statements of The British Ambulant Disabled Sports and Arts Foundation (LimbPower) for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinion we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page 26, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of:

- whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed;
- The reasonableness of significant accounting estimates made by the trustees; and
- The overall presentation of the financial statements.

In addition, we read all the financial and non-financial information in the Report of the Trustees to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
INDEPENDENT AUDITORS REPORT
FOR THE YEAR ENDED 31 DECEMBER 2022

17. INDEPENDENT AUDITOR'S REPORT

Opinion on financial statements

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 December 2022 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Charities Act 2011.

Andrew Morgan Meredith FCCA, Senior Statutory Auditor
For and on behalf of
Baxter & Co
Chartered Certified Accountants
Lynwood House
Statutory Auditor
Crofton Road
Orpington
Kent
BR6 8QE

Date:

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

18. STATEMENT OF FINANCIAL ACTIVITY

				Year Ended 2022	Year Ended 2021
	Notes	Unrestricted funds £	Designated Funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Voluntary income	2	58,679	-	190,233	248,912
Activities for generating funds	3	75,466	-	-	75,466
Total		134,145	-	190,233	324,378
EXPENDITURE ON					
Costs of generating funds	4	60,377	-	-	60,377
Charitable activities					
Sports England - Inclusive Sports Department of Health		-	-	66,402	66,402
- Children Prosthetic Fund		10,527	-	25,602	36,129
- Fundamental Skills		4,409	-	-	4,409
LimbPower Adult and Junior Games		18,994	-	-	18,994
Research and Insight		5,370	-	-	5,370
I Can Camp – Adult and Family		6,699	-	-	6,699
Other Charitable activities		4,066	-	-	4,066
Support and Admin costs		48,418	-	-	48,418
Governance Cost	5	4,594	-	-	4,594
Total		163,454	-	92,004	255,458
NET INCOME/(EXPENDITURE)		(29,309)	-	98,229	68,920
RECONCILIATION OF FUNDS					
Total funds brought forward		68,617	93,387	135,368	297,372
Total funds carried forward		39,308	93,387	233,597	366,292

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation

BALANCE SHEET AS AT 31 DECEMBER 2022

19. BALANCE SHEET

				Year Ended 2022	Year Ended 2021
	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
FIXED ASSETS					
Tangible assets	8	3,887	-	-	3,370
		<u>3,887</u>	<u>-</u>	<u>-</u>	<u>3,370</u>
		3,887	-	-	3,370
CURRENT ASSETS					
Debtors	9	28,404	-	6,575	39,058
Cash at bank		<u>28,140</u>	<u>93,387</u>	<u>273,573</u>	<u>292,292</u>
		56,544	93,387	280,148	331,350
CREDITORS					
Amounts falling due within one year	10	(21,123)	-	(46,551)	(37,348)
		<u>(21,123)</u>	<u>-</u>	<u>(46,551)</u>	<u>(37,348)</u>
NET CURRENT ASSETS		<u>35,421</u>	<u>93,387</u>	<u>233,597</u>	<u>294,002</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>39,308</u>	<u>93,387</u>	<u>233,597</u>	<u>297,372</u>
		39,308	93,387	233,597	297,372
NET ASSETS		<u>39,308</u>	<u>93,387</u>	<u>233,597</u>	<u>297,372</u>
FUNDS					
Unrestricted funds:					
General fund				39,308	68,617
Designated fund				<u>93,387</u>	<u>93,387</u>
				132,695	162,004
Restricted funds:					
Sports England, Department of Health and Truecolours				233,597	135,368
				<u>233,597</u>	<u>135,368</u>
TOTAL FUNDS				<u>366,292</u>	<u>297,372</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2022

The Trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard;
- (b) Preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of each financial year and of its surplus or deficit for each financial.

The financial statements were approved by the Board of Trustees on **July 2023** and were signed on its behalf by:

.....
Janet Williams - Trustee Chairperson

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

20. NOTES TO THE ACCOUNTS
ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computers and Office equipment - 20% straight line method.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2022

2a. VOLUNTARY INCOME

	2022	2021
	£	£
Subscriptions	2,671	965
Donations	38,208	42,192
Research and Insight	-	5,950
Sponsorship	17,800	5,264
	<u>58,679</u>	<u>54,371</u>

2b. Grants

	2022	2021
	£	£
Department of Health- Children Prosthetics Fund	25,602	26,300
Starworks	-	-
Sports England – Inclusive Sports Fund	158,731	79,412
Other Grants	5,900	-
	<u>190,233</u>	<u>105,712</u>

3. Activities for generating income

	2022	2021
	£	£
Super Hero Tri	5,464	2,367
Mania Mara fun	8,267	-
I Can programme	8,500	25,492
AmpuTEA FeBREWary	1,118	456
Walking Events	5,546	13,775
LimbPower Junior & Adult Games	3,019	-
Winter Wonderwheels	70	3,189
Running Events	3,955	3,982
Limbpower Ball	15,583	-
Parachute Jump	13,144	-
Other individual fundraising activities	10,800	7,218
	<u>75,466</u>	<u>56,479</u>

4. COSTS OF GENERATING FUNDS

	2022	2021
	£	£
Staff costs	12,676	11,332
Marketing & advertising	10,082	8,426
Limbformation Project Costs	-	-
Event costs	12,555	14,618
Other fundraising costs	15,839	12,247
	<u>9,225</u>	<u>1,465</u>
	<u>60,377</u>	<u>48,088</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and
Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2022

5. GOVERNANCE COSTS

	2022	2021
	£	£
Staff costs	4,156	4,533
Book-keeping and payroll services	438	411
Legal & professional fees	-	-
	<u>4,594</u>	<u>4,944</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2022 (2021: £nil)

7. STAFF COSTS

Staff costs were as follows:-

	2022	2021
	£	£
Salaries and wages	98,521	96,082
Social security cost	<u>3,923</u>	<u>3,787</u>
	<u>102,444</u>	<u>99,869</u>

The average number of staff employed by the charity during the financial year was 4 (2021: 4).

No employee received emoluments of more than £60,000 in the 12 month period from 1 January to 31 December 2022 (2021:nil).

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2022

8. TANGIBLE FIXED ASSETS

**Computers
and office
equipment
£**

COST

At 1 January 2022

16,961

Additions

2,571

At 31 December 2022

19,532

DEPRECIATION

At 1 January 2022

13,591

Charge for year

2,054

At 31 December 2022

15,655

NET BOOK VALUE

At 31 December 2022

3,887

At 31 December 2021

3,370

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2022

2021

£

£

Trade debtors

26,400

4,600

Prepayments

-

-

Accrued income

8,579

34,458

34,979

39,058

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

2022

2021

£

£

Trade creditors

13,478

7,520

Social security and other tax

2,343

1,846

Accrued expense

5,302

5,177

Deferred Income

46,551

22,805

67,674

37,348

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2022

11. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	Transfer between funds £	At 31.12.22 £
Unrestricted funds				
General fund	68,617	(23,409)	-	45,208
Designated fund	93,387	-	-	93,387
Restricted funds				
Sports England	105,046	92,329	-	197,375
Starworks	25,322	-	-	25,322
Truecolours	5,000	-	-	5,000
Department of Health – Children Prosthetic Fund	-	-	-	-
D of Health – Fundamental Skills	-	-	-	-
TOTAL FUNDS	297,372	68,920	-	366,292

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	140,045	(163,454)	-	(23,409)
Designated fund	-	-	-	-
	<u>140,045</u>	<u>(163,454)</u>	<u>-</u>	<u>(23,409)</u>
Restricted funds				
Sports England	158,731	(66,402)	-	92,329
Starworks	-	-	-	-
Truecolours	-	-	-	-
D of Health – Children Prosthetics Fund	25,602	(25,602)	-	-
D of Health – Fundamental Skills	-	-	-	-
	<u>184,333</u>	<u>(92,004)</u>	<u>-</u>	<u>92,329</u>
TOTAL FUNDS	324,378	(255,458)	-	68,920

