



# 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**

The Hypermobility Syndromes Association

**Other names charity is known by**

The HMSA

**Registered charity number (if any)**

1186735

**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				
6				
7				
8				
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10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### 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

<b>Signature(s)</b>		
<b>Full name(s)</b>	Hannah Turner	
<b>Position (eg Secretary, Chair, etc)</b>	Interim Chair	
<b>Date</b>	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

### 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 £
<b>A1 Receipts</b>					
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	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>32,451</b>	<b>15,031</b>	<b>-</b>	<b>47,482</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>32,451</b>	<b>15,031</b>	<b>-</b>	<b>47,482</b>	<b>-</b>
<b>A3 Payments</b>					
Raising Funds	-	-	-	-	-
Charitable Activities	16,503	4,505	-	21,008	-
Other	-	-	-	-	-
Vested assets	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>16,503</b>	<b>4,505</b>	<b>-</b>	<b>21,008</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>16,503</b>	<b>4,505</b>	<b>-</b>	<b>21,008</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>15,948</b>	<b>10,526</b>	<b>-</b>	<b>26,474</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>15,948</b>	<b>10,526</b>	<b>-</b>	<b>26,474</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	Bank accounts	15,948	10,526	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>15,948</b>	<b>10,526</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>				
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>				
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>				
			-	-
			-	-
			-	-
			-	-
			-	-
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.**