

REGISTERED COMPANY NUMBER: 00936855 (England and Wales)
REGISTERED CHARITY NUMBER: 256751

**STRATEGIC REPORT, REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
NATIONAL BACK PAIN ASSOCIATION**

NATIONAL BACK PAIN ASSOCIATION

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

	Page
Chairman's Report	1 to 2
Strategic Report	3 to 4
Report of the Trustees	5 to 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11
Cash Flow Statement	12
Notes to the Cash Flow Statement	13
Notes to the Financial Statements	14 to 22

NATIONAL BACK PAIN ASSOCIATION
CHAIRMAN'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

The chairperson presents his statement for the year:

Introduction:

One in three people will live with back pain at some point in their lives. For some it will be short lived, for others it will be chronic.

Musculoskeletal conditions such as back pain cost the National Health Service (NHS) some £4.76 billion each year. In this new landscape of home working, back pain is increasingly familiar. However, even before the changes that the pandemic brought about in hybrid and remote working, back pain was the fifth most common reason people would see any health care practitioner.

Back injury is one of the largest single causes of lost work days in the UK today and costs the UK economy some £10 billion.

Back Care exists to provide education on back injury prevention, helps provide information to those living with back pain, regardless of cause and is involved in valuable research studies.

In 2023:

2023 was an exceptional year for BackCare, both in terms of the receipt of three independent legacies totalling funds of some £700,000, and also because our charitable purpose evidenced two major milestones:

" The completion of the 7th edition of our Handling of People (HOP7), used in most emergency and non-emergency healthcare settings in the UK today, and

" BackCare's most successful BackCare Awareness Week (BCAW). In 2023 BCAW saw even more employers participate and the distribution of over 50,000 Back Health booklets (created for the purpose), together with very many tens of thousands more booklets shared electronically.

Legacy income:

As a small charity legacies are an important part of our fundraising income and we take them very seriously - such additional income allows us to disseminate more materials related to back injury prevention and invest in valuable research studies evaluating the causes, effects, and treatments of back pain. In October 2023, our newly published Back Health booklet provided important back health information and managed to incorporate legacy promotion reaching over 50,000 people directly. This type of active but discreet promotion will pay dividends in the future.

With £700,000 being raised in legacy income during the course of the financial year the Trustees are outlining plans for how this income can be best used to assist in multi-year education projects, research to both understand the causes and potential outcomes for back pain through early detection, helplines and forming new styles of BackCare Branches - aimed at extending reach and the dissemination of more information and educational resources.

HOP7:

The Handling of People 7th edition (HOP7) is an important manual as it seeks to reduce the incidences of preventable back related injury to both the patient and importantly the care giver, alike.

Whilst the 200 plus page publication incurred significant costs, its need is clearly evidenced with back pain alone, accounting for some 40% of sickness absence in the NHS.

There was much interest in HOP7 with many advanced orders and post publication orders continued to be received daily. We anticipate that 1500 copies will have been despatched by Summer 2024.

BackCare Awareness Week:

2023 was an even more successful year than our two previous records in 2021 and 2022. We are immensely proud of how this important week in our calendar has grown and now reaches potentially over one million people. Companies, Health Authorities, and organisations are participating.

The carefully produced materials have been immensely well received and we are hopeful that back injuries will have been prevented, as a result.

NATIONAL BACK PAIN ASSOCIATION
CHAIRMAN'S REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

Fundraising:

We rely solely on donations as we are a small, independent charity and receive no government funding. We have support from individuals and corporates in the form of donations and/or memberships and such everyday income is important for us.

We participate in one major annual fundraising event, being the London Marathon. In 2023, we had slightly fewer places available to us than in 2022, but still managed to raise over £60,000.

Operational:

Our day-to-day operations continue to be led by our charity CEO, who has many years of experience of working with charities of our size. We also take volunteering very seriously, and BackCare benefits from pro bono support services in the areas of accounts, legal matters, and medical writing, thus saving the charity tens of thousands of pounds, as a result. We have a Trustee base of four, which is proportional to the size of our charity and a Vice President who has supported BackCare for very many years, previously as both a Trustee and a volunteer CEO.

