

Easing their
pain,



Hope in the
dark.

ABOUT US

About Our Foundation...

We Help People to Overcome Stigma & Barriers.

Crohn's and Colitis Relief (CCR) was set up as a free service to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from IBD/IBS, and to improve their lives.

Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support.



**"We make a living by what we get,
but we make a life by what we give"**

Winston Churchill

PROJECTS

Library

A lending resource consisting of DVDs, recipe books and publications specifically relevant to the cultural needs of our users.

Diet

- Culturally specific:
- Dietary advice from dieticians
- Delivering dietary specific foods to hospital patients
- Support groups
- Cookery/baking lessons
- Healthy living classes.

Awareness Raising

- School heads and teachers
- Hospital staff on particular needs of Crohn's and Colitis sufferers in the cultural context.

Linking Schools

Raising awareness of IBD/S among children via arts and crafts, making get well soon cards; and festival celebrations.

Support

Financial support for initial medical consultations, stool and blood tests, MRI & colonoscopy imaging in emergency cases, phone and email support, face to face meetings with IBD patients/parents, following up hospital referrals to speed things up, stock of items in case of emergency.

Medication

Collecting patients' prescribed medication from the hospital or pharmacy. Sick patients don't always have the strength to leave the house, especially if they are anaemic or constantly need the bathroom.

PROJECTS

Respite

Patients and their families need to unwind after surgery. We plan to finance holiday accommodation, camp/day camp fees, hotel stays and special travel expenses.

Sports

Exercise for keeping fit and relieving stress such as personal trainers, swimming, cycling and other sports.

Transport

Provision of free transport to medical appointments, surgery, colonoscopy/endoscopy, and individualised travel if needed to attend school, work or anywhere else.

Visitors

Due to covid we were limited with visits and entertainment in hospital or at home. Therefore we had a hotline for people to call for support. The volunteers would give out gifts and arrange for therapists, mental health counsellors, a cheer up squad, music lessons, lego therapy, magicians and educational games.

Modulen

Modulen support for children including incentives, buddy and befriending; liaising with school and family; family trips, fridge for school/work to store Modulen and equipment packs for making Modulen.

Benefits

Help with accessing benefits and grants to support patients who are unable to work due to IBD through assisting with form filling for DLA and PIP claims.

Have a heart, lend a hand,

stand out and **MAKE A DIFFERENCE.**

WHAT THEY SAY...



- Sandy -

"I once called CCR at three in the morning in severe abdominal pain. Their volunteer coordinator contacted Hatzolah and ensured that I was taken to the hospital where I am regularly treated rather than to the nearest A&E. The continuity of care by the same medical team resulted in relief of sickness, as well as therapy, counselling, and improving the regularity and safety of drug monitoring."

- Ruthy -

"As an IBD patient, I was concerned about stigma and hesitant to engage in treatment. CCR supported me in obtaining medical support and I began treatment and a diet immediately. This stopped the progression of the disease and surgery was not needed. CCR also worked to relieve my stress, fear of pain, illness and fear of stigma by involving community activists and other charity organisations such as Bikur Cholim and Camp Simcha to support my family and me."

- Josh -

"My wife was in hospital following surgery and was left with a stoma. She constantly suffered anxiety, had no appetite and was losing weight drastically. But then CCR volunteers came to visit her. They gave her support and sang to her, which reduced her anxiety. They brought fresh and enticing food daily to increase her appetite. They encouraged her to eat so that she would put on weight and regain her strength, physically and emotionally."

FACTS & FIGURES

250

Supported over 250 patients to date, through practical advice; emotional support, medical referrals and hospital advocacy; accompanying them to appointments; providing interpreters as needed; transport to and from hospital; arranging special food and signposting to doctors and other resources.

We created a local emergency resource supply of Modulen (a Crohn's friendly nutritional formula) and stomach pouch bags, available at all hours if needed in cases of emergency.

8

8 weekly culturally appropriate feature articles, disseminated across the community, containing medical articles written by senior doctors in the IBD field, also used as resource information packs.

We have a medical Advisory Board to include gastro doctors, surgeons and other medical professionals in the field.

We established a culturally sensitive buddy and befriending service connecting patients with their peers who are suffering similar conditions.

200

Open day awareness event - held in conjunction with Jewish Digest, another IBD charity which focuses on IBD awareness. 200 people attended; all IBD sufferers and parents/carers of children with IBD.

30

Provided cultural training and literature to 30 IBD medical registrars, surgeons and consultants from 10 hospitals in London and Manchester.

CROHN'S AND COLITIS RELIEF

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CROHN'S AND COLITIS RELIEF

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MAY 2021

TRUSTEES	Mr P Grosz Mr M Kahan Mr L Y Schapiro
COMPANY SECRETARY	Mr M Kahan
REGISTERED OFFICE	58 Forburg Road London N16 6HT
REGISTERED COMPANY NUMBER	10766434 (England and Wales)
REGISTERED CHARITY NUMBER	1187199
INDEPENDENT EXAMINER	Sugarwhite Meyer HS Ltd First Floor 94 Stamford Hill London N16 6XS

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

REFERENCE AND ADMINISTRATIVE INFORMATION

The information is shown on page 1 of the financial statements and forms part of this report.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases.

Significant activities

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

FINANCIAL REVIEW

Financial review

The trustees are pleased with results for the year. There was an almost fivefold increase in income. This enabled the trustees to give help and advice to more people suffering CCR and their relatives.

Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £12,862 (2020 - £3,321).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Charity constitution

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

Organisational structure

The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses.

