

THE HYPERMOBILITY SYNDROMES ASSOCIATION

England & Wales · Charity number 1186735

Details

Other names	THE HMSA
Status	Registered
Legal form	CIO
Registered	2019-12-04
Register	View on the Charity Commission register

Contact

Address	49 Greek Street London W1D 4EG
Phone	03330116388
Email	info@hypermobility.org
Website	hypermobility.org

Activities

Objects: THE OBJECT OF THE CIO IS:FOR THE PUBLIC BENEFIT TO PRESERVE AND PROTECT GOOD HEALTH AMONG, AND RELIEVE THE NEEDS OF, PEOPLE AFFECTED BY HYPERMOBILITY SYNDROMES, IN PARTICULAR BY:1) PROVIDING VALIDATION, EDUCATION, REHABILITATION AND POSITIVE SELF-MANAGEMENT ADVICE FOR PEOPLE WITH HYPERMOBILITY RELATED DISORDERS AND THEIR ENTIRE SUPPORT NETWORK, INCLUDING THEIR FAMILIES, TEACHERS, FRIENDS AND COLLEAGUES. ENCOURAGING A CULTURE OF SUPPORT WHILE RAISING AWARENESS, KNOWLEDGE AND SELF-DETERMINATION. 2) IMPROVING THE QUALITY OF LIFE, AND ENABLING EFFECTIVE SELF-MANAGEMENT FOR AFFECTED INDIVIDUALS THROUGH A VARIETY OF RESOURCES, INCLUDING (BUT NOT LIMITED TO): SELF MANAGEMENT PROGRAMS, SUPPORT GROUPS, SOCIAL MEDIA, PUBLICATIONS, HELPLINE AND SUPPORT FROM OUR EXPERT PATIENT VOLUNTEERS. 3) WORKING WITH AND EDUCATING THE RELEVANT MEDICAL, SOCIAL AND HEALTH PROFESSIONALS IN DEVELOPING AWARENESS AND UNDERSTANDING OF THE BIOPSYCHOSOCIAL IMPACT OF HYPERMOBILITY RELATED DISORDERS FOR INDIVIDUALS AND THEIR ENTIRE SUPPORT NETWORK. 4) SUPPORTING AND ENCOURAGING INDIVIDUALS IN THEIR PURSUIT OF DIAGNOSIS AND TREATMENT, VIA SIGNPOSTING TO APPROPRIATE SERVICES WHERE NECESSARY. 5) PROVIDING AN ENVIRONMENT WHICH ENABLES PEOPLE AFFECTED BY A HYPERMOBILITY SYNDROME TO VOLUNTEER, FURTHERING THE CHARITY'S AIMS WHILST DEVELOPING THEIR OWN WORKPLACE SKILLS AND CONFIDENCE. 6) MAINTAINING THE INFORMATION STANDARD, AS WAS ACCREDITED BY NHS ENGLAND, SO AS TO ENSURE THE HIGH STANDARD OF ALL HMSA PUBLICATIONS IN WHICHEVER FORMAT DEEMED SUITABLE. 7) WORKING WITH OTHER ORGANISATIONS TO UNDERTAKE AND PROMOTE RESEARCH INTO HYPERMOBILITY RELATED DISORDERS, THE USEFUL RESULTS OF WHICH WILL BE PUBLISHED FOR THE PUBLIC BENEFIT. TO SEEK TO BE THE PATIENT PARTNER AND TO DISSEMINATE RESEARCH, SURVEYS AND INVESTIGATIONS WHILST MAINTAINING OUR HIGH STANDARD OF INFORMATION. 8) COLLABORATING WITH OTHER ORGANISATIONS ON POLICIES, STRATEGIES AND PROJECTS, WHICH ARE SYNERGISTIC WITH THE CIO'S OWN STRATEGY AND VALUES.

Activities: Supporting those living with hypermobility syndromes of all types, through advocacy, validation of the reality of living with these conditions, support towards rehabilitation and positive self-management, and individual and professional health education. This includes: Local groups, helpline, educational and social events, online support, and IS accredited information online and in print.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£44,301	£35,943	-	-
2023-12-31	£34,495	£35,265	-	-
2022-12-31	£29,228	£39,541	-	-
2021-12-31	£35,125	£34,752	-	-
2020-12-31	£47,482	£21,008	-	-

Trustees

Name	Role	Appointed
Mark Haddon Austin	Chair	2021-12-01
Lucy Bourne		2025-11-25
Nichola Shelley Gardner		2021-05-01
Rachel King		2020-12-16
Tia Cheang		2023-08-01
Zoe Lomax		2021-05-15

THE HYPERMOBILITY SYNDROMES ASSOCIATION

England & Wales - Charity number 1186735

Accounts



Trustees' annual report (including Directors' report) for the period

From: Period start date 01/01/2024 **To:** Period end date 31/12/2024

Charity name: Hypermobility Syndromes Association (working name: HMSA)

Charity registration number: 1186735

Company number: n/a

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>We support all hypermobile people and the professionals who work with them.</p> <p>The object of the Hypermobility Syndromes Association, as set out in our governing document, is to preserve and protect good health, and support the needs of people affected by Hypermobility Syndromes, by:</p> <ul style="list-style-type: none">• Providing validation, education, rehabilitation and positive self-management advice for people with hypermobility related disorders and their entire support network, including their families, teachers, friends and colleagues. Encouraging a culture of support while raising awareness, knowledge and self-determination.• Improving the quality of life, and enabling effective self-management for affected individuals through a variety of resources, including (but not limited to): self-management programs, support groups, social media, publications, helpline and support from our expert patient volunteers.• Working with and educating the relevant medical, social and health professionals in developing awareness and understanding of the biopsychosocial impact of hypermobility related disorders for individuals and their entire support network.• Supporting and encouraging individuals in their pursuit of diagnosis and treatment, via

		<p>signposting to appropriate services where necessary.</p> <ul style="list-style-type: none"> • Providing an environment which enables people affected by a hypermobility syndrome to volunteer, furthering the charity’s aims whilst developing their own workplace skills and confidence. • Working with other organisations to undertake and promote research into hypermobility related disorders, the useful results of which will be published for the public benefit. To seek to be the patient partner and to disseminate research, surveys and investigations whilst maintaining our high standard of information. • Collaborating with other organisations on policies, strategies and projects, which are synergistic with the CIO’s own strategy and values.
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>The HMSA’s main activities include:</p> <ul style="list-style-type: none"> • Provision of evidence-based resources, information and support to anyone affected by hypermobility and the professionals and that support them to promote self-management, informed care, and improved quality of life. • Free support given via helpline, email and social media offering signposting, validation, and guidance to individuals seeking diagnosis, treatment, or day-to-day management strategies. • Running our membership scheme to provide extra, tailored support for the hypermobile community promoting self-management, peer connection, and access to exclusive educational resources. • Regional groups providing additional peer to peer support for members fostering community, shared experience, and practical advice for living with hypermobility-related disorders. • Bi-annual production of journal for members featuring expert articles, lived experience stories, and research updates to educate, empower, and inform the hypermobile community. • Organising and leading regular events for both professionals and those affected by hypermobility to share knowledge and promote best practices in care and self-management.

		<ul style="list-style-type: none"> • Running thriving social media feeds to raise awareness of hypermobility and the HMSA and to provide timely, accessible information and support. • Working closely with our group of Clinical Advisors to ensure our resources and guidance reflect current best practice and support both individuals and professionals. • Delivering the HMSA Professional Educational Model and wider professional education, including tools like the HMSA Clinicians Guide Quick Reference Poster, to improve recognition, diagnosis, and management of hypermobility-related disorders and support individuals in accessing appropriate care • Contributing to and keeping abreast of the latest research, supporting multiple research projects, assisting researchers in finding participants and disseminating results to benefit the wider community. • Liaising with, working in partnership or alongside other relevant partners such as ARMA, Mast Cell Action, EDS Support UK or PoTS UK, to strengthen advocacy, research and service development aligned with our values. • Enabling volunteers to contribute their own skills and lived experience in support of the charity’s aims, while also offering opportunities to learn from peers and develop new capabilities.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Hypermobility Syndromes Association’s board takes seriously the Charity Commission’s guidance on public benefit. All our activities are relevant to improving health outcomes, wellbeing, and support for people with hypermobility in line with our charitable purposes stated above.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Our team of around 40 volunteers make a vital contribution to the work of the Hypermobility Syndromes Association (HMSA). Almost all our volunteers live with hypermobility, and we see it as