As Chair, I remain committed to supporting the charity over the coming years to improve sustainable income streams and increase our impact on both those living with back pain and in the prevention of avoidable back injury. We will continue to develop our supporter base, produce educational resource materials and informative publications like HOP7, build new Branches whilst supporting existing ones, develop regional helplines, aid research projects, host BackCare Awareness Week and continue to assist healthcare professionals and the public alike, in all things back health related.

The Trustees will, as always, set our priorities but we will continue to seek ideas from back pain sufferers, staff, and professionals alike, to continue our work and be the 'go to' organisation for back pain solutions.

I look forward to presenting the report for 2024 in next year's annual report.

NATIONAL BACK PAIN ASSOCIATION
STRATEGIC REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

Introduction:

The brainchild of businessman Stanley Grundy, BackCare (the National Back Pain Association) was originally set up in 1968. With nowhere to turn following a back injury, Grundy set about creating a charity dedicated to educating the public in ways of preventing and alleviating back pain.

With a long history, BackCare continues to provide education to prevent avoidable back injury, helps to support research and tries to assist those living with back pain through information and signposting.

BackCare has received no government funding and has always relied on donations for its income. These donations range from the proceeds of fundraising events, contributions towards materials that we supply, Branch income, memberships, some Trust and Foundation support and an element of small, one-off donations - including legacies. YE23 witnessed an uncharacteristically high income, from the result of three substantial legacies, and these contributing over £600,000 towards our YE income of some £833,000.

The Trustees and CEO are aware of the responsibility of charitable purpose investment of these additional funds. It is also important to maintain sufficient reserves appropriate to the size of the charity and is something that has been given much consideration by the Trustees and CEO.

Review

BackCare's vision sees the charity working collaboratively with other organisations to prevent back pain, or help alleviate the symptoms of, through research and education. There is also commitment to assisting those who are suffering with back pain to access grants, signpost or provide a listening ear and therefore help to generate positive outcomes.

First created in 1981, BackCare has been successful in publishing the 200 plus page 'Guide to the Handling of People', now in its 7th edition - a publication purported to be the gold standard in the lifting and handling of patients and used in most emergency and non-emergency healthcare settings in the UK, to protect the spines of both the carer and the cared for.

BackCare wishes to strengthen and expand the above whilst also investing not only time, but now funding into research into back pain and the prevention or alleviation thereof, through appropriate study proposals, and several options are being investigated.

Principle risks and uncertainties

The main risk for BackCare, is financial. With a sudden increase in legacy funding, BackCare could find itself in a position where such increase is short lived. However, the Trustees and CEO are aware of this and have the following plan to mitigate financial risk associated with an unpredictable income.

- i) BackCare, will have over 100,000 legacy advertisements in circulation by YE24 - which will help promote the option of support through bequests
- ii) Such a substantial increase in funding and, therefore, the work we can do, will lead to a corresponding increase in the charity's profile so helping to attract match funding from other sources
- iii) The Trustees and CEO understand the core funding channels exclusive of legacies
- iv) BackCare's financial policy will ensure that a healthy and appropriate reserves policy exists
- v) With a CEO, a committed Trustee Board, a volunteer network offering professional support and services, and accessing third party supplier solutions, as required keeps the organisation lean, thus increasing the prospect of long-term financial sustainability
- vi) BackCare will continue to grow its branding as the 'go to' charity for healthier backs

Key financial performance indicators

- i) Rising contributions towards publications/materials produced
- ii) Cashflow management by ensuring that operational costs are within budget
- iii) Proportionate burn rate with no monthly negative cash flows
- iv) Fundraising ROI - optimum risk/reward of major fundraising events, eg London Marathon
- v) Increasing social value through awareness campaigns that promote BackCare to more people
- vi) Investing in legacy promotion within shareable resources, without cost to the charity

Conclusion

NATIONAL BACK PAIN ASSOCIATION
STRATEGIC REPORT
FOR THE YEAR ENDED 31 DECEMBER 2023

BackCare is a small charity with increasing reach. It is in the fortunate position of being agile in its ability to work within the financial constraints within which it finds itself, whilst still delivering charitable purpose without risk to future financial sustainability.

Approved by order of the board of trustees on 30 September 2024 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'E Swanton', written in a cursive style.

E Swanton - Trustee

NATIONAL BACK PAIN ASSOCIATION
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

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 December 2023. 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).

PRINCIPAL ACTIVITY:

BackCare (registered as the National Back Pain Association) is a Registered Charity under the Charities Act 1993, established to carry out and promote research into the causes, cure and prevention of illness, complaints and disorders in, or associated with the back of the body and other allied conditions, and to publish and make available the results of such research; and the relief of persons who suffer such conditions; and the advancement of education of the public concerning such conditions.

VISION:

To reduce the impact of back pain on society.

OBJECTIVES AND ACTIVITIES

Objectives and aims

AIMS:

1. Making a difference to the lives of people with back pain: To be an independent source of information about the causes, treatments and management of back pain
2. Preventing back pain, where possible: To promote best practice in the diagnosis, treatment and management of back pain
3. Working with carers, employers, and families etc to reduce the detrimental effects of back pain: To prevent incapacity from back pain

OBJECTIVES:

1. To produce authoritative and accessible information (evidence-based wherever possible).
2. To support people living with back pain through a helpline service.
3. To fund research into preventing incapacity and promoting best practice.
4. To work with health professionals, employers, trade unions, government departments and statutory bodies to improve access to information, advice and treatment.
5. To campaign on behalf of people with back pain through the media and representation on government working parties, appropriate NGOs, etc.
6. To support local branches with information, campaigning materials, web pages and insurance (but does not include the provision of Therapies).

Financial review

In 2023 income increased significantly, whilst our 2023 operational expenditure remained low, by comparison. Monies accrued in 2023, more than the Reserve's policy will be spent during 2024 and 2025.

Reserves policy

We ended the year debt free, and the Board was focused on maintaining reserves to ensure the ongoing financial sustainability of the Charity.

Our Reserves Policy is six months of operating costs which the Trustees believe to be sufficient for the charity. Reserves at £100,000, are in line with this.

NATIONAL BACK PAIN ASSOCIATION
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

FINANCIAL REVIEW

Going concern

The Trustees are confident that the charity will be able to continue to accomplish important things in the years to come. Great strides have been made in 2023 to pave the way for such success and there has been the receipt of three significant legacies, giving further financial stability and even more to build on.

We have evidenced Legacy income as an important part of our fundraising and under the guidance of our CEO much work is being done to ensure that we continue to promote bequests as a valuable source of income for the charity.

We also continue to make great strides with event income and have already evidenced a successful London Marathon event in 2024 and have another 34 runners already signed up to participate in the London Marathon 2025. We will also continue to seek the support of corporates and Trusts and Foundations to further our work, particularly in the exploration of large-scale projects, because of our increased legacy income.

Therefore, it is the Trustees' opinion that the going concern basis of preparation of the accounts continues to be appropriate. Trustees are also responsible for identifying the major risks to which the charity is exposed and to review the systems which have been established to mitigate those risks.

The Executive Committee: continues to monitor the performance of, advise and direct the CEO; deals with day-to-day matters that require Trustee decision-making; maintains an overview of constitutional, legal, financial, and operational matters to ensure BackCare's compliance with the requirements of the Charity Commission, Companies House, and relevant legislation. The day-to-day management of the charity is delegated to the CEO, who reports directly to the Chair of Trustees and is further responsible to the Board of Trustees.

REVIEW OF PERFORMANCE:

In 2023, BackCare continued to benefit from a substantial reduction in operating costs, coupled with a significant rise in income (both outcomes allowing more funds to be directed towards charitable purpose). The CEO, Denise Logan Rose, also utilises pro bono professional support where possible covering the areas of finance, legal, medical writing etc and seeks funding opportunities where appropriate to maximise our charitable purpose, without compromising the quality of our work or engaging in unnecessary expenditure.

BackCare Awareness Week (BCAW) 2023 trumped BCAW 22 when it became the most successful to date. HOP7 was finalised and promises to keep its tradition of being regarded as the gold standard in the handling of people, within most every day and emergency healthcare settings. We have remained committed to assisting research projects, supporting our membership and helping our branches too, whilst ensuring that funds are available to sustain our activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a company limited by guarantee. It was incorporated on 7th August 1968 and is governed by its Memorandum and Articles of Association.

Recruitment and appointment of new trustees

The number of Trustees and makeup of the board is discussed at Trustee board meetings. Trustees may be recruited by asking the membership for volunteers or recommendations, by recommendations from existing Trustees or from individuals who have interacted with the charity and who the Trustees feel would be a good candidate. When a Trustee is proposed and is agreed by the board as a suitable candidate, a due diligence background check is performed before approaching the prospective Trustee to invite them to become a member of the board. The duties and legal obligations of a Trustee are explained and discussed along with any particulars of the role the Trustee is being asked to take up. If the candidate is in agreement this is put back to the board for a final vote before the Trustee is appointed.

NATIONAL BACK PAIN ASSOCIATION
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

ORGANISATIONAL AND DECISION-MAKING STRUCTURE:

BackCare is governed by the Board of Trustees. The Trustees meet at least four times a year to discharge their responsibilities

STATEMENT OF TRUSTEE'S RESPONSIBILITIES:

Company law requires the Board of Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the Board of Trustees is required to:

- i) select suitable accounting policies and then apply them consistently.
- ii) make judgments and estimates that are reasonable and prudent.
- iii) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Board of Trustees is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees are also responsible for identifying the major risks to which the charity is exposed and to review the systems, which have been established to mitigate those risks.

The Executive Committee recruits, monitors the performance of, advises and directs the charity. It deals with matters that require Trustee decision-making and maintains an overview of constitutional, legal, financial and operational matters to ensure BackCare's compliance with the requirements of the Charity Commission, Companies House and relevant legislation.

There are two nominated Trustees for matters regarding Research and Education and, who advise on an as needs basis. Day-to-day management of the charity is delegated to the CEO who reports directly to the Chair on a weekly basis, and who is also responsible to the Board of Trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00936855 (England and Wales)

Registered Charity number

256751

Registered office

BackCare
29 Bridge Street
Hitchin
Hertfordshire
SG5 2DF

Trustees

Professor F Williams
E Swanton
Professor J C T Fairbank
B Chatterjee

NATIONAL BACK PAIN ASSOCIATION
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

P Underwood, FCCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Approved by order of the board of trustees on 30 September 2024 and signed on its behalf by:



E Swanton - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
NATIONAL BACK PAIN ASSOCIATION**

Independent examiner's report to the trustees of National Back Pain Association ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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.



P Underwood, FCCA

Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

30 September 2024

NATIONAL BACK PAIN ASSOCIATION

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	741,484	-	741,484	44,620
Charitable activities	5				
Sale of publications and other items		29,216	-	29,216	19,343
Other trading activities	3	49,534	41,062	90,596	91,358
Investment income	4	12,816	23	12,839	20,312
Total		<u>833,050</u>	<u>41,085</u>	<u>874,135</u>	<u>175,633</u>
 EXPENDITURE ON					
Raising funds	6	20,221	-	20,221	19,182
Charitable activities	7				
Activities		<u>128,274</u>	<u>48,360</u>	<u>176,634</u>	<u>158,017</u>
Total		<u>148,495</u>	<u>48,360</u>	<u>196,855</u>	<u>177,199</u>
 NET INCOME/(EXPENDITURE)		684,555	(7,275)	677,280	(1,566)
 RECONCILIATION OF FUNDS					
Total funds brought forward		121,363	58,541	179,904	181,470
 TOTAL FUNDS CARRIED FORWARD		<u><u>805,918</u></u>	<u><u>51,266</u></u>	<u><u>857,184</u></u>	<u><u>179,904</u></u>

The notes form part of these financial statements

NATIONAL BACK PAIN ASSOCIATION

BALANCE SHEET 31 DECEMBER 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Investