



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

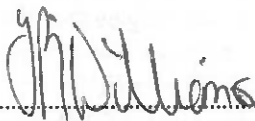
LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2024

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)	(69,928)
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>