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
INCOME AND ENDOWMENTS		
Voluntary income		
Subscriptions	2,671	965
Donations	44,108	42,192
Research and Insight	-	5,950
Sponsorship donation	17,800	5,264
	64,579	54,371
Activities for generating funds		
Super Hero Tri	5,464	2,367
Mania Mara fun	8,267	-
I can programme	8,500	25,492
AmpuTEA FeBREWary	1,118	456
Walking Events	5,546	13,775
LimbPower Junior & Adult Games	3,019	-
Winter Wonderwheels	70	-
Running Events	3,955	3,982
Limbpower Ball	15,583	-
Parachute Jump	13,144	-
Individual fundraising activities	10,800	10,407
	75,466	56,479
Grant		
Department of Health – Children Prosthetics Fund	25,602	26,300
Starworks	-	-
Sports England – Inclusive sports	158,731	79,412
	184,333	105,712
Total incoming resources	324,378	216,562

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	12,676	11,332
LimbPower Ball	9,225	1,465
Marketing and advertising	10,082	8,426
Events costs	12,555	14,618
Other fundraising	<u>15,839</u>	<u>12,247</u>
	<u>60,377</u>	<u>48,088</u>
Charitable activities		
Sports England – project costs	66,402	42,050
Department of Health – Children Prosthetics Fund	36,129	36,593
Starworks	-	-
Department of Health – Fundamental Skill	4,409	610
LimbPower Games Junior and Adult	18,994	-
Research and Insight	5,370	16,350
I Can Camp – Adult and Family	6,699	17,426
Other charitable activities – including depreciation	<u>4,066</u>	<u>3,783</u>
	<u>142,069</u>	<u>116,812</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	22,102	13,513
Travel expenses	-	-
Rent	4,320	4,250
General office expenses	2,434	1,407
Staff Training	1,723	2,397
Insurance	2,391	2,903
IT support and telephone	1,997	3,756
Postages	2,949	1,076
Book-keeping and accountancy	1,314	1,234
Office stationeries and printing costs	2,417	1,608
Advertising & marketing	2,520	2,107
Subscriptions	3,455	2,927
Bank charges	180	700
Depreciation	<u>616</u>	<u>563</u>
	<u>48,418</u>	<u>38,441</u>

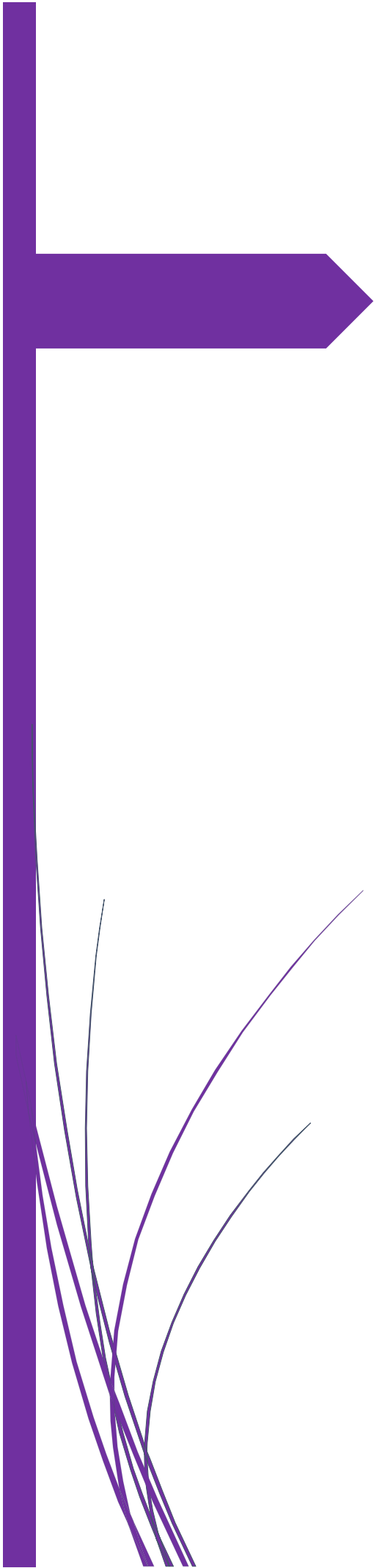
LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
Governance costs		
Staff and wages costs	4,156	4,533
Bookkeeping and payroll	438	411
Legal & professional fees	-	-
	4,594	4,944
Total resources expended	255,458	208,285
Net Surplus for the year	68,920	8,277

LIMBPOWER

England & Wales - Charity number 1180906

Accounts



LIMBPOWER

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 2021**

**LIMBPOWER
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

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**LIMBPOWER
OVERVIEW FROM THE CHAIR
FOR THE YEAR ENDED 31 DECEMBER 2021**

1. LETTER FROM THE CHAIR

2021 has been one of our most difficult years, yet the charity has shown great strength, resilience, and ability to adapt to support the changing community needs. This report reflects the outstanding efforts made by everyone at LimbPower to rise above these challenges to continue helping as many children as possible, young people and adults with an amputation or limb difference and their families and support networks.

2. OVERVIEW FROM THE CEO

LimbPower's small team of passionate individuals work towards one goal, supporting children, young people and adult amputees and individuals with limb difference through the rehabilitation process and back into school and community activity. We support both the individual with limb difference and their families and support network, this extended support is vital in supporting successful engagement. We do this through engaging directly with beneficiaries and their families and through working in partnership with other relevant organisation to close the gap in support services.

We are a user lead charitable organisation with Board members, staff and volunteers who have limb difference, so we understand the needs, want and desires of community members. We also understand the many barriers to participation, and we work tirelessly to remove these barriers as an organisation and as part of the larger community. When we launched LimbPower in 2009 it was to fill the gap in access to disability sports for civilian amputees, as there were no organisations working in this space. In the last ten years, there have been huge improvements and we now work with and collaborate with many organisations large and small. While there have been challenges during the Covid-19 Pandemic, we adapted and created online classes and content to fulfil our objective of supporting community members to engage in an activity.

We are incredibly proud to have supported and engaged with over 1500 individuals during 2021 and to have worked with 1,000 healthcare professionals, organisations, coaches, instructors, and teachers to support community members into activities in school, at home and in the community. We have developed new online video content and paper resources and collaborated with research projects to improve the prosthetic service and access to exercise, physical activity, and sport.

What many beneficiaries are not aware of is the work that LimbPower conducts behind the scenes to improve the access to and quality of the prosthetic service, as well as access to P.E., exercise, physical activity, and sport. LimbPower works with the Department of Health and Social Care, NHS England, Sport England, and other sector partners to promote change and service improvements. We look at gaps in service and try to fill them or bridge them through our strategic partnerships. We administer the Children's Activity Prosthetic Fund on behalf of the Department of Health and Social Care, which has given over 500 children activity prosthetics and will continue to do so in 2022, something we are immensely proud of.

2021 was a strange year as we started to come out of lock-down resulting in LimbPower offering a hybrid service to meet community needs of online and in-person engagement, reaching and supporting 500 more people than we have in previous years. Through the addition of our online programme and virtual events, we have been able to reach further across England and Wales and work with people who are not as mobile or have barriers to travel. LimbPower is committed to maintaining and developing these

**LIMBPOWER
OVERVIEW FROM THE CHAIR
FOR THE YEAR ENDED 31 DECEMBER 2021**

programmes and to supporting more vulnerable and less mobile community members to improve their rehabilitation through their mental, physical, and social health.

We hope you will join us in making this a reality.

Warmest regards,

Kiera Roche
CEO and Founder

LIMBPOWER
HIGHLIGHTS FROM 2020
FOR THE YEAR ENDED 31 DECEMBER 2021

3. HIGHLIGHTS FROM 2021

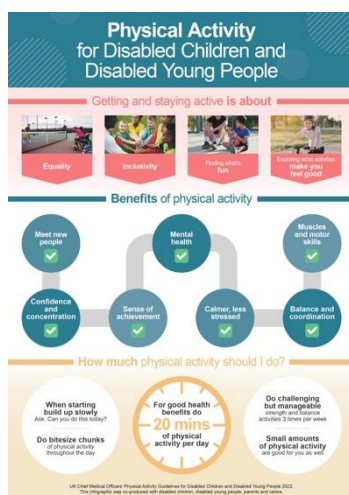
Breaking boundaries with a trek along Hadrian's Wall

Another first for LimbPower, Trustee, Paralympian and double amputee Rachel Morris joined our team of limb different walkers and pushers to take on Hadrian's Wall in the summer. Rachel is the first wheelchair user to navigate Hadrian's Wall in an all-terrain wheelchair. Rachel was joined by other limb different team members, including CEO Kiera Roche and Fitness Officer Rebecca Legon and a support crew to take on this incredible challenge and change perceptions about what people with limb difference are capable of.

New Government Infographic and Evidence Review - Physical activity for general health benefits in disabled children and disabled young people: rapid evidence reviews with the Chief Medical Officer.