		<p>essential that the charity is truly led by people from within our community of need. Our volunteers genuinely understand hypermobility syndromes and have daily lived experience and are empowered to shape the support, advice and solutions we provide. Their lived experience and insight, combined with an ethos of practical self-management, enables the HMSA to provide validation, support, and practical advice that cannot come from theoretical understanding alone. The composition of our trustee board, staff and wider volunteer team all demonstrate the value we place on being led by lived experience.</p> <p>We do a huge amount with very limited resources thanks to our amazing volunteers who cover a wide range of roles from social media, to fundraising, to running local groups providing peer-led support, to editing our journal, to supporting and leading our work with professionals. Through these roles, many volunteers gain valuable experience, build confidence, and develop transferable skills.</p> <p><i>"It makes me feel I belong. After years being supported by the HMSA, I can now give something back."</i></p> <p><i>"I absolutely adore volunteering for them, and I hope to continue to do so for many more years to come... I am passionate about empowering the audience with knowledge to self-manage better"</i></p> <p><i>"I believe it's vital for the voices of people who have hypermobility to be heard and valued - in everything the HMSA does and in its own board and organisation. I've met people with a wide range of backgrounds and experiences since becoming a Trustee. Hearing their stories and seeing how these stories can support and improve other people's lives is one of the best parts about being a Trustee"</i></p> <p>We are also extremely lucky to have a voluntary group of Clinical Advisors, led by Dr Philip Bull, who bring expertise, skills and knowledge across a range of specialist fields relevant to hypermobility ensuring that the information we provide is up to date, rigorously checked and comprehensive.</p>
Other		<p>The HMSA is run by 2 paid, part-time staff whose total hours do not equate to 1 full-time role. Both paid members of staff also live with hypermobility. All other work is carried out by volunteers.</p>

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The HMSA is here to support <i>everyone</i> with symptomatic hypermobility, whatever the cause, and however mildly or severely they may be affected.</p> <p>We promote a holistic, solution-focussed approach to living well, providing self-management tools and support including:</p> <ul style="list-style-type: none">• Patient Support Groups• Education Programmes• Information and Advice for hypermobile people• Evidence-based information and advice for healthcare professionals <p><u>Our mission:</u></p> <p>Improving the quality of life for everyone affected by symptomatic hypermobility by:</p> <ul style="list-style-type: none">• accelerating access to timely and accurate diagnosis;• promoting awareness and understanding amongst professionals to support better care;• providing validation, support and practical self-management tools from a community who truly understands <p><u>Our vision:</u> everyone affected by symptomatic hypermobility is able to access the care, support and advice they need – from both peers and professionals.</p> <p><u>Our Values:</u> Empowering, inclusive, collaborative, community-led, trustworthy.</p> <p><i>"The Hypermobility Syndromes Association ... has done more for me than any other organisation or appointment to help me manage my symptoms, feel heard and to improve the quality of my everyday life"</i> (member)</p> <p>With the NHS continuing to be under extreme pressure, with waiting lists still growing, we help to reduce the burden on statutory services by delivering support when it was not available elsewhere. This is especially important as on average it takes 10 years for hypermobility syndromes to be diagnosed.</p> <p>As a small charity led by people with lived experience, we are able to be very agile and quickly pivot our services to provide the expert, specialist services our members, the professionals who support them and the wider hypermobile community need.</p> <p>We have continued to build on the patient events we offer on a wide range of topics from nutrition to exercise to pain management to help people with hypermobility self-manage their condition better, so</p>
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they are able to live well. Session content was shaped by feedback from members and volunteers. This series of events has been extremely well attended and received with over 2200 people registering for live events – with many more watching them on playback. A threefold increase on attendance from last year, shows the growing need and demand for these sessions.

"It's good to know we are not alone. I'm learning all the time and since I joined the organization I feel more confident helping my Granddaughter..."

"Absolutely amazing. I look forward to more sessions in the future to help me develop my own resilience within my hypermobility."

"Very good information provided in an understandable format."

(Post event feedback)

For a charity staffed mainly by volunteers, many with their own health needs, this level of service provision when services are so stretched is vital and is a major achievement.

"The information given was very useful and personalised to my questions. Jo's delivery is fantastic and her communication skills are brilliant. I felt very much at ease. (Feedback about our support.)"

The 'Living Well with Hypermobility' 5 week course for members at the start of the year was also a great success again and was extremely well attended with excellent feedback. The sessions included: Anxiety and mental health; Pain management; Sleep management; Weight management and an open Q&A session.

Feedback given from participants post sessions told us:

- *"They're really good at getting trusted information to the public / patients, who would struggle to find it elsewhere."*
- *"Just vital for us. Please continue forever!!! (with pacing of course) . Thanks"*
- *"Excellent session wish I had had this years ago. I will go pass on what I have learnt to my 3 adult daughters all of whom have these issues too as well as myself. Cannot thank you enough."*

We also run a helpline and deliver online support, offering validation, signposting and practical advice.

- *"Thank you. No one else has understood or listened or helped me like you have." (Helpline feedback)*
- *"Thank you so much. No one else understood and not only have I been heard, I've been helped with practical advice." (Helpline feedback)*

As well as offering support via a wide range of sessions and events including weekly online relaxation classes to support wellbeing, we also run monthly online 'ask the Occupational Therapist' sessions which are free and open to all.

Feedback after 'Ask the OT' session: "I love ALL of these sessions .please continue. They are vital for my health."

"I cannot wait to attend more sessions. "Calm, friendly, constructive approach "

Additionally, our local regional groups successfully continued their transition to hybrid delivery providing much needed support, connection and information for our members with regional groups regularly running. In response to feedback, we have also started to offer national online support groups that focus on specific issues. Feedback stresses the importance of sharing and support within a community of peers that understand.

Feedback: "...The feeling of community and being with people who understand is so important."

"Community - a group of people who understand and not being preached too by a healthcare professional who doesn't get it"

Our social media team continued to be very active in raising awareness and providing information not only about hypermobility but also a wide range of related conditions. Over 500 individuals were supported with 1:1 advice and support via Facebook or online enquiries, in addition to the very high levels of public engagement with our posts. For a small charity, our reach on social media which continues to grow (c.50k on Facebook, c. 12k on twitter and 3k on Instagram) continues to be impressive. Additional help was provided by our trained helpline team led by volunteers helping to support over 800 more people via email, online and phone.

During 2024, we continued to work closely in partnership with relevant charities in the field. Together we worked hard behind the scenes to ensure that key hypermobility services remain open and that more healthcare professionals are better informed about hypermobility. This important work is necessary so that patients can access earlier diagnosis as well as better support in their local area in the future.

We liaised with a wide range of clinicians and attended some key events such as the British Society of Rheumatologists' Annual Conference in Liverpool attended by over 2000 professionals. Supported by volunteers and our Lead Clinical Advisor, Dr Philip Bull, we spoke directly to hundreds of professionals, delivered a very well-attended presentation and shared new resources.

Many of the key achievements in 2024 were ensuring that the HMSA was continuing to build the foundations for future growth and development. Significant progress was made in reviewing and stabilising the financial position, helping to sustain and develop the charity's work. The board and CEO reviewed the charity's strategy and future plans. The key priority for the short-term remains on raising vital funds so that the charity can extend and further develop its work.

We were pleased to receive an Awards for All grant from The National Lottery Community Fund. This will help us to run a national awareness event with a range of sessions to reach more people, and offer advice, support and resources in June 2025 – sessions will be led by both clinical experts and those with lived experience on how to manage symptoms and will be an opportunity for the whole community to come together to learn and share. We would like to thank The National Lottery Community Fund for making this possible.

Key changes: After years of fantastic service and contributions – particularly with strategy development – Gil Hilleard retired from the board. The HMSA is indebted to the support and expertise Gil provided and we extend our thanks to him for all that he has done to strengthen and develop the charity.

We are lucky to have a strong trustee board and the varied skills and very extensive experience that they jointly bring means that the charity is fully able to meet any challenges ahead while continuing to shape and develop the HMSA's future strategy.