The power to appoint new trustees is vested in the board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

Risk management

The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2021**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 24 February 2022 and signed on its behalf by:

A handwritten signature in dark ink, appearing to read 'M. Kahan', is written over a faint, dotted rectangular line.

Mr M Kahan - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CROHN'S AND COLITIS RELIEF

Independent examiner's report to the trustees of Crohn'S And Colitis Relief ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



S Steinhaus FCA
Sugarwhite Meyer HS Ltd
First Floor
94 Stamford Hill
London
N16 6XS

24 February 2022

CROHN'S AND COLITIS RELIEF

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MAY 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	28,828	21,500	50,328	10,347
EXPENDITURE ON					
Charitable activities	3				
Medical Assistance		16,984	21,500	38,484	5,638
Charitable		1,758	-	1,758	762
Governance		1,045	-	1,045	1,024
Total		<u>19,787</u>	<u>21,500</u>	<u>41,287</u>	<u>7,424</u>
NET INCOME		<u>9,041</u>	<u>-</u>	<u>9,041</u>	<u>2,923</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		3,821	-	3,821	898
TOTAL FUNDS CARRIED FORWARD		<u>12,862</u>	<u>-</u>	<u>12,862</u>	<u>3,821</u>

The notes on page 0 form part of these financial statements

CROHN'S AND COLITIS RELIEF (REGISTERED NUMBER: 10766434)

**BALANCE SHEET
31 MAY 2021**

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	7	2,287	-
CURRENT ASSETS			
Debtors	8	175	6,500
Cash at bank		<u>17,260</u>	<u>1,284</u>
		17,435	7,784
CREDITORS			
Amounts falling due within one year	9	(6,860)	(3,963)
NET CURRENT ASSETS		<u>10,575</u>	<u>3,821</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		12,862	3,821
NET ASSETS/(LIABILITIES)		<u>12,862</u>	<u>3,821</u>
FUNDS	11		
Unrestricted funds:			
General fund		<u>12,862</u>	<u>3,821</u>
TOTAL FUNDS		<u>12,862</u>	<u>3,821</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2021 in accordance with Section 476 of the Companies Act 2006.


The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

BALANCE SHEET - continued
31 MAY 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 February 2022 and were signed on its behalf by:

A handwritten signature in dark ink, appearing to read 'M. Kahan', is written over a faint, dotted rectangular line.

Mr M Kahan - Trustee

CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

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

Expenditure

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

Tangible fixed assets

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

Taxation

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

Going concern

There are no material uncertainties about the charity's ability to continue.

2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Donations	1,517	-	1,517	10,101
Grants	27,311	21,500	48,811	246
	<u>28,828</u>	<u>21,500</u>	<u>50,328</u>	<u>10,347</u>

Grants received, included in the above, are as follows:

	2021 £	2020 £
Charitable	48,811	-
Other grants	-	246
	<u>48,811</u>	<u>246</u>

CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2021

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 4) £	Totals £
Medical Assistance	38,484	-	38,484
Charitable	-	1,758	1,758
Governance	-	1,045	1,045
	<u>38,484</u>	<u>2,803</u>	<u>41,287</u>

4. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Charitable	1,758	-	1,758
Governance	-	1,045	1,045
	<u>1,758</u>	<u>1,045</u>	<u>2,803</u>

Support costs, included in the above, are as follows:

Management

	2021 Charitable £	2020 Total activities £
Sundries	<u>1,758</u>	<u>762</u>

Governance costs

	2021 Governance £	2020 Total activities £
Independent examiner's fee	516	432
Independent examiner's other fees	516	432
General expenses	<u>13</u>	<u>160</u>
	<u>1,045</u>	<u>1,024</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2021 nor for the year ended 31 May 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2021 nor for the year ended 31 May 2020.

CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2021

6. AVERAGE NUMBER OF STAFF

The average number of staff in the year was 3 (2020 - 1)

7. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
Additions	2,287
NET BOOK VALUE	
At 31 May 2021	2,287
At 31 May 2020	-

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	175	6,500

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	5,828	3,099
Accruals and deferred income	1,032	864
	6,860	3,963

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
Fixed assets	2,287	-	2,287	-
Current assets	17,435	-	17,435	7,784
Current liabilities	(6,860)	-	(6,860)	(3,963)
	12,862	-	12,862	3,821

CROHN'S AND COLITIS RELIEF

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MAY 2021

11. MOVEMENT IN FUNDS

	At 1.6.20 £	Net movement in funds £	At 31.5.21 £
Unrestricted funds			
General fund	3,821	9,041	12,862
TOTAL FUNDS	<u>3,821</u>	<u>9,041</u>	<u>12,862</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	28,828	(19,787)	9,041
Restricted funds			
Restricted fund	21,500	(21,500)	-
TOTAL FUNDS	<u>50,328</u>	<u>(41,287)</u>	<u>9,041</u>

Comparatives for movement in funds

	At 1.6.19 £	Net movement in funds £	At 31.5.20 £
Unrestricted funds			
General fund	898	2,923	3,821
TOTAL FUNDS	<u>898</u>	<u>2,923</u>	<u>3,821</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	10,347	(7,424)	2,923
TOTAL FUNDS	<u>10,347</u>	<u>(7,424)</u>	<u>2,923</u>

CROHN'S AND COLITIS RELIEF

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MAY 2021**

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2021.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.



CROHN'S AND
COLITIS RELIEF

Fighting the condition with love and care

Thank
you for
your
support!!