LimbPower were the first NDSO to respond to the call by Sport England to support this resource and we fed the information back to the other National Disability Sports Organisations.

Carly Bauert, our Children and Family Officer worked with Brett Smith at Durham University to bring two children's focus groups together, for which we were paid a small fee. Carly appeared on Woman's Hour to speak about the resource. Carly spotted that there were no obvious disabled people in the photos and asked for an amputee to be included. We are loving being a system partner. It is also an honour to be recognised for contributing to such an important piece of work.



ReVAMP

LimbPower have further developed the reVAMP 12-week fitness and nutrition programme with Paralympian Jack Evers, to include beginners and intermediate programmes and standing and seated programme to meet the growing demand. 96 people have taken part in the 12-week programme, with many signed up for the next programme. This programme has been one of LimbPower's success stories of the Covid-19 Pandemic.

#ICan Adult Camp at the Calvert Trust

LimbPower runs an adventure weekend for 22 amputees and their families and carers at the bespoke Calvert Trust Centre in Exmoor. This event added the zing back to participants' mental, physical, and emotional well-being after the Covid-19 restrictions., fresh air, clear skies, and the surrounding countryside were just what the participants needed. This event is focused on low-level fun outdoor activities that can be engaged in across the country as an introduction to lifestyle outdoor activity, as well as supporting community members' physical and social health. We will be running another camp in February 2022 supported by Sport England.

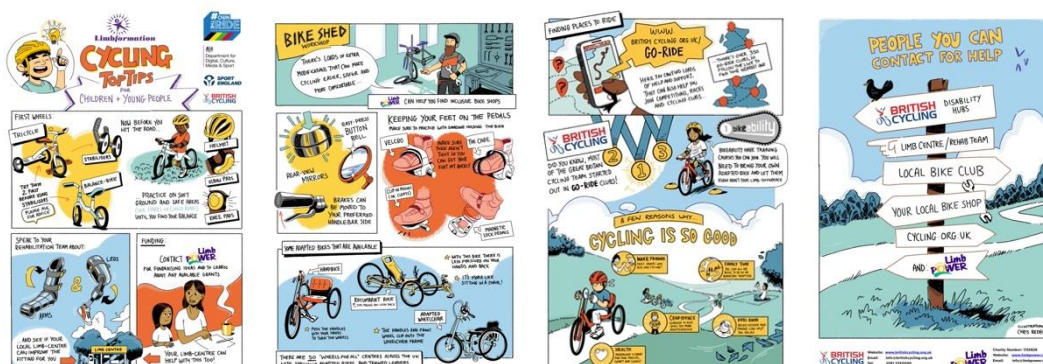
**LIMBPOWER
HIGHLIGHTS FROM 2020
FOR THE YEAR ENDED 31 DECEMBER 2021**

#ICan Family Camp September 2021

LimbPower took 13 families with limb different children to a weekend residential camp at Longtown Outdoor Residential Centre, in the Brecon Beacons at the end of September. #ICan Family Camp offers families of a child with limb difference a residential outward-bound weekend away for the whole family. The whole family get to take part in fun and adapted (to their needs) outdoor activities including canoeing, paddle boarding and climbing with their sibling and peers, children 'like me' in a safe and supportive environment, enabling children to learn and develop new skills without the pressure of being different. The families have dedicated social time together, as well as independent focus groups for parents, limb different children and siblings. We are grateful for the support of the Limbless Association and Starworks with this project.

British Cycling Infographic

LimbPower were commissioned by the NGB, British Cycling to produce two infographics in the style of the suite of infographics previously produced for the Starworks project. The first of these infographics was completed in 2021. The target audience of the first infographic are families and children with limb differences. LimbPower received a fee for this work. This infographic will be physically launched at the LimbPower Junior Games 2022, where we will have British Cycling, Wheels for Us and Hand Cycling UK.



Online Programme

LimbPower added extra classes and content to our online live exercise classes with the introduction of two new instructors. Upper limb different personal trainer Olivia Chapman and Paracise and adapted Zumba teacher Kaaren Admiral. We developed two exercise workshops with England Athletics and British Athletics for coaches and run a virtual online rehabilitation event Beyond Boundaries for amputees, individuals with limb difference and their families, as well as their wider support network of healthcare professionals and coaches. 53 people registered to attend this live online event.

LIMBPOWER
REFERENCE AND ADMINISTRATIVE DETAIL
FOR THE YEAR ENDED 31 DECEMBER 2021

4. REFERENCE AND ADMINISTRATIVE DETAIL

Registered Charity Number: **1180906**

Registered office

Whitecroft
Tandridge Lane
Lingfield
Surrey
RH7 6LL

Trustees

The names of the current Trustees are:

Janet Williams - Chair	Appointed 22 nd January 2017
Ross Wadey	Appointed 20 th November 2016
Jessica Cook	Resigned 12 th December 2020
Carl Barrett	Appointed 02 nd March 2018
Angela Schroeder – Vice Chair	Appointed 20 th January 2017
Rachel Morris	Appointed 17 th November 2018
Chris Linnitt	Appointed 17 th November 2018
Ken Black	Appointed 31 st March 2021
John Head (Associate)	Appointed 13 th June 2022

Auditors

Baxter & Co Chartered Certified Accountants, Lynwood House, Crofton Road, Orpington BR6 8QE

Patron

Richard Whitehead

Ambassadors

Andrew Lewis
Anne Dickins
Anoushè Husain
Danny Green
Gemma Trotter
Helen Chapman
Jack Evers
Jodie Cundy
Rachel Morris

LIMBPOWER
STRUCTURE AND GOVERNANCE AND THE CHARITY BACKGROUND
FOR THE YEAR ENDED 31 DECEMBER 2021

5. STRUCTURE AND GOVERNANCE

LimbPower is a charitable foundation founded on 29th November 2018 (Trust Deed), which established the objectives and powers of the charity, governed under its Articles of Association (AoA), which have been revised and updated at various AGMs. The charity was registered with the Charity Commission on 29th November 2018, registration number 1180906.

The charity's objectives are specifically restricted to the following "The relief of ambulant disabled people (individuals with limb loss or impairments to their limbs who are not wheelchair users); by providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts."

LimbPower aim to achieve these objectives through the provision of useful and relevant information, access to facilities and opportunities for participation in physical activity, sport, and the arts.

6. THE CHARITY BACKGROUND

LimbPower was created for the benefit of amputees and individuals with limb impairments (individuals with congenital limb differences, club foot, hip dysplasia and acquired limb impairments such as balance disorders and peripheral nerve injury). LimbPower was founded to fill a much-needed gap in disability sport, physical activity, and access to the arts to improve quality of life and aid lifelong rehabilitation.

LimbPower are the lead organisation with the necessary expertise, experience, and partnerships to engage, influence attitudes, change behaviour and physical activity and sporting habits of amputees and individuals with limb impairments - an estimated population of 450,000 people. LimbPower has been recognised as a National Disability Sports Organisation by Sport England and the Activity Alliance because they believe LimbPower have the credentials, track record and expertise to engage amputees and individuals with limb impairments in physical activity and sport, and the access to influence families, healthcare professionals, sports providers, and government. In line with the Department of Culture Media and Sports strategy and the new Sport England strategy, LimbPower have reviewed and amended our position to adopt some of the key elements identified by both the DCMS and Sport England around disability and physical activity and sport.

LIMBPOWER
OBJECTIVES AND ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

7. OBJECTIVES AND ACTIVITIES

LimbPower understands the value and importance of engaging with our beneficiaries, volunteers, physical activity advisers and mentors whom all have a personal stake in the charity and our success.

In the beginning, LimbPower focused on delivering events and activities to aid limb-impaired persons' physical, social, and psychological rehabilitation. Since becoming a National Disability Sports Organisation in July 2014 LimbPower has developed a more in-depth knowledge of the Disability Sports Landscape and as a result, we have developed our services to include events, workshops, toolkits, coaching resources, sports action plans, membership, case studies and factsheets. We have identified new stakeholders who can help LimbPower achieve our objectives but on a larger, national scale. During the Covid-19 pandemic, LimbPower were required to change the way we work to support the needs of the community members we serve by introducing new online and virtual engagement opportunities. LimbPower is dedicated to having a positive, meaningful, and measurable impact on improving the lives of amputees and individuals with limb impairments.

Our vision is to change lives through the power of physical activity, sport, and the arts.

Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport, and the arts to improve quality of life and to aid physical, social, and psychological rehabilitation.

Our aims are to increase engagement, and sustained participation and promote local inclusion to help limb-impaired adults, young people and children reach their potential; to put each amputee and limb-impaired person in touch with the right sport and leisure activity for their needs and ability. To provide expert knowledge and support to the limb impaired, families physiotherapists, prosthetists, orthotists, occupational therapists, case managers, lawyers, support workers, coaches, and other sports providers on how to engage and adapt sports for the limb impaired.

- Increase the number of amputees and individuals with limb impairments taking part in physical activity, playing sports, and enjoying the arts.
- Build early engagement opportunities through identifying gaps in service provision and develop projects to meet the needs identified.
- Speed up and advance the rehabilitation of amputees and individuals with limb impairments (prosthetic and orthotic users) through education and engagement.
- Promote regular and sustained participation.
- Address the impairment-specific issues for amputees and individuals with limb impairments.
- Support National Governing Bodies and Active Partnerships attracting our community to their sports.
- Provide advocacy and advice through access to useful and relevant information.
- Open dialogue and engage with stakeholders around exercise, physical activity, sport, and the arts.
- Raise the profile of the charity as the authority on engaging the limb loss community in activity, sport, and the arts.

In formulating its objectives, the charity has considered the Charity Commission's published guidance on the operation of charities for the public benefit.

**LIMBPOWER
DESIRED OUTCOMES
FOR THE YEAR ENDED 31 DECEMBER 2021**

8. LIMBPOWER'S CORE VALUES

Enjoyment – LimbPower work to promote the enjoyment and fun of taking part in an activity, as well as promoting the health benefits. Encourage the whole family friends and social and support networks to engage in an activity together.

Empowerment – LimbPower work to support and enable individuals through caring, listening and responding positively to their individual and organisational needs. To motivate and inspire individuals with limb differences to change their own lives and make their voices heard. We advocate and promote positive role models as a catalyst for engagement.

Inclusion - LimbPower respects diversity, treating everyone equally, with fairness and without discrimination to create conditions and opportunities for everyone to engage in an activity.

Knowledge – LimbPower strive to be impairment-specific experts in sharing quality and accurate knowledge, advice, support and guidance to beneficiaries and partners.

ACTIONS TO ENSURE OUR VALUES ARE ADHERED TO

Respect – LimbPower work to treat everyone as individuals, with respect and dignity and celebrate people's differences. Promote sportsmanship at all our engagement opportunities.

Professionalism – LimbPower strives to always act with responsibility, transparency, integrity, honesty, and sincerity. To deliver our work with a high level of competence, efficiency quality and accountability.

Impact - To strive to make a real and sustained difference in the lives of our beneficiaries in a measurable way, through running fun and educational activities, events and workshops that empower the individuals and their families and support network.

Collaboration – LimbPower is committed to working with others to provide sustainable opportunities to affect behaviour change and have an impact on our community.

**LIMBPOWER
DESIRED OUTCOMES
FOR THE YEAR ENDED 31 DECEMBER 2021**

9. DESIRED OUTCOMES - PUBLIC BENEFIT

Physical well-being (Improved physical health)

LimbPower supports community members through the rehabilitation process and in community activity through interventions and advocacy, improving physical health to enable a happier and more fulfilled life. Being physically active and taking part in sport and active recreation is essential to an individual's wellbeing, reducing the impact of pre-existing medical conditions such as diabetes or vascular disease, maintenance of strength, balance and motor skills, increased energy levels, reduced falls, and healthy early years.

Mental

wellbeing

Physical activity and active recreation can improve mental wellbeing, including reducing stress and anxiety and reducing feelings of isolation. Mastering new skills increase an individual's empowerment, happiness, confidence, and self-esteem. Good mental well-being outcomes are equally as important as the physical benefits of taking part in physical activity and active recreation.

Individual development

Being active improves educational behaviour and attainment, through greater self-esteem, confidence, and direct cognitive benefits. Physical activity and sport can have a positive impact on a person's educational and employment opportunities and can also have a positive role in supporting those who are not in employment, education, or training.

Social and community development

Social inclusion is a vital part of the work LimbPower undertakes to reduce feelings of isolation and exclusion. Volunteering for the charity or taking part in LimbPower's participation events and activities gives community members a sense of belonging and supports stronger inclusion and reduces feelings of isolation. These activities promote links with other people both disabled and non-disabled.

**LIMBPOWER
CHARITY ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

10. CHARITY ACTIVITIES

LimbPower has adapted our charity activities and how we deliver our programme to support the changing community needs. We have introduced more online and virtual content and programmes which has also enabled us to reach more inactive and rurally located community members. We were able to reopen some of our in-person events and charitable activities including the #ICan Camps, while other programmes were impacted by the Covid-19 pandemic including the cancellation or postponements of our summer live events and the Physical Activity Adviser programme which was hindered while the Limb Centres and Rehabilitation Centres were closed, Volunteers are still not allowed onsite at NHS Hospital Trust sites.

LimbPower's interventions work across the whole social ecology of health because the barriers to participation span all levels; by addressing the barriers and facilitators to physical activity at these different levels of health, LimbPower's interventions are more likely to be effective than working at one level in isolation.

Social ecology of health level	Engagement
Public Policy	LimbPower works with NHS England, The Department of Health, and Social Care, NHRI via Devices for Dignity (Starworks) and Sport England to engage with policymakers and advocate for the inclusion of amputees and individuals with limb difference in decision-making in both prosthetic rehabilitation and the inclusion in recreation, school PE (Physical Education), physical activity, and sport. LimbPower are engaging with the Chief Medical Officer on creating guidelines for exercise for disabled children.
Community	LimbPower work with the Activity Alliance, the British Paralympic Association through parasport and the other National Disability Sport Organisations (NDSOs), National Governing Bodies of Sport (NGBs), Active Partnerships, Prosthetic Service Centres, Limb Loss Charities, Bodies and Associations to promote the inclusion of amputees and individual with limb difference in rehabilitation, physical activity, and sport. With the objective of breaking down the physical, technical, and social barriers to inclusion and participation.
Institutional	LimbPower is a user-led charity (50% of the Board, 60 % of staff and 80+% of volunteers are limb different or parents of limb different children). Beneficiaries are at the heart of the organisation, with a focus on parity for community members. Our strategy is founded on one question, how can LimbPower make activity, both physical and creative the <i>norm</i> rather than the <i>exception</i> among people with an amputation and people with limb difference?
Interpersonal	LimbPower support community members on an intrapersonal level through social networking opportunities at events, workshops, open days, conference, and exhibitions and through our virtual networking opportunities through social media support groups. LimbPower staff also support family members and advocate and connect community members through volunteer mentors and Physical Activity Advisers.
Intrapersonal	LimbPower supports community members at an intrapersonal level by offering opportunities to develop their physical skills, improve their physical and mental well-being, build confidence and self-esteem, and provide knowledge to support attitude change. LimbPower also works to bridge the gap between rehabilitation and a physically active life.

Table 1

**LIMBPOWER
COMMUNITY ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

11. COMMUNITY ENGAGEMENT

LimbPower exists to support community members through the rehabilitation process. This is the most crucial part of the charity's engagement work. Supporting individuals with limb loss or limb difference and their families through the life-long rehabilitation process. LimbPower work to bridge the gap between leaving the hospital and the hospital rehabilitation programme and engaging in school and community activity. Staff, physical activity advisers, mentors, volunteers, and ambassadors all play a vital role in supporting our community members during this transition and their ongoing engagement in exercise, physical activity, and sport.

Engagement method	Interventions
Interventions – telephone and email beneficiaries	1845
Interventions – telephone and email partners, coaches, and healthcare professionals	1452
Online classes	1287
Events	192
Children’s Activity Prosthetic Fund	594
Annual website visitors (unique users)	28,000
SOCIAL MEDIA	
Twitter follower	5,158
Tweet impressions	258,000
Instagram followers	1,257
Facebook page follower	2,671
YouTube videos viewed	8,489
LimbPower Facebook page reach	42,659
LimbPower Facebook Page Likes	2,600
Instagram follower	1598
Instagram page reach	11,639

Table 2

**LIMBPOWER
COMMUNITY ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

Interventions & Services

Programmes

Children's Activity Prosthetic Fund
Physical Activity Adviser programme
Inclusive Dance Programme
Nordic Walking Programme
ReVAMP
Walking Wednesday
Tackling Inequalities Fund

Events & Workshops

Beyond Boundaries
Manic MaraFun
Spring into Action
Q and A Workshops
Stay at Home Superheroes
Winter Wonder Wheels
#ICan Family Camp
#ICan Adult Camp
Virtual Summer Go Tri

Classes & Videos

New *Adaptive Fitness Fun Videos
Art 4 All
New* Monday Morning Motivation Videos
Paracise
Tai Chi
Yoga
Zumba
Anyone Can Dance

ReVAMP A lifechanging fitness and nutritional programme designed by Paralympian Jack Evers to support our community with a unique 12-week course of adaptive challenging exercise circuits and nutritional advice. 81 amputees and individuals with limb difference have benefitted from this programme.

#ICan Camps are designed for people with limb loss and limb difference who face many barriers and transitions, both children and adults. The Camps were created to meet the need to support children, young people and adults with an amputation or congenital limb difference on their lifelong rehabilitation journey, Camps support the development of mobility, independence, social skills, self-discipline and support a healthy mind.

Beyond Boundaries

A bespoke and interactive Beyond Boundaries Workshop supported by Irwin Mitchell, which engaged individuals in exercise and physical activity with a focus on overcoming barriers to become more active, with a mixture of dynamic live exercise classes and engaging presentations. Over 50 community members registered for this event.

School Games Dance Resource

In conjunction with Para Dance UK and the Youth Sport Trust LimbPower created four new dance cards and videos which were developed for release during the School Games Week. Designed to be used by an individual child or young person or in a school or community setting and involves engaging and easy to follow routines (with supporting videos) that are accessible and fun. They support strength, balance, and flexibility and help to improve energy levels and mood. Each one is adaptable to individual's abilities, so people can simply take them at their own pace.

**LIMBPOWER
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

11. PARTNERSHIPS AND ENGAGEMENT

LimbPower engages with government agencies, the sports sector, health sector and charity sector to support our charities programmes and community engagement in exercise, physical and sport.

HEALTH SECTOR ENGAGEMENT

LimbPower works in partnership with the Department of Health, NHS England, National Health Research Institute via the Devices for Dignity, and the Artificial Limb Centres, who deliver the prosthetics and orthotics services. LimbPower also engages with manufacturers in the Prosthetic and Orthotic Industry. Through these relationships, we have gained credibility in the industry and have become a trusted partner that we harness to influence the provision of prosthetics and orthotics. Key industry experts sit on our Sports Advisory Panel and Children's Prosthetics Panel sharing invaluable insight and supporting research and the development of resources and programmes.

Policy – Creating positive change through influence, policy, and communication. LimbPower plays a key role in advocating for policy change; including access to prosthetic technology, activity prosthetics; prosthetics research and development and advocating for better access to physical activity, sport, and the arts.

Prosthetic Service Review – NHS England are responsible for planning and buying specialised services for disabled people who need complex disability equipment including prosthetics, orthotics, and wheelchair services. NHS England are conducting a review of the prosthetic service. LimbPower's Chief Executive Officer is a **Patient and Public Voice** representative on this review panel.

Research – LimbPower engages with research partners to inform policy and influence change. We are currently conducting research into the pathway for complex cases, an often-overlooked demographic, with greater rehabilitation needs than more able community members. We are also conducting two pieces of impact research. **Starworks** – we work closely with the Starworks team facilitating research to support children and young people with limb difference.

SPORT SECTOR ENGAGEMENT

Sport England – LimbPower is a trusted NDSO, and system partner funded by Sport England to tackle inactivity among amputees and individuals with limb difference. LimbPower has been distributing the Tackling Inequalities Fund as part of the NDSO network. Together the seven NDSO's create access to exercise, physical activity, and sport for people with a disability.

The Seven National Disability Sports Organisations meet on a regular basis at a management, executive and marketing level, working in collaboration on programmes and sharing best practices, research and insight and communications.

Sports Sector - LimbPower continues to engage with sports sector partners and organisations including the Sports and Recreation Alliance, and The Activity Alliance. The British Paralympic Association via parasport, The Youth Sport Trust, Sporting Equals and our National Governing Body of Sport partners and Active Partnerships, supporting them to increase participation in their sport.

Charity Sector - LimbPower is a founding member of the limb loss charities network working with the leading limb loss charities and disabled people's organisations. LimbPower collaborates with the seven other NDSO organisations – WheelPower, Cerebral Palsy Sport, UK Deaf Sport, British Blind Sport, Dwarf Sports Association UK, Mencap, and Special Olympics Great Britain.

**LIMBPOWER
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

*"It's important that when and where charities can identify opportunities to pool knowledge and resources with the aim of greater outcomes for beneficiaries, that collaborations are nurtured. Over the last few years, LimbPower and the Limbless Association have worked together to raise awareness and standards of support in the limb loss sector as well as identifying individual projects to meet any service gaps identified. We have very much welcomed LimbPower's support in facilitating the I CAN Young Persons project, jointly devised by Steps, LimbPower and the LA, with the aim of continuing to develop this initiative over the next few years. The LimbPower Games is a regular fixture in the LA event calendar, and we have thoroughly enjoyed taking part in such an inspirational event. We look forward to continuing to explore collaborative approaches. Our joint aim is to ensure that those experiencing limb loss and limb impairment are appropriately supported at each stage of the rehabilitation pathway. Congratulations LimbPower on another successful year!" **Deborah Bent, CEO, Limbless Association.***

Research – Universities and Academics

Research and insight underpin LimbPower's strategy and the work the charity undertakes providing LimbPower with evidence to inform the programmes, campaigns, resources, event, and activities we deliver on behalf of community members, as well as what engagement is required, who to engage with and how to engage with partners to advise and support work providing quality and impactful opportunities for amputees and people with a limb impairment.

*"LimbPower is a vibrant and visionary organisation delivering life changing initiatives to people living with conditions that impact on their mobility and mental health. BAPO have been proud to support their work and collaborate on projects to make a difference to individuals lives and we appreciate their time and commitment working with our profession to inform our practice and ultimately improve the care that we give individuals accessing our services in the UK". **Lynne Rowley, Chair of The British Association of Prosthetists***

"LimbPower has been key to our work in research and innovation for children with limb loss. Our aim is to increase research across the system to accelerate the translation of new inventions and developments in child prosthetics into everyday use. This initiative is centred on the needs of children and their families as well as the NHS and ensures there is the ideal balance of 'clinical pull' and 'technical push' to create an energetic environment in which to innovate and to partner with industry. At the centre of this are children and families, they work with us to ensure that the end innovation works for them.

*LimbPower's open and trusting approach means that children and young people go to them for support, guidance, and advice. We recognised their vital work right away and we are delighted that they see us as key collaborators. I can honestly say that our knowledge of unmet needs in this area, our networks, our base knowledge and our 16 funded projects would be very limited with the support of LimbPower." **Nathaniel Mills NIHR Devices for Dignity MedTech Co-operative and NIHR Children and Young People MedTech Co-operative, Programme Manager.***

**LIMBPOWER
MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2021**

12 MARKETING AND COMMUNICATIONS

COMMUNITY ENGAGEMENT

LimbPower supports children, young people and adults affected by amputation and limb difference, via our programmes and services and through our dedicated staff and a team of **85 volunteers** offering advice, support, and signposting to local and national opportunities, sharing useful and relevant resources and educational materials. LimbPower offers marketing and public relations interventions to reach and communicate with beneficiaries and their support network of charities, user groups, healthcare professionals and services. LimbPower also offers support and advice to healthcare professionals, sports and exercise professionals and teachers who engage in the rehabilitation of amputees and individuals with limb difference.

Building our community

LimbPower's primary objective is to support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social, and mental well-being, to do this we need to reach as many community members as possible through a variety of communication channels. Each year our number of members, subscribers and followers increases and in 2021 we received double the number of website visitors with 24,000 unique users visiting our website, and all our social media channels received more subscribers, followers and likes. The figures are in table 2 on page 10.

Social Media Campaigns

LimbPower runs three annual social media campaigns, focusing on sharing the physical and mental health benefits of engaging in physical activity and sport. People with a physical disability are 50% more likely to be inactive than their non-disabled friends and family members. This figure increased due to the additional barriers presented to disabled people during the Covid-19 pandemic. Sharing educational material, information resources and inspirational case studies is a vital part of the engagement programme to increase participation in exercise, physical activity, sport, and art. Our research and research by other organisations highlight that one of the major barriers to participation for our community members is a lack of information. LimbPower work to address this lack of information through our resources and marketing and social media campaigns and through our website and online communities.

Limb Loss Awareness Month is an awareness campaign to promote the positive aspects of limb difference. LimbPower engages with other limb loss charities, service providers, manufacturers, and community members. This campaign runs throughout the month of April. LimbPower ran a social media campaign called #GetMoving to raise awareness of the physical health benefits and mental health benefits of engaging in physical activity with a focus on moving more at home, in the office and for children. LimbPower created a series of these infographics called 'Move More at Home', 'Move More at Work' and 'Move More for Children'.

Active August online campaign

This year's campaign focused on physical and mental health to support our community members during the Covid-19 pandemic to help kick-start a healthy and active lifestyle, with excellent engagement levels from community members. We shared some fantastic resources including the Otto bock Fitness App, Otto bock workout, and LimbPower's exercise videos including new Adaptive Fitness Fun exercise videos with Jack Evers (all available on YouTube and the LimbPower website www.limbpower.com). During August, we received 432 social media posts and engaged with 1,193 active members with our live exercise and yoga sessions being the most popular. The online campaign reached 3,578 people and over 7,000 people have viewed our online videos. #ActiveAugust

**LIMBPOWER
MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2021**

- **I can campaign;** to celebrate the International Day of Persons with Disabilities and European Limb Loss Day on 3rd December. This is a social media campaign to promote the positive experiences of individuals with limb loss and limb difference. This campaign ran in partnership with LimbPower, Limbless Association and the London Prosthetic Centre.

Resources - LimbPower has produced 178 resources, 67 paper resources and 113 videos to support inactive amputees and individuals with limb difference to engage in activity and to support active amputees and individuals with limb difference to develop their self-efficacy to sustain their engagement in physical activity. This does not include the extensive resource library for the subscription reVAMP videos. <https://limbpower.com/resources>

NEW THIS YEAR

Summer Top Tips

A guide for amputees and individuals with limb differences to plan for the summer season, with useful and relevant information on tackling heat and perspiration, travel, accommodation, and accessibility.

Cycling Resource

LimbPower in conjunction with British Cycling produced a new Children's Cycling Infographic to join our suite of child-centric infographics to support the physical, mental, and social well-being of children with limb difference. This resource was created to address the needs of limb-impaired children to take part in cycling. LimbPower worked with families and British Cycling representatives to develop this fun illustrated guide to navigating the world of cycling in response to research and insight from parents and children.

Camp Resource

LimbPower created a fun infographic with illustrations, listing what families and individuals with limb difference should pack to join one of our residential camps. LimbPower worked with families and individuals with limb difference to provide this infographic.

Parasport

LimbPower collaborated with the BPA and Parasport to produce three at-home workout videos to support disabled people during the lockdown. These videos were well received with over 2,000 views. All three videos are available on the Parasport YouTube Channel and on the LimbPower YouTube channel.

School Games Resource

In conjunction with Para Dance UK and the Youth Sport Trust LimbPower created four new dance cards and videos which were developed for release during the School Games Week. Designed to be used by an individual child or young person or in a school or community setting and involves engaging and easy-to-follow routines (with supporting videos) that are accessible and fun. They support strength, balance, and flexibility and help to improve energy levels and mood. Each one is adaptable to an individual's abilities, so people can simply take them at their own pace.

Exercise Case Studies

LimbPower produced five new case studies featuring amputees and individuals with limb difference who took part in the online exercise classes and reVAMP during 2021 to gain insight into how beneficial these online programmes were for the participants and to share the value of this programme with other limb different community members. You can view the case studies here <https://limbpower.com/resources/case-studies>.

**LIMBPOWER
FUNDRAISING
FOR THE YEAR ENDED 31 DECEMBER 2021**

13. FUNDRAISING

LimbPower are enormously grateful for every single donation we receive from individuals, families, and organisations. We thank each one of our donors for supporting the work of the charity in so many creative and interesting ways, from fundraising challenges, tea morning and sponsored events to poetry readings and photoshoots. LimbPower could not run our invaluable service without their support. The determination and dedication we have witnessed from our supporters is astounding.

LimbPower has focused its fundraising programme on organisations and companies working with the community LimbPower serves, such as prosthetic and orthotic manufacturers and service providers and Grantmakers who already provide grants in disability sports. By focusing our fundraising activities in this way, LimbPower can make the best use of the limited resources the charity has.

O2 Climb

In February, our team of explorers braved the wind and rain to walk over the roof of the O2 Arena in London to raise funds for #ICan Camps. The team included five children and two limb different adults. Considering the appalling weather, we had a wonderful day.

2.6 Challenge

LimbPower were negatively affected when this year's participation and fundraising events had to be cancelled or postponed due to the COVID-19 pandemic. The 2.6 challenge was launched to aid assistance to charities facing these uncertain times, and this national fundraiser arrived with perfect timing. Our epic team of 32-super-amputee and their families united in a sports activity of their choice, to include the numbers 2.6 or 26 in their challenge.

Hadrian's Wall

What an incredible and awe-inspiring experience. Phenomenal team of amputees, partners, friends, and supporter. As a team, throughout our challenge, we trekked a whopping 45 kilometres along Hadrian's wall. Our team included LimbPower trustee and Paralympian Rachel Morris who completed the trek in an all-terrain wheelchair, the first-ever wheelchair user to do so.

Stay At Home Superhero series 2021

The evil villain Covid-19 didn't stop our awesome community from completing their super sporting mission in summer 2021. Oh no! 36 LimbPower Superheroes stepped up to the new, month-long 'At Home' challenge raising an awesome £9985.36.

Winter Wonderwheels 2021

To ensure everyone stayed super motivated for the second-ever month-long At Home challenge. LimbPower had 24 Superheroes and Sidekicks take part in their own personal challenge and we raised an incredible £17,840.24. A very special mention needs to go out to new LimbPower Junior, Arthur Stone and his family and friends who raised £12,480.25.

**LIMBPOWER
FUNDRAISING
FOR THE YEAR ENDED 31 DECEMBER 2021**

A huge thank you to all our fantastic fundraisers, funders, donors' supporters, and wonderful volunteers. Your support is immeasurable and invaluable to our fundraiser's incredible efforts and achievements throughout the year.

MAIN GRANT PROVIDERS

Sports England, Department of Health and Starworks, Toyota Parasport, Tackling Inequalities Fund

OUR CORPORATE AND TRUST SPONSORS

Beast Prosthetics, Opicare, Blatchford, Otto Bock Healthcare PLC, Dorset Orthopedic, Pace Rehabilitation, Stewarts, Swim England Ltd, Douglas Bader Foundation, Leigh Day Solicitors, Irwin Mitchell.

FUNDRAISERS

We celebrate our fundraisers and volunteers on our website, social media, and stories. Our fundraisers receive donations from colleagues, friends, and family. We do not have a record of all these generous donations which enable us to continue our work. We thank each one of you for your contribution.

OUR DONORS

LimbPower receives many donations throughout the year. Without your donations, we could not deliver the important and invaluable services that we offer the limb different community. If your name is not on this list and you have donated to LimbPower please accept our sincerest apologies and please do get in touch so that we can amend any reports and documents.

VOLUNTEERS

LimbPower's incredible volunteers fuel our charity engine. These wonderful individuals who give up their time to support LimbPower and the community members are invaluable resources. Thank you for all you do!

**LIMBPOWER
RISK MANAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

14 RISK MANAGEMENT

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Trustees acknowledge their responsibility for the Charity's system of internal control and for reviewing its effectiveness while recognising that such a system is designed to manage rather than eliminate the risk of failure to achieve the Charity's objectives and that there is reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the responsibility of management to implement the Trustees' policies.

LIMBPOWER
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

15. STATEMENT OF TRUSTEES RESPONSIBILITIES

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

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure, of the charitable organisation for that year end 31 December 2021. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that 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 Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination 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 external examiner is not aware of that information.

Approved by order of the board of Trustees on

and signed on its behalf by

.....
Janet Williams – Trustee Chairperson

LIMBPOWER
INDEPENDENT AUDITORS REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021

16. INDEPENDENT AUDITOR'S REPORT

We have audited the financial statements of The British Ambulant Disabled Sports and Arts Foundation (LimbPower) for the year ended 31 December 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows, and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinion we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page 26, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of:

- whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed.
- The reasonableness of significant accounting estimates made by the trustees; and
- The overall presentation of the financial statements.

In addition, we read all the financial and non-financial information in the Report of the Trustees to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies, we consider the implications for our report.

**LIMBPOWER
INDEPENDENT AUDITORS REPORT
FOR THE YEAR ENDED 31 DECEMBER 2021**

16. INDEPENDENT AUDITOR'S REPORT

Opinion on financial statements

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as of 31 December 2021 and of its income and expenditure for the year then ended.
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice.
- have been prepared in accordance with the requirements of the Charities Act 2011.

Andrew Morgan Meredith FCCA, Senior Statutory Auditor
For and on behalf of
Baxter & Co
Chartered Certified Accountants
Lynwood House
Statutory Auditor
Crofton Road
Orpington
Kent
BR6 8QE

Date:

LIMBPOWER
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

17. STATEMENT OF FINANCIAL ACTIVITY

				Year Ended 2021	Year Ended 2020
		Unrestricted funds	Designated funds	Restricted funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Voluntary income	2	54,371	-	105,712	160,083
Activities for generating funds	3	56,479	-	-	56,479
Total		110,850	-	105,712	216,562
EXPENDITURE ON					
Costs of generating funds	4	48,088	-	-	48,088
Charitable activities					
Sports England - Inclusive Sports		-	-	42,050	42,050
Department of Health					
- Children Prosthetic Fund		10,293	-	26,300	36,593
- Fundamental Skills		-	-	610	610
LimbPower Adult and Junior Games		-	-	-	-
Starworks		-	-	-	-
Research and Insight		16,350	-	-	16,350
I Can Camp – Adult and Family		17,426	-	-	17,426
Other Charitable activities		3,783	-	-	3,783
Support and Admin costs		38,441	-	-	38,441
Governance Cost	5	4,944	-	-	4,944
		139,325	-	68,960	208,285
NET INCOME/(EXPENDITURE)		(28,475)	-	36,752	8,277
RECONCILIATION OF FUNDS					
Total funds brought forward		105,592	89,887	93,616	289,095
Total funds carried forward		77,117	89,887	130,368	297,372
					-

LIMBPOWER
BALANCE SHEET AS AT 31 DECEMBER 2021

18. BALANCE SHEET

					Year Ended 2021 Total funds £	Year Ended 2020 Total funds £
	Notes	Unrestricted funds £	Designated funds £	Restricted funds £		
FIXED ASSETS						
Tangible assets	8	3,370	-	-	3,370	4,408
		<u>3,370</u>	<u>-</u>	<u>-</u>	<u>3,370</u>	<u>4,408</u>
CURRENT ASSETS						
Debtors	9	4,600	-	34,458	39,058	45,316
Cash at bank		<u>134,747</u>	<u>93,387</u>	<u>64,158</u>	<u>292,292</u>	<u>265,323</u>
		139,347	93,387	98,616	331,350	310,639
CREDITORS						
Amounts falling due within one year	10	(14,543)	-	(22,805)	(37,348)	(25,952)
		<u>(14,543)</u>	<u>-</u>	<u>(22,805)</u>	<u>(37,348)</u>	<u>(25,952)</u>
NET CURRENT ASSETS		<u>124,804</u>	<u>93,387</u>	<u>75,811</u>	<u>294,002</u>	<u>284,687</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>128,174</u>	<u>93,387</u>	<u>75,811</u>	<u>297,372</u>	<u>289,095</u>
NET ASSETS		<u>128,174</u>	<u>93,387</u>	<u>75,811</u>	<u>297,372</u>	<u>289,095</u>
FUNDS						
Unrestricted funds:						
General fund				128,174		105,592
Designated fund				<u>93,387</u>		<u>89,887</u>
				221,561		195,479
Restricted funds:						
Sports England, Department of Health and Starworks				<u>75,811</u>		<u>93,616</u>
TOTAL FUNDS				<u>297,372</u>		<u>289,095</u>

LIMBPOWER
BALANCE SHEET AS AT 31 DECEMBER 2021

The Trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard.
- (b) Preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of each financial year and of its surplus or deficit for each financial.

The financial statements were approved by the Board of Trustees in
and were signed on its behalf by:

October 2022

.....
Janet Williams - Trustee Chairperson

LIMBPOWER
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

19. NOTES TO THE ACCOUNTS
ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computers and Office equipment - 20% straight line method.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Accounting period

The Report and Financial Statements have been prepared for the 12-month period ended 31st December 2021. The comparative figures relate to the 18-month period ended 31st December 2020.

LIMBPOWER
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021

2a. VOLUNTARY INCOME

	2021	2020
	£	£
Subscriptions	965	1,285
Donations	42,192	21,012
Research and Insight	5,950	-
Sponsorship	5,264	7,500
	<u>54,371</u>	<u>29,797</u>

2b. Grants

	2021	2020
	£	£
Department of Health- Children Prosthetics Fund	26,300	26,300
Starworks	-	27,200
Sports England – Inclusive Sports Fund	79,412	75,239
Other Grants	-	-
	<u>105,712</u>	<u>128,739</u>

3. Activities for generating income

	2021	2020
	£	£
Super Hero Tri	2,367	6,035
Mania Mara fun	-	4,415
I Can programme	25,492	3,672
AmpuTEA FeBREWary	456	2,295
Walking Events	13,775	1,647
LimbPower Junior & Adult Games	-	25,390
Winter Wonderwheels	3,189	17,179
Running Events	3,982	-
Other individual fundraising activities	7,218	5,969
	<u>56,479</u>	<u>66,602</u>

4. COSTS OF GENERATING FUNDS

	2021	2020
	£	£
Staff costs	11,332	9,435
Marketing & advertising	8,426	3,765
Limbformation Project Costs	-	-
Event costs	14,618	9,175
Other fundraising costs	12,247	8,869
LimbPower Ball	1,465	-
LimbPower Games	-	8,320
	<u>48,088</u>	<u>39,564</u>

LIMBPOWER
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021

5. GOVERNANCE COSTS

	2021	2020
	£	£
Staff costs	4,533	4,494
Book-keeping and payroll services	411	378
Legal & professional fees	-	1,000
	<u>4,944</u>	<u>5,872</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2021 (2020: £nil)

7. STAFF COSTS

Staff costs were as follows: -

	2021	2020
	£	£
Salaries and wages	96,082	100,304
Social security cost	<u>8,787</u>	<u>8,653</u>
	<u>104,869</u>	<u>108,957</u>

The average number of staff employed by the charity during the financial year was 4 (2020: 4).

No employee received emoluments of more than £60,000 in the 12-month period from 1 January to 31 December 2021 (2020: nil).

LIMBPOWER
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021

8. TANGIBLE FIXED ASSETS

	Computers and office equipment £
COST	
At 1 January 2021	16,121
Additions	<u>840</u>
At 31 December 2021	<u>16,961</u>
DEPRECIATION	
At 1 January 2021	11,713
Charge for year	<u>1,878</u>
At 31 December 2021	<u>13,591</u>
NET BOOK VALUE	
At 31 December 2021	<u><u>3,370</u></u>
At 31 December 2020	<u><u>4,408</u></u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	4,600	3,500
Prepayments	-	3,363
Accrued income	<u>34,458</u>	<u>38,453</u>
	<u><u>39,058</u></u>	<u><u>45,316</u></u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	7,520	5,748
Social security and other tax	1,846	4,354
Accrued expense	5,177	4,900
Deferred Income	<u>22,805</u>	<u>10,950</u>
	<u><u>37,348</u></u>	<u><u>25,952</u></u>

LIMBPOWER
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021

11. MOVEMENT IN FUNDS

	At 1.1.21 £	Net movement in funds £	Transfer between funds £	At 31.12.21 £
Unrestricted funds				
General fund	105,592	(36,975)	-	68,617
Designated fund	89,887	3,500	-	93,387
Restricted funds				
Sports England	67,684	37,362	-	105,046
Starworks	25,322	-	-	25,322
Truecolours	-	5,000	-	5,000
Department of Health – Children Prosthetic Fund	-	-	-	-
D of Health – Fundamental Skills	610	(610)	-	-
TOTAL FUNDS	<u>289,095</u>	<u>8,277</u>	<u>-</u>	<u>297,372</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	105,850	(139,325)	(3,500)	(36,975)
Designated fund	-	-	3,500	3,500
Restricted funds				
Sports England	79,412	(42,050)	-	37,362
Starworks	-	-	-	-
Truecolours	5,000	-	-	5,000
D of Health – Children Prosthetics Fund	26,300	(26,300)	-	-
D of Health – Fundamental Skills	-	(610)	-	(610)
	<u>110,712</u>	<u>(68,960)</u>	<u>-</u>	<u>41,752</u>
TOTAL FUNDS	<u>216,562</u>	<u>(208,285)</u>	<u>-</u>	<u>8,277</u>

LIMBPOWER
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021	2020
	£	£
INCOME AND ENDOWMENTS		
Voluntary income		
Subscriptions	965	1,285
Donations	42,192	21,012
Research and Insight	5,950	-
Sponsorship donation	<u>5,264</u>	<u>7,500</u>
	54,371	29,797
Activities for generating funds		
Super Hero Tri	2,367	6,035
Mania Mara fun	-	4,415
I can programme	25,492	3,672
AmpuTEA FeBREWary	456	2,295
Walking Events	13,775	1,647
LimbPower Junior & Adult Games	-	25,390
Running Events	3,982	-
Winter Wonderwheels	-	17,179
Individual fundraising activities	<u>10,407</u>	<u>5,969</u>
	56,479	66,602
Grant		
Department of Health – Children Prosthetics Fund	26,300	26,300
Starworks	-	27,200
Department of Health – Fundamental Skills	-	-
Sports England – Inclusive sports	<u>79,412</u>	<u>75,239</u>
	<u>105,712</u>	<u>128,739</u>
Total incoming resources	<u>216,562</u>	<u>225,138</u>

LIMBPOWER
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021	2020
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	11,332	9,435
LimbPower Games	-	8,320
LimbPower Ball	1,465	-
Marketing and advertising	8,426	3,765
Events costs	14,618	9,175
Other fundraising	<u>12,247</u>	<u>8,869</u>
	<u>48,088</u>	<u>39,564</u>
Charitable activities		
Sports England – project costs	42,050	53,679
Department of Health – Children Prosthetics Fund	36,593	34,522
Starworks	-	8,320
Department of Health – Fundamental Skill	610	323
LimbPower Games Junior and Adult	-	853
Research and Insight	16,350	-
I Can Camp – Adult and Family	17,426	-
Other charitable activities – including depreciation	<u>3,783</u>	<u>8,285</u>
	<u>116,812</u>	<u>105,982</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	13,513	7,737
Travel expenses	-	321
Rent	4,250	-
General office expenses	1,407	918
Staff Training	2,397	-
Insurance	2,903	4,573
IT support and telephone	3,756	398
Postages	1,076	252
Book-keeping and accountancy	1,234	1,511
Office stationeries and printing costs	1,608	3,374
Advertising & marketing	2,107	1,418
Subscriptions	2,927	353
Bank charges	700	917
Depreciation	<u>563</u>	<u>809</u>
	<u>38,441</u>	<u>22,581</u>

LIMBPOWER
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021	2020
	£	£
Governance costs		
Staff and wages costs	4,533	4,494
Bookkeeping and payroll	411	378
Legal & professional fees	-	1,000
	4,944	5,872
Total resources expended	208,285	173,999
Net Surplus for the year	8,277	51,139

LIMBPOWER

England & Wales - Charity number 1180906

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From start date: 01/01/2020 to period end date:
31/12/2020

Charity name: LimbPower

Charity registration number: 1180906

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of ambulant disabled people (individuals with an amputation/s and/or impairments to their limbs) and their families by providing or assisting in the provision of engagement opportunities, events, resources and facilities to enable such persons to participate in physical activity, sports and the arts in the interests of physical, social and psychological welfare and with the object of improving their rehabilitation and conditions of life
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing or assisting in the provision of engagement opportunities, events, resources and facilities to enable individuals with amputations and limb impairments to participate in physical activity, sport and other arts in the interest of physical, social and psychological welfare and with the object of improving their rehabilitation and conditions of life.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The LimbPower Trustees have read and are aware of the guidance on public benefit. This was taken into consideration when establishing the CIO and is taken into consideration when establishing beneficiary programmes.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.

Policy on social investment including program related investment	Para 1.38	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Contribution made by volunteers	Para 1.38	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Other		LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	LimbPower will be operational from 1 st January 2022. The programmes from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	LimbPower will be operational from 1 st January 2022. The programmes from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Performance of fundraising activities against objectives set	Para 1.41	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
	Para 1.41	LimbPower will be operational from 1 st January 2022. The assets from

Investment performance against objectives		British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Other		LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Details of fund materially in deficit	Para 1.24	NA
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO. The principle source of funds will be grants and donations.
Investment policy and objectives including any social investment policy adopted	Para 1.46	LimbPower will be operational from 1 st January 2022. The assets from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
		LimbPower will be operational from

A description of the principal risks facing the charity	Para 1.46	1 st January 2022. The risk register and risk policy are being transferred from British Ambulant Disabled Sports and Arts Foundation will be transferred to the CIO.
Other		LimbPower will be operational from 1 st January 2022.

Structure, Governance and Management

Description of charity's trusts:		CIO Foundation Constitution
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO Foundation Constitution
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointment of charity trustees 1. (1) 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. 2. (2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. 3. (3) A minimum of 50% of charity trustees at any time must be limb impaired. 4. (4) A minimum of 25% of the trustees shall be Independent (as defined below). (5) A charity trustee may only serve in excess of three consecutive terms in the circumstances set out below: 1. (a) Where exceptional circumstances apply (as determined by the charity trustees) a charity trustee may be reappointed for additional terms; or 2. (b) In routine circumstances

(as determined by the charity trustees) a charity trustee may be reappointed for an additional year.

11 Information for new charity trustees

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

1. (a) a copy of the current version of this constitution; and

2. (b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

12 Retirement and removal of charity trustees

(1) A charity trustee ceases to hold office if he or she:

1. (a) retires by notifying the CIO in writing (but only if enough charity trustees will remain in office when the notice of resignation takes effect to form a quorum for meetings);

2. (b) is absent without the permission of the charity trustees from all their meetings held within a period of six months and the trustees resolve that his or her office be vacated;

3. (c) dies;

4. (d) in the written opinion, given to the company, of a registered medical practitioner treating that person, has become physically or mentally incapable of acting as a director and may remain so for more than three

		months; 5. (e) is disqualified from acting as a charity trustee by virtue of sections 178-180 inclusive of the Charities Act 2011 (or any statutory re-enactment or modification of that provision). (2) A charity trustee shall be removed from office if a resolution to remove that trustee is proposed at a general meeting of the members called for that purpose and properly convened in accordance with clause 19, and the resolution is passed by a majority of votes cast at the meeting. LimbPower have a number of policies and procedures for Trustee Recruitment including; Trustee Code of Conduct, Trustee Conflict of Interest Declaration, Acceptance of Appointment Letter, LimbPower Trustee Training, LimbPower Trustee Declaration of Eligibility, Fit and Proper Person Declaration.
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Additional information (optional)

You may choose to include further statements where relevant **about:**

Policies and procedures adopted for the induction and training of trustees	Para 1.51	LimbPower have a policies and procedures matrix and adhere to tier two of the Sport England Governance Code. This is available upon request.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	LimbPower have an organisation structure which can be downloaded from the website www.limbpower.com
Relationship with any related parties	Para 1.51	Information available on request.

Other		

Reference and Administrative details

Charity name	LimbPower
Other name the charity uses	Currently trading as - LimbPower-The British Ambulant Disabled Sports and Arts Foundation
Registered charity number	1180906
Charity's principal address	Whitecroft, Tandridge Lane, Lingfield, Surrey, RH7 6LL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Janet Williams	Chair	29/11/2018	
2	Angela Schroeder	Vice Chair	29/11/2018	
3	Jessica Cook	Trustee	29/11/2018 - 12/12/2020	
4	Carl Barrett	Trustee	29/11/2018	
5	Ross Wadey	Trustee	29/11/2018	
6	Chris Linnitt	Trustee	17/11/2018	
7	Rachel Morris	Trustee	17/11/2018	

Corporate trustees - names of the directors at the date the report was approved

Director name	N/A	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

Auditors	Baxter & Co Chartered Certified Accountants	Lynwood House, Crofton Road, Orpington BR6 8QE
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Name of chief executive or names of senior staff members (Optional information)

Kiera Roche, CEO and Company Secretary

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
--	---

Full name(s)

Janet Williams	Kiera Roche
----------------	-------------

Position (e.g.
Secretary, Chair, etc)

Chair	
-------	--

Date

--