		<p>We are also pleased to confirm the reappointment of Rachel King, Nichola Gardner, Zoe Lomax, and Mark Austin (Chair) for a further three-year term. We are deeply grateful to them and to the entire board for their continued commitment, insight, and leadership.</p>
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Financial review

Review of the charity's financial position at the end of the period	Para 1.21	See financial information attached. Income for period: £44,301, split between £34,551 of unrestricted funds and £9,750 of restricted funds. Expenditure for period: £35,943, split between £35,675 of unrestricted funds and £268 of restricted funds. Unrestricted funds at year end: £11,998; Restricted funds at year end: £9,482. Total funds at year end: £21,480.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to keep around 3 months in reserves up to a maximum of 6 months. This allows us to manage smoothly any month-on-month income/expenditure and cash flow variations as these can have a greater impact on a small charity. In determining appropriate reserves levels, our reserves policy takes into account the size of the charity and its sources of funding and also follows the Charity Commission Guidance that recommends we consider the following when determining reserves levels: <ul style="list-style-type: none"> • “plans for the maintenance of essential services for beneficiaries” • “the risks of unplanned closure associated with the charity’s business model, spending commitments, potential liabilities and financial forecasts” • “addresses the risks of unplanned closure on their beneficiaries (in particular, vulnerable beneficiaries), staff and volunteers” Reserves are actively considered as part of our financial planning and cash flow monitoring, ensuring we maintain a sustainable and responsive approach to managing our resources. In this way, trustees can ensure that we prevent the build-up of excess reserves or of reserves being unexpectedly or rapidly depleted.
Amount of reserves held	Para 1.22	£11,998. This amounts to just over 4 months of unrestricted expenditure, based on the 2024 expenditure.
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The HMSA's principal sources of income are fundraising, membership, and grant income. We would like to thank everyone who supported the HMSA in 2024.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	There are no immediate risks causing undue concern. However, the trustees take risk management seriously and the trustees maintain a risk register, which is reviewed periodically at trustee meetings. The risk register outlines key risks (e.g. financial, IT, operational, safeguarding) and ensures that any action needed to ameliorate risks is taken promptly and on the basis of full information. The Finance Committee regularly reviews the charity's financial position. Internal control risks are minimised by the implementation of procedures for the authorisation of all financial transactions.
Other		

Structure, governance and management

Description of charity's trusts:		n/a
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed in accordance with the charity's governing document. All trustee vacancies are advertised. New trustees are nominated and approved by the existing board, subject to a majority vote.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>References, and detailed checks are provided before trustees start. As a small charity, the HMSA takes a practical approach to trustee induction. New trustees are given key documents such as the governing document, recent minutes and financial information, a trustee Handbook, code of conduct and relevant policies to help them understand the charities work and their responsibilities.</p> <p>Induction is supported by existing trustees and the CEO who share knowledge and provide guidance as needed.</p> <p>As members of the National Council for Voluntary Organisations (NCVO), we encourage trustees to access NCVO's resources and training opportunities. Trustees are also signposted to the Charity Commission's guidance for trustees to support their understanding of governance and legal duties.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	n/a
Other		n/a

Reference and administrative details

Charity name	The Hypermobility Syndromes Association
Other name the charity uses	HMSA
Registered charity number	CIO 19863
Charity's principal address	49 Greek Street, London W1D 4EG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel King	Trustee	From December 2020 - present	
2	Gil Hilleard	Trustee	From June 2021 – December 2024	
3	Nichola Gardner	Trustee	From May 2021 - present	
4	Zoe Lomax	Trustee	From May 2021 - present	

5	Mark Austin	Trustee (Chair)	From December 2021 - present	
6	Zoe Walker	Trustee	From March 2022 – March 2025	
7	Tia Cheang	Trustee	From August 2023 - present	
8				
9				
10				
11				
12				
13				
14				
15				
16				

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

Director name	
n/a	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
n/a	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

Lisa Bone, CEO

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information


None

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Mark Austin	
Position (for example Secretary, Chair, etc)	Chair	
Date	5-8-25	



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Hypermobility Syndromes Association

**On accounts for the year
ended**

31 December 2024

**Charity no
(if any)**

1186735

Set out on pages

16-17

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2024**.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

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

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

Signed:

Virginia Santer

Date:

11/8/25

Name:

Virginia Santer

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

Monetaire Accountants Limited, Sovereign House

22 Shelley Road, Worthing, BN11 1TU

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Receipts and payments accounts

For the period
from

1/1/2024

To

12/31/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	7,458	-	-	7,458	9,265
Grants	1,000	9,750	-	10,750	1,000
Charitable Activities	22,598	-	-	22,598	19,760
Sales and Trading	3,195	-	-	3,195	4,243
Bank Interest	300	-	-	300	227
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	34,551	9,750	-	44,301	34,495
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	34,551	9,750	-	44,301	34,495
A3 Payments					
Charitable Activities	34,691	268	-	34,959	37,392
Governance Costs	984	-	-	984	515
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	35,675	268	-	35,943	37,907
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,675	268	-	35,943	37,907
Net of receipts/(payments)	- 1,124	9,482	-	8,358	- 3,412
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,122	-	-	13,122	16,534
Cash funds this year end	11,998	9,482	-	21,480	13,122

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	10,314	9,482	-

Paypal	1,643	-	-
Go Cardless	41	-	-
Total cash funds	11,998	9,482	-
(agree balances with receipts and payments account(s))	OK	OK	OK

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

Details

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details

Fund to which asset belongs	Cost (optional)	Current value (optional)
------------------------------------	------------------------	---------------------------------

	-	-
	-	-
	-	-
	-	-
	-	-

B4 Assets retained for the charity's own use

Details

Fund to which asset belongs	Cost (optional)	Current value (optional)
------------------------------------	------------------------	---------------------------------

	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

B5 Liabilities

Details

Fund to which liability relates	Amount due (optional)	When due (optional)
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Accountancy	Unrestricted	-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

THE HYPERMOBILITY SYNDROMES ASSOCIATION

England & Wales - Charity number 1186735

Accounts



Trustees' annual report (including Directors' report) for the period

From: Period start date 01/01/2023 **To:** Period end date 31/12/2023

Charity name: Hypermobility Syndromes Association (working name: HMSA)

Charity registration number: 1186735

Company number: n/a

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>We support all hypermobile people and the professionals who work with them.</p> <p>The object of the Hypermobility Syndromes Association, as set out in our governing document, is to preserve and protect good health among, and relieve the needs of, people affected by Hypermobility Syndromes, in particular by:</p> <ul style="list-style-type: none">• Providing validation, education, rehabilitation and positive self-management advice for people with hypermobility related disorders and their entire support network, including their families, teachers, friends and colleagues. Encouraging a culture of support while raising awareness, knowledge and self-determination.• Improving the quality of life, and enabling effective self-management for affected individuals through a variety of resources, including (but not limited to): self-management programs, support groups, social media, publications, helpline and support from our expert patient volunteers.• Working with and educating the relevant medical, social and health professionals in developing awareness and understanding of the biopsychosocial impact of hypermobility related disorders for individuals and their entire support network.• Supporting and encouraging individuals in their pursuit of diagnosis and treatment, via

		<p>signposting to appropriate services where necessary.</p> <ul style="list-style-type: none"> • Providing an environment which enables people affected by a hypermobility syndrome to volunteer, furthering the charity’s aims whilst developing their own workplace skills and confidence. • Working with other organisations to undertake and promote research into hypermobility related disorders, the useful results of which will be published for the public benefit. To seek to be the patient partner and to disseminate research, surveys and investigations whilst maintaining our high standard of information. • h. Collaborating with other organisations on policies, strategies and projects, which are synergistic with the CIO’s own strategy and values.
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>The HMSA’s main activities include:</p> <ul style="list-style-type: none"> • Provision of evidence-based resources, information and support to anyone affected by hypermobility and the professionals and that support them. • Free support given via helpline, email and social media feeds to anyone that needs it. • Running our membership scheme to provide extra, tailored support for the hypermobile community. • Local groups providing additional peer to peer support for members. • Bi-annual production of journal for members. • Organising and leading regular events for both professionals and those affected by hypermobility. • Running thriving social media feeds to raise awareness of hypermobility and the HMSA and to provide timely information and support. • Working closely with our group of Clinical Advisors. • Delivering the HMSA Professional Educational Model and wider professional education. • Contributing to and keeping abreast of the latest research and supporting multiple research projects - assisting researchers in finding participants and disseminating results.

