



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
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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

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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

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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.

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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.

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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
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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

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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
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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
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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.

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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
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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
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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 (LLDAW & 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
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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
Formerly The British Ambulant Disabled Sports and Arts Foundation

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](#)

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation

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
Formerly The British Ambulant Disabled Sports and Arts Foundation
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				<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	-	-
	<hr/>	<hr/>
	<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	-	-
	<hr/>	<hr/>
	4,594	4,944
	<hr/>	<hr/>
Total resources expended	255,458	208,285
	<hr/>	<hr/>
Net Surplus for the year	68,920	8,277
	<hr/> <hr/>	<hr/> <hr/>