		<ul style="list-style-type: none"> • Liaising with, working in partnership or alongside other relevant partners such as ARMA, Mast Cell Action, EDS UK or PoTS UK.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Hypermobility Syndromes Association's board takes seriously the Charity Commission's guidance on public benefit. All our activities are relevant to improving health outcomes, wellbeing, and support for people with hypermobility in line with our charitable purposes stated above.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	<p>Our team of around 40 volunteers make a vital contribution to the work of the Hypermobility Syndromes Association (HMSA). Almost all our volunteers live with hypermobility, and we see it as essential that the charity is truly led by people from within our community of need. Our volunteers genuinely understand hypermobility syndromes and have daily lived experience and are empowered to shape the support, advice and solutions we provide. Their lived experience and insight, combined with an ethos of practical self-management, enables the HMSA to provide validation, support, and practical advice that cannot come from theoretical understanding alone. The composition of our trustee board, staff and wider volunteer team all demonstrate the value we place on being led by lived experience.</p> <p>We do a huge amount with very limited resources thanks to our amazing volunteers who cover a wide range of roles from social media, to fundraising, to running local groups providing peer-led support, to editing our journal, to supporting and leading our work with professionals.</p> <p><i>"I absolutely adore volunteering for them, and I hope to continue to do so for many more years to come... I am passionate about empowering the audience with knowledge to self-manage better"</i></p> <p><i>"I believe it's vital for the voices of people who have hypermobility to be heard and valued - in everything the HMSA does and in its own board and organisation. I've met people with a wide range of</i></p>

		<p><i>backgrounds and experiences since becoming a Trustee. Hearing their stories and seeing how these stories can support and improve other people's lives is one of the best parts about being a Trustee"</i></p> <p>We are also extremely lucky to have a voluntary group of Clinical Advisors, led by Dr Philip Bull, who bring expertise, skills and knowledge across a range of specialist fields relevant to hypermobility ensuring that the information we provide is up to date, rigorously checked and comprehensive.</p>
Other		<p>The HMSA is run by 2 paid, part-time staff whose total hours do not equate to 1 full-time role. Both paid members of staff also live with hypermobility. All other work is carried out by volunteers.</p>

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The HMSA is here to support <i>everyone</i> with symptomatic hypermobility – whatever the cause – and however mildly or severely they may be affected.</p> <p>We promote a holistic, solution-focussed approach to living well, providing self-management tools and support including:</p> <ul style="list-style-type: none"> • Patient Support Groups • Education Programmes • Information and Advice for hypermobile people • Evidence-based information and advice for healthcare professionals <p><u>Our Mission:</u> To improve the support and access to treatment for anyone affected by hypermobility so they can live well.</p> <p><u>Our Values:</u> Empowering, inclusive, collaborative, community-led, trustworthy.</p> <p><i>"The Hypermobility Syndromes Association ... works so hard to support individuals and families struggling to cope with the various related syndromes that can be profoundly life-impacting but are still not widely understood." (member)</i></p> <p>While the NHS continuing to be under extreme pressure, with waiting lists still growing, we help to reduce the burden on statutory services by delivering support when it was not available elsewhere. This is especially important as on average it takes 10 years for hypermobility syndromes to be diagnosed.</p> <p>As a small charity led by people with lived experience, we are able to be very agile and quickly pivot our services to provide the expert, specialist services our</p>
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members, the professionals who support them and the wider hypermobile community need.

We have continued to build on the wide range of patient events we offer on a wide range of topics from nutrition to exercise to pain management to help people with hypermobility self-manage their condition better, so they are able to live well. Session content was shaped by feedback from members and volunteers. This series of events has been extremely well attended and received with over 1000 people attending live events – and many more watching them on playback. A threefold increase on attendance from last year, showing the growing need and demand for these sessions.

"I would also like to say a very big thank you to HMSA. I became a member last Autumn and as a consequence I have learnt a huge amount about Hypermobility. I was diagnosed in 2015, however at the time of diagnosis I did not fully understand the significance of the diagnosis. No guidance or advice was given to me on how to live well with hypermobility. HMSA has helped me to do that so thank you very much.." (Post event feedback)

For a charity staffed mainly by volunteers, many with their own health needs, this level of service provision when services are so stretched is vital and is a major achievement.

"It's good to know we are not alone. I'm learning all the time and since I joined the organization I feel more confident." (Feedback about our support.)

The 'Living Well with Hypermobility 5 week course for members at the start of the year was also a great success again and was extremely well attended with excellent feedback. The sessions included: Anxiety and mental health; Pain management; Sleep management; Weight management and an open Q&A session.

Feedback given from participants post sessions told us:

- 100% of were more now confident managing their condition
- 92% would now make changes to how their manage their condition.

"Nuggets of information of everywhere."

We also run a helpline and deliver online support.

- *"Thank you. That's the best help I've ever had." (Helpline feedback)*

- *"Thank you so much. It's so helpful to talk to someone who actually understands." (Helpline feedback)*

As well as offering support via a wide range of sessions and events including weekly online relaxation classes to support wellbeing, we also run monthly online 'ask the Occupational Therapist' sessions which are free and open to all.

Feedback after 'Ask the OT' session: "i have learned so much. Just a little message to say how reassuring it is to be in a room with such well-informed, understanding and compassionate hosts. So much gratitude for you and all HMSA does, thank you."

Additionally, our local regional groups successfully continued their transition to hybrid delivery providing much needed support, connection and information for our members with regionally groups regularly running. In response to feedback, we have also started to offer national online support groups that focus on specific issues.

Feedback: "it's so lovely to pop into any of the local groups and meet people all over the country and hear their stories and share support hints and tips."

"The group was so nice tonight. Thank you for being so welcoming! I'm quite isolated so it's really nice to join a group with similar people."

Our social media team continued to be very active providing information not only about hypermobility but also a wide range of related conditions. Over 500 individuals were directly supported with 1:1 advice via Facebook, in addition to the very high levels of public engagement with our posts. For a small charity, our reach on social media which continues to grow (c.46k on Facebook, c. 12k on twitter and 3k on Instagram) continues to be impressive. Additional help was provided by our trained helpline team led by volunteers helping to support over 800 more people via email, online and phone.

During 2023, we continued to work closely in partnership with relevant charities in the field. Together we worked hard behind the scenes to ensure that key hypermobility services remain open and that more healthcare professionals are better informed about hypermobility. This important work is necessary so that patients can access earlier diagnosis as well as better support in their local area in the future.

We liaised with a wide range of clinicians and attended some key events such as the British Society of Rheumatologists' Annual Conference in Liverpool attended by over 2000 professionals. Supported by volunteers and our Lead Clinical Advisor, Dr Philip Bull, we spoke directly to hundreds of professionals, delivered a very well-attended presentation and shared new resources.

Many of the key achievements in 2023 were ensuring that the HMSA was continuing to build the foundations for future growth and development. The board and CEO reviewed the charity's strategy and future plans. The key priority for the short-term remains focussing on strengthening and stabilising the organisation and raising vital funds so that the charity can extend and further develop its work.

Key changes: The HMSA was delighted to welcome a new trustee during the course of 2023 – Tia Cheang. Tia brings a wealth of experience and a deep personal connection to her role at the HMSA. As someone who has lived with Ehlers-Danlos Syndrome, she joined to bring her own experience and understanding to help guide our mission.

Tia has had a long career in IT, mainly in the NHS, where her involvement in Genomics UK and the 100k Genome Programme aimed to unravel the complexities of genetic conditions, much like EDS, offering hope and potential pathways for better treatments.

Tia draws upon her own experience of living with EDS to advocate for Hypermobile individuals and improve inclusivity, disability rights, and greater awareness through her lobbying work at Parliament. Tia is passionate about supporting disabled individuals in the workplace. She coaches and mentors disabled individuals to overcome barriers and achieve their professional goals, demonstrating her commitment to improving employment opportunities for those with long-term conditions.

We are lucky to have a strong trustee board and the varied skills and very extensive experience that they jointly bring means that the charity is fully able to meet any challenges ahead while continuing to shape and develop the HMSA's future strategy.

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	See financial information attached. Income for period: £34,495 Expenditure for period: £35,265 Unrestricted funds at year end: £13,122. Total funds at year end: £13,122
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to keep at least 3 months in reserves up to a maximum of 6 months. In 2023 we held £13,122 which falls within this range and allows us to manage smoothly any month on month income/expenditure and cash flow variations as these can have a greater impact on a small charity. In determining appropriate reserves levels, our reserves policy takes into account the size of the charity and its sources of funding and also follows the Charity Commission Guidance that recommends we consider the following when determining reserves levels: <ul style="list-style-type: none"> • “plans for the maintenance of essential services for beneficiaries” • “the risks of unplanned closure associated with the charity’s business model, spending commitments, potential liabilities and financial forecasts” • “addresses the risks of unplanned closure on their beneficiaries (in particular, vulnerable beneficiaries), staff and volunteers” We review reserve levels annually as part of our planning, budgetary and financial control processes and also monitor levels monthly. In this way, trustees can ensure that we prevent the build-up of excess reserves or of reserves being unexpectedly or rapidly depleted.
Amount of reserves held	Para 1.22	£13,122
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The HMSA's principal sources of income are fundraising, membership, sponsorship and grant income. We would like to thank everyone who supported the HMSA in 2023.
	Para 1.46	n/a

Investment policy and objectives including any social investment policy adopted		
A description of the principal risks facing the charity	Para 1.46	The trustees review a detailed, and regularly updated, risk register regularly at trustee meetings. The risk register outlines key risks and ensures that any action needed to ameliorate risks is taken quickly and on the basis of full information.
Other		

Structure, governance and management

Description of charity's trusts:		n/a
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by other trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	References, and detailed checks are provided before trustees start. The HMSA has an induction procedure including provision of all relevant documents, a trustee Handbook, code of conduct and relevant policies and can offer additional support for new trustees, as required.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	n/a
Relationship with any related parties	Para 1.51	n/a

Other		n/a

Reference and administrative details

Charity name	The Hypermobility Syndromes Association
Other name the charity uses	HMSA
Registered charity number	CIO 19863
Charity's principal address	49 Greek Street, London W1D 4EG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel King	Trustee	From December 2020 - present	
2	Gil Hilleard	Trustee	From June 2021 - present	
3	Nichola Gardner	Trustee	From May 2021 - present	
4	Zoe Lomax	Trustee	From May 2021 - present	
5	Mark Austin	Trustee (Chair)	From December 2021 - present	
6	Zoe Walker	Trustee	From March 2022 - present	
7	Tia Cheang	Trustee	From August 2023 - present	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name	
n/a	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
n/a	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

Lisa Bone, CEO

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

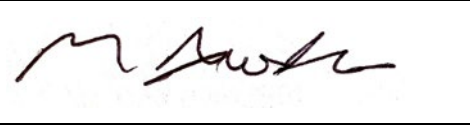
Other optional information

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Mark Austin	
Position (for example Secretary, Chair, etc)	Chair	
Date	30/7/24	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Hypermobility Syndromes Association

**On accounts for the year
ended**

31 December 2023

**Charity no
(if any)**

1186735

Set out on pages

16-17

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/12/2023**.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

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

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

Signed:

V Santer

Date:

12/8/24

Name:

Virginia Santer

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

Monetaire Accountants Limited, Sovereign House

22 Shelley Road, Worthing, BN11 1TU

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Hypermobility Syndromes Association	1186735
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CC16a


Receipts and payments accounts

For the period from	01/01/2023	To	31/12/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	9,265	-	-	9,265	10,021
Grants	1,000	-	-	1,000	-
Charitable Activities	19,760	-	-	19,760	16,092
Sales and Trading	4,243	-	-	4,243	3,053
Bank Interest	227	-	-	227	62
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	34,495	-	-	34,495	29,228
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	34,495	-	-	34,495	29,228
A3 Payments					
Charitable Activities	34,750	2,642	-	37,392	38,265
Governance Costs	515	-	-	515	1,276
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	35,265	2,642	-	37,907	39,541
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,265	2,642	-	37,907	39,541
Net of receipts/(payments)	- 770	- 2,642	-	- 3,412	- 10,313
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,892	2,642	-	16,534	26,847
Cash funds this year end	13,122	-	-	13,122	16,534

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	11,844	-	-
	Paypal	1,237	-	-
	Go Cardless	41	-	-
	Total cash funds	13,122	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Accountancy	Unrestricted	-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Rachel King	30/07/2024	

THE HYPERMOBILITY SYNDROMES ASSOCIATION

England & Wales - Charity number 1186735

Accounts



Trustees' annual report (including Directors' report) for the period

From: Period start date 01/01/2022 To: Period end date 31/12/2022

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Charity registration number: 1186735

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		<p>e. Providing an environment which enables people affected by a hypermobility syndrome to volunteer, furthering the charity's aims whilst developing their own workplace skills and confidence.</p> <p>f. Maintaining the Information Standard, as was accredited by NHS England, so as to ensure the high standard of all HMSA publications in whichever format deemed suitable.</p> <p>g. Working with other organisations to undertake and promote research into hypermobility related disorders, the useful results of which will be published for the public benefit. To seek to be the patient partner and to disseminate research, surveys and investigations whilst maintaining our high standard of information.</p> <p>h. Collaborating with other organisations on policies, strategies and projects, which are synergistic with the CIO's own strategy and values.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>The HMSA's main activities include:</p> <ul style="list-style-type: none"> • Provision of evidence-based resources, information and support to anyone affected by hypermobility and the professionals and that support them. • Free support given via helpline, email and social media feeds to anyone that needs it. • Running our membership scheme to provide extra, tailored support for the hypermobile community. • Local groups providing additional peer to peer support for members. • Bi-annual production of journal for members. • Organising and leading regular events for both professionals and those affected by hypermobility. • Running thriving social media feeds to raise awareness of hypermobility and the HMSA and to provide timely information and support. • Working closely with our group of Medical Advisors. • Delivering the HMSA Professional Educational Model and wider professional education. • Contributing to and keeping abreast of the latest research and supporting multiple research projects - assisting researchers in finding participants and disseminating results. • Liaising with, working in partnership or alongside other relevant partners such as ARMA, EDS UK or PoTS UK.

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Other		The HMSA is run by 2 paid, part-time staff whose total hours do not equate to 1 full-time role. All other work is carried out by volunteers.

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The HMSA is here to support <i>everyone</i> with symptomatic hypermobility – whatever the cause – and however mildly or severely they may be affected.</p> <p>We promote a holistic, solution-focussed approach to living well, providing self-management tools and support including:</p> <ul style="list-style-type: none">• Patient Support Groups• Education Programmes• Information and Advice for hypermobile people• Evidence-based information and advice for healthcare professionals <p><u>Our Mission:</u> To improve the support and access to treatment for anyone affected by hypermobility so they can live well.</p> <p><u>Our Values:</u> Empowering, inclusive, collaborative, community-led, trustworthy.</p> <p><i>"The Hypermobility Syndromes Association ... works so hard to support individuals and families struggling to cope with the various related syndromes that can be profoundly life-impacting but are still not widely understood." (member)</i></p> <p>In a year where the long-term effects of COVID-19 still continued to be felt, especially by many in the hypermobile community who were especially vulnerable, we continued to provide responsive community-led support.</p> <p>While the NHS was under extreme pressure, with waiting lists growing, we helped to reduce the burden on statutory services by delivering support when it was not available elsewhere. Our medical advisors have been at the forefront of research in this area and have conducted research into the links between hypermobility and Long Covid – for publication in 2023.</p> <p>Our lead Medical Advisor also led an extremely useful session on Long Covid and hypermobility and other related conditions with tips and advice for treatment and management of symptoms.</p> <p>As a small charity led by people with lived experience, we are able to be very agile and quickly pivot our services to provide the expert, specialist services our members, the professionals who support them and the wider hypermobile community need.</p>
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In April 2022, we initiated a new series of monthly patient events on a wide range of topics from nutrition to exercise to help people with hypermobility self-manage their condition better, so they are able to live well. Session content was shaped by feedback from members and volunteers. This series of events has been extremely well attended and received with over 330 people attending live events – and many more watching them on playback.

“just a little message to say how reassuring it is to be in a room with such well-informed, understanding and compassionate hosts. So much gratitude for you and all HMSA does, thank you.” (Post event feedback)

For a charity staffed mainly by volunteers, many with their own health needs, this level of service provision, at a time when people needed it most, was a major achievement.

“You guys have always been my favourite source of information in the last 24 years of being diagnosed. Your [message board] page saved my life.” (Feedback about our online support.)

The ‘Living Well with Hypermobility 5 week course for members at the start of the year was also a great success again and was extremely well attended with excellent feedback. The sessions included: Anxiety and mental health; Pain management; Sleep management; Weight management and an open Q&A session.

We also run a helpline and deliver online support.

- *“So much of a relief to speak to someone who has it and knows how I feel. So helpful, answers lots of questions that I had.” (Helpline feedback)*
- *“I wanted you to know how empowered I feel talking to you. You’ve understood completely.” (Helpline feedback)*

As well as offering support via a wide range of sessions and events including weekly online relaxation classes to support wellbeing, we also run monthly online ‘ask the Occupational Therapist’ sessions.

Feedback after ‘Ask the OT’ session: “Thank you that was the most informative, helpful support session I’ve ever attended! All the answers were multi-faceted, and

I learned something from each one, not just the response to my question."

Additionally, our local regional groups successfully continued their transition to hybrid delivery providing much needed support, connection and information for our members with 7 groups regularly running with 2 new groups starting soon.

Feedback: "I find all of the information and resources that you provide useful. It also helps to remind me that no matter how hard living with hypermobility can be – I am not going through it alone."

Our social media team continued to be very active providing information not only about hypermobility but also a wide range of related conditions. Over 150 individuals were directly supported with confidential 1:1 advice via Facebook, in addition to the very high levels of public engagement with our posts. For a small charity, our reach on social media (c.42k on Facebook, c. 11k on twitter and 3k on Instagram) continues to be impressive. Additional help was provided by our trained helpline team led by volunteers helping to support over 300 more people via email, online and phone.

During 2022, we continued to work closely in partnership with relevant charities in the field. Together we worked hard behind the scenes to ensure that key hypermobility services remain open and that more healthcare professionals are better informed about hypermobility. This important work is necessary so that patients can access earlier diagnosis as well as better support in their local area in the future.

Many of the key achievements in 2022 were around maintaining stability and ensuring that the HMSA was building the foundations for future growth and development. The board and CEO reviewed the charity's strategy and future plans. The key priority for the short-term remains focussing on strengthening and stabilising the organisation and raising vital funds so that the charity can extend and further develop its work.

Key changes: The HMSA was delighted to welcome a new trustee during the course of 2022 – Zoe Walker. Zoe brings experience of working in both the civil service and the charitable sector. Zoe was diagnosed with Joint Hypermobility Syndrome in her mid-20s. Having a diagnosis helped to explain the chronic pain and fatigue she had over the years. Our helpline was

		<p>incredibly helpful when she needed someone to speak to who would understand. Zoe told us: <i>“The HMSA was the first charity I came across that provided vital information.”</i></p> <p>Mark Austin, an existing trustee, took over as Chair with the unanimous support of the board. Mark has a track record of delivering commercial success for a range of financial and payment related companies. His expertise includes business development, marketing and product management. Mark’s daughter lives with hypermobility.</p> <p>We are lucky to have a strong trustee board and the varied skills and very extensive experience that they jointly bring means that the charity is fully able to meet any challenges ahead while continuing to shape and develop the HMSA’s future strategy.</p> <p>The HMSA was pleased to appoint a new CEO in 2021. Lisa Bone brings experience from both the commercial and charitable sector and started in January 2022. Lisa has been able to build on the excellent work achieved in 2021 and is actively working on the future growth and reach of the charity.</p>
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Financial review

Review of the charity’s financial position at the end of the period	Para 1.21	See financial information attached. Income for period: £29,228 Expenditure for period: £39,541 Unrestricted funds at year end: £13,892 Restricted funds at year end: £2,642 Total funds at year end: £16,534
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity aims to keep 3-6 months in reserves. In 2022 the charity aimed to keep £6000 for essential expenditure and emergency or closure costs, plus a £5000 buffer that can be used to cover temporary income reduction or to provide initial funds for setting up new projects.
Amount of reserves held	Para 1.22	£11,000
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The HMSA's principal sources of income are fundraising, membership, sponsorship and grant income. We would like to thank everyone who supported the HMSA in 2022.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The trustees review a detailed, and regularly updated, risk register regularly at trustee meetings. The risk register outlines key risks and ensures that any action needed to ameliorate risks is taken quickly and on the basis of full information.
Other		

Structure, governance and management

Description of charity's trusts:		n/a
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by other trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	References, and detailed checks are provided before trustees start. The HMSA has an induction procedure including provision of all relevant documents and policies and can offer additional support for new trustees, as required.
The charity's organisational structure and any wider	Para 1.51	n/a

network with which the charity works		
Relationship with any related parties	Para 1.51	n/a
Other		n/a

Reference and administrative details

Charity name	The Hypermobility Syndromes Association
Other name the charity uses	HMSA
Registered charity number	CIO 19863
Charity's principal address	49 Greek Street, London W1D 4EG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel King	Trustee	From December 2020 - present	
2	Gil Hilleard	Trustee	From June 2021 - present	
3	Nichola Gardner	Trustee	From May 2021 - present	
4	Zoe Lomax	Trustee	From May 2021 - present	
5	Mark Austin	Trustee (Chair from November 2022)	From December 2021 - present	
6	Zoe Walker	Trustee	From March 2022 - present	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name	
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n/a	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
n/a	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

Lisa Bone, CEO

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Mark Austin	
Position (for example Secretary, Chair, etc)	Chair	
Date	24/7/23	



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name:

**On accounts for the year
ended**

**Charity no
(if any)**

Set out on pages

(remember to include the page numbers of additional sheets)

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

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

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

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

Name:

**Relevant professional
qualification(s) or body
(if any):**

Address:

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to provide details of items as requested in the text to the left.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Hypermobility Syndromes Association

1186735

Receipts and payments accounts

CC16a

For the period from	01/01/2022	To	31/12/2022
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations and Legacies	10,021	-	-	10,021	11,686
Charitable Activities	16,092	-	-	16,092	19,712
Trading	3,053	-	-	3,053	2,911
Other Income	62	-	-	62	816
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	29,228	-	-	29,228	35,125
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	29,228	-	-	29,228	35,125
A3 Payments					
Charitable Activities	34,690	3,575	-	38,265	32,976
Governance Costs	1,276	-	-	1,276	1,776
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	35,966	3,575	-	39,541	34,752
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,966	3,575	-	39,541	34,752
Net of receipts/(payments)	- 6,738	- 3,575	-	- 10,313	373
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	20,630	6,217	-	26,847	26,474
Cash funds this year end	13,892	2,642	-	16,534	26,847

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	13,631	2,642	-
	Paypal	261	-	-
		-	-	-
	Total cash funds	13,892	2,642	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	December payroll costs	General	1,668	03/01/23
	December payroll costs	Restricted	325	03/01/23
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

THE HYPERMOBILITY SYNDROMES ASSOCIATION

England & Wales - Charity number 1186735

Accounts



Trustees' annual report (including Directors' report) for the period

From: Period start date 01/01/2021 To: Period end date 31/12/2021

Charity name: Hypermobility Syndromes Association (working name: HMSA)

Charity registration number: 1186735

Company number: n/a

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>We support all hypermobile people and the professionals who work with them.</p> <p>The object of the Hypermobility Syndromes Association, as set out in our governing document, is to preserve and protect good health among, and relieve the needs of, people affected by Hypermobility Syndromes, in particular by:</p> <p>a. Providing validation, education, rehabilitation and positive self-management advice for people with hypermobility related disorders and their entire support network, including their families, teachers, friends and colleagues. Encouraging a culture of support while raising awareness, knowledge and self-determination.</p> <p>b. Improving the quality of life, and enabling effective self-management for affected individuals through a variety of resources, including (but not limited to): self-management programs, support groups, social media, publications, helpline and support from our expert patient volunteers.</p> <p>c. Working with and educating the relevant medical, social and health professionals in developing awareness and understanding of the biopsychosocial impact of hypermobility related disorders for individuals and their entire support network.</p>

		<p>d. Supporting and encouraging individuals in their pursuit of diagnosis and treatment, via signposting to appropriate services where necessary.</p> <p>e. Providing an environment which enables people affected by a hypermobility syndrome to volunteer, furthering the charity's aims whilst developing their own workplace skills and confidence.</p> <p>f. Maintaining the Information Standard, as was accredited by NHS England, so as to ensure the high standard of all HMSA publications in whichever format deemed suitable.</p> <p>g. Working with other organisations to undertake and promote research into hypermobility related disorders, the useful results of which will be published for the public benefit. To seek to be the patient partner and to disseminate research, surveys and investigations whilst maintaining our high standard of information.</p> <p>h. Collaborating with other organisations on policies, strategies and projects, which are synergistic with the CIO's own strategy and values.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>The HMSA's main activities include:</p> <ul style="list-style-type: none"> • Provision of evidence-based resources, information and support to anyone affected by hypermobility and the professionals and that support them. • Free support given via helpline, email and social media feeds to anyone that needs it. • Running our membership scheme to provide extra, tailored support for the hypermobile community. • Local groups providing additional peer to peer support for members. • Bi-annual production of journal for members. • Organising and leading regular events for both professionals and those affected by hypermobility.

		<ul style="list-style-type: none"> Running thriving social media feeds to raise awareness of hypermobility and the HMSA and to provide timely information and support. For example, our Facebook page had a reach of around 100,000 in the latter months of 2021. Working closely with our group of Medical Advisors. Delivering the HMSA Professional Educational Model and wider professional education. Contributing to and keeping abreast of the latest research and supporting multiple research projects - assisting researchers in finding participants and disseminating results. Liaising with, working in partnership or alongside other relevant partners such as ARMA, EDS UK or PoTS UK.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Hypermobility Syndromes Association's board takes seriously the Charity Commission's guidance on public benefit. All our activities are relevant to improving health outcomes, wellbeing, and support for people with hypermobility in line with our stated charitable purposes stated above.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Our team of around 40 volunteers make a vital contribution to the work of the Hypermobility Syndromes Association (HMSA). We do a huge amount with very limited resources thanks to our amazing volunteers who cover a wide range of roles from social media, to fundraising, to running local groups providing peer-led support, to

		<p>editing our journal, to supporting and leading our work with professionals. Almost all our volunteers have personal experience of hypermobility and their lived experience and insight, combined with an ethos of practical self-management, enables the HMSA to provide validation, support, and practical advice that cannot come from theoretical understanding alone.</p> <p>“Volunteering with the HMSA has meant working with people where I am completely understood and accepted – where I don’t have to explain my limits or why I need to do something differently. Where I can be who I am, how I am...</p> <p>But the best part is that through the work of the charity I am providing that same sense of safety and belonging for the hypermobile community the charity supports.”</p> <p>We are also extremely lucky to have a voluntary group of Medical Advisors, led by Dr Philip Bull, who bring expertise, skills and knowledge across a range of specialist fields relevant to hypermobility ensuring that the information we provide is up to date, rigorously checked and comprehensive.</p>
Other		<p>The HMSA is run by 2 paid, part-time staff whose total hours do not equate to 1 full-time role. All other work is carried out by volunteers.</p>

Achievements and performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The HMSA is here to support <i>everyone</i> with symptomatic hypermobility – whatever the cause – and however mildly or severely they may be affected.</p> <p>In a year where the effects of COVID-19 continued to be felt, especially by many in the hypermobile community who were especially vulnerable, the HMSA continued to be responsive and adapt rapidly to changing circumstances.</p> <p>The HMSA maintained - and even expanded - service provision while many other services pulled back and the NHS was under extreme pressure. For a charity staffed mainly by volunteers, many with their own health needs, this continuity of service, at a time when people needed it most, was a major achievement.</p> <p>As a small charity led by people with lived experience, we were able to be very agile and quickly pivot our services to provide the expert, specialist services our members, the professionals who support them and the wider hypermobile community needed.</p> <ul style="list-style-type: none">• “You help me to understand things I’ve been going through for 20 years...”• “Thank you. That was the most informative, helpful support session I’ve ever attended.” <p>For example, weekly online relaxation classes introduced during COVID-19 continued to support wellbeing and reduce isolation as did the monthly online ‘ask the Occupational Therapist’ sessions. The #HypnOT (‘Living Well with Hypermobility’) 5 week course was also a great success again and was well attended with excellent feedback.</p>
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Feedback after 'Ask the OT' session: "I am always so impressed and grateful for the amount of useful information and tips that are in these sessions. It's so nice to have ideas for making day to day living that bit better."

Additionally, our local regional groups successfully continued their transition to online delivery providing much needed support, connection and information for our members with 7 groups regularly running with 2 more in the pipeline.

Feedback to local group leaders:

"I couldn't be more grateful for your emails. Your first was so kind and thoughtful, thank you. And to receive another with more considered responses and detail. I am deeply touched by your kindness and efforts. Thank you so much. I really appreciate all the time you have taken to help me. I am truly blown away!"

"Would just like to say thank you for all you've done running the group over the last few months. You always seem to have a smile on your face. I have learnt some useful stuff and it is nice to realise we are not alone."

Our professional education team ran a successful well attended Masterclass for the professionals in September. Sessions were led by 5 guest speakers, all of whom, volunteered their time live to answer any questions from the audience in addition to their presentations. A range of topics were covered including - the link between Neurodiversity and Hypermobility; the latest diagnostic and management guidelines for PoTs and its relationship with dysautonomia; and the SPIDER – a multi system diagnostic tool.

Our social media team continued to be very active providing information not only about hypermobility but also information on COVID-19, vaccines and shielding – as well as self-management through these difficult times. Over 100 individuals were directly supported with confidential 1:1 advice via Facebook, in addition to the high levels of

public engagement with our posts. For a small charity, our reach on social media (c.42k on Facebook, c. 11k on twitter and 3k on Instagram) continues to be impressive. Additional help was provided by our trained helpline team led by volunteers helping to support over 200 more people via email and phone.

We worked jointly with EDS UK to co-produce an online toolkit for schools with EDS UK which was launched in Summer 2021. The schools hub will improve the support given to children with hypermobility in schools. The toolkit provides clear, practical information for schools on how best to enable and support hypermobile pupils. The HMSA supplied several sections for the toolkit and helped to guide the use of language and overall approach to ensure it was both accurate and inclusive. By the end of November 2021, the online toolkit had reached 11,187 unique visitors and usage levels continue to grow.

Many of the key achievements in 2021 were around maintaining stability and ensuring that the HMSA was building the foundations for future growth and development. A key element of this work was the creation of a new HMSA website which was completed in December 2021 and officially launched at the start of January 2022.

Website feedback: [“I do love your site. I will continue to use it. You have the most information \[on hypermobility\] I've been able to find. I really appreciate that.”](#)

The HMSA was also pleased to welcome four new trustees during the course of 2021 – Mark Austin, Nichola Gardner, Zoe Lomax and Gil Hilleard – who had previously provided pro bono organisational support and advice to the charity. The varied skills and very extensive experience that they jointly bring mean that the HMSA’s board will be even stronger and fully able to meet any challenges ahead while continuing to shape and helping to develop the HMSA’s future strategy.

		<p>The HMSA was sad to lose Executive Manager, Jane van Velsen, during 2021 but would like to thank her for all the fantastic work that she did and the invaluable changes and developments she instituted while she was in post. The Board was also like to thank Hannah Turner* (then Chair) for her tireless work and her amazing contribution covering Jane's position on a voluntary basis while a replacement CEO was successfully recruited. The post was filled in the autumn of 2021 and the new CEO started in January 2022 and will be able to build on the excellent work achieved in 2021.</p> <p>(Note: *Hannah Turner is also known professionally, under her pen name, as Hannah Ensor.)</p>
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Financial review

Review of the charity's financial position at the end of the period	Para 1.21	<p>See financial information attached: Income for period: £35,125 Expenditure for period: £34,752 Unrestricted funds at year end: £20, 630 Restricted funds at year end: £6217. Total funds at year end: £26,847</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The HMSA's Reserves Policy takes in account potential risks and liabilities. The HMSA aims to hold a minimum of 3 months running costs in reserves. In 2021 the charity aimed to keep £5000 for essential expenditure and emergency or closure costs, plus a £5000 buffer that can be used to cover temporary income reduction or to provide initial funds for setting up new projects.</p>
Amount of reserves held	Para 1.22	£10,000
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The HMSA's principal sources of income are fundraising, membership and grant income. We would like to thank everyone who supported the HMSA in 2021, including the Albert Hunt Trust and the National Lottery Community Fund. n/a
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The trustees review a detailed and regularly updated risk register at each quarterly trustee meeting. The risk register outlines key risks and ensures that any action needed to ameliorate risks is taken quickly and on the basis of full information.
Other		

Structure, governance and management

Description of charity's trusts:		n/a
Type of governing document: for example, trust deed , memorandum and articles of association etc	Para 1.25	Constitution
How is the charity constituted? for example limited company , unincorporated association , CIO	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by other trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	References, and detailed checks are provided before trustees start. The HMSA has an induction procedure including provision of all relevant documents and policies and can offer additional support for new trustees, as required.
		n/a

The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	n/a
Other		n/a

Reference and administrative details

Charity name	The Hypermobility Syndromes Association
Other name the charity uses	HMSA
Registered charity number	CIO 19863
Charity's principal address	49 Greek Street, London W1D 4EG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel King	Trustee	From December 2020	
2	Hannah Turner	Chair	Until December 2021	
3	Gil Hilleard	Trustee	June 2021	
4	Nichola Gardner	Trustee	May 2021	
5	Zoe Lomax	Trustee	May 2021	
6	Mark Austin	Trustee (Acting Chair from March 2022)	December 2021	
7	Keith Diaper	Trustee	Until July 2021	
8				
9				
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16				
17				
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Corporate trustees – names of the directors at the date the report was approved

Director name	
n/a	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
n/a	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

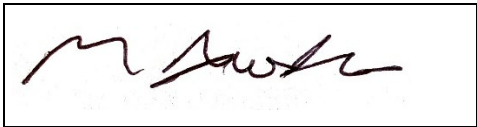
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Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Mark Haddon Austin	
Position (for example Secretary, Chair, etc)	Chair	
Date	16/8/22	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Hypermobility Syndromes Association 1186735

CC16a

Receipts and payments accounts

For the period from 01/01/2021 To 31/12/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	11,686	-	-	11,686	4,913
Charitable Activities	19,712	-	-	19,712	5,322
Trading	2,911	-	-	2,911	2,628
Other Income	816	-	-	816	34,619
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	35,125	-	-	35,125	47,482
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	35,125	-	-	35,125	47,482
A3 Payments					
Charitable Activities	29,833	3,143	-	32,976	21,008
Governance Costs	1,776	-	-	1,776	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	31,609	3,143	-	34,752	21,008
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,609	3,143	-	34,752	21,008
Net of receipts/(payments)	3,516	- 3,143	-	373	26,474
A5 Transfers between funds	1,166	- 1,166	-	-	-
A6 Cash funds last year end	15,948	10,526	-	26,474	-
Cash funds this year end	20,630	6,217	-	26,847	26,474

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	20,313	6,217	-
	Stripe	317	-	-
		-	-	-
	Total cash funds	20,630	6,217	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Hypermobility Syndromes Association

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

CIO19863

Set out on pages

1-2

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

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

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

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

** Please delete the words in the brackets if they do not apply.*

Signed: *V Santer*

Date: 19th August 2022

Name: Virginia Santer

**Relevant professional
qualification(s) or body
(if any):**

FCCA

Address:

Sovereign House, 22 Shelley Road, Worthing, West Sussex, BN11 1TU

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

THE HYPERMOBILITY SYNDROMES ASSOCIATION

England & Wales - Charity number 1186735

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	01	2020		31	12	2020

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

49 Greek Street,	
London	
Postcode	W1D 4EG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Keith Diaper	Trustee	From April 2020	
2	Hannah Turner	Acting Chair		
3	Dr Philip Bull	Trustee	Until November 2020	
4	Rachel King	Trustee	From December 2020	
5				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Organisational Development	Gil Hilleard	

Name of chief executive or names of senior staff members (Optional information)

Executive Manager recruited on a part time, consultancy basis from July to November.

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by other trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Restructured from a small informal structure to a more formal one, and created clearer roles and role division between the operational aspects of the charity (managed by the Executive Manager) and the governance role of the board of trustees.

Joined the NCVO, and ensured all trustees watched their trustee overview training videos.

Recruited a new Executive Manager.
Recruited a new trustee.

Set up new bank accounts and carried out all the administrative tasks needed in relation to moving from an unincorporated charity to a CIO.

Reviewed and updated or created multiple policies and procedures, including recruitment and volunteer management.

Reviewed and updated the strategy.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

RELIEF OF SICKNESS AND THE IMPROVEMENT PRESERVATION AND PROTECTION OF HEALTH OF PERSONS SUFFERING FROM HYPERMOBILITY SYNDROME

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities have included:

- Continued to provide evidence based information, joining the Patient Information Forum, with a view to gaining the TICK information quality mark.
- Providing advice and support via email, phone, and social media.
- Continuing our membership scheme and online local support groups.
- Providing free weekly relaxation sessions (useful for both condition management and coping with COVID restrictions)
- Providing monthly OT live-streaming sessions full of practical self-management advice and information.
- Producing a journal full of articles and information on the latest developments regarding hypermobility syndromes and patient stories. (the first journal of the year was produced by the unincorporated charity rather than the CIO)
- Carrying out a complete review of the Kent Model, and relaunching it as the HMSA Professional Education Model, with a dedicated team focused on delivering it.
- Switched the Professional Masterclass originally planned in March 2020 and delayed by the pandemic, to an online version (delivered in Feb 2021).
- Supported multiple research projects, assisting researchers in finding participants, and in disseminating results.
- Consulting on the Nice pain management guidelines, working with ARMA.
- Worked on a joint project with EDS UK to create an online schools toolkit on EDS and HSD/JHS – launched May 2021.

Additional details of objectives and activities (Optional information)

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

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Our team of around 40 volunteers is responsible for delivering the majority of our services, including local groups, helpline, and information and support provided to our community through social media. Volunteers have also kept the administrative functions going.

All volunteers are trained in safeguarding and GDPR, and also given appropriate support and training specific to their roles.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- Increased membership from 519 at the end of 2019, to 547 at the end of 2020.
- The social media volunteer team continued their work with ARMA and all its member charities to provide information on the COVID19 pandemic, vaccines, and shielding – as well as self-management during these times. And through all this, continuing to deliver support and information to the hypermobile community and the wider population.
- Continued to run our local support groups online, setting up 2 additional groups (Surrey and Wales). Some groups also doubled their frequency, with one session being our usual self-management focused session and the other being a general supportive chat to provide social and mental support to members self-isolating or struggling with lockdown. Feedback has included *“The Leader was amazing and allowed people time to talk about their week or current concerns”*
“Really well facilitated”
- The ‘Wellbeing Officer’ role continued to help our volunteers balance volunteering with their health management, work, and other life commitments, creating a more sustainable and reliable workforce.
- Continued to support the wider hypermobile community via our website, helpline (over 200 calls), email, and social media, (with 41K Facebook followers, 11k twitter followers, and 3k Instagram followers, with 155 separate individuals supported via private message on Facebook.
- Carried out all the administrative tasks needed to complete the move from being an unincorporated charity to a CIO.
- Planned the first online Masterclass (which took place in Feb 2021)

Section E

Financial review

Brief statement of the charity’s policy on reserves

We aim to keep a reserve of £5000 for 3 months essential expenditure, and emergency closure of the organisation (expenditure below this level needs board approval), plus a £5000 ‘buffer’ that can be dipped into when needed for issues with staff cover, to cover temporary income reduction, or to provide initial funds for setting up new projects.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity’s principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

Following grants to the unincorporated HMSA (Registered charity number 1011063), at the time of switchover, we were able to transfer approximately £24000, and had over £10000 above reserves and restricted funds.


- investment policy and objectives including any ethical investment policy adopted.

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Section F Other optional information

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Section G Declaration

Signature(s)		
Full name(s)	Hannah Turner	
Position (eg Secretary, Chair, etc)	Interim Chair	
Date	23/09/2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Hypermobility Syndromes Association

CE019863

Receipts and payments accounts

CC16a

For the period from	01/01/2020	To	31/12/2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	4,913	-	-	4,913	-
Charitable Activities	5,322	-	-	5,322	-
Trading	2,628	-	-	2,628	-
Vested income	19,588	15,031	-	34,619	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,451	15,031	-	47,482	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,451	15,031	-	47,482	-
A3 Payments					
Raising Funds	-	-	-	-	-
Charitable Activities	16,503	4,505	-	21,008	-
Other	-	-	-	-	-
Vested assets	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	16,503	4,505	-	21,008	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,503	4,505	-	21,008	-
Net of receipts/(payments)	15,948	10,526	-	26,474	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	15,948	10,526	-	26,474	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank accounts	15,948	10,526	-
		-	-	-
		-	-	-
	Total cash funds	15,948	10,526	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Hypermobility Syndromes Association

**On accounts for the year
ended**

31 December 2020

**Charity no
(if any)**

CIO19863

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2020

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

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

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

** Please delete the words in the brackets if they do not apply.*

Signed: *V Santer*

Date: 23rd September 2021

Name: Virginia Santer

**Relevant professional
qualification(s) or body
(if any):**

FCCA

Address:

Sovereign House, 22 Shelley Road, Worthing, West Sussex, BN11 1TU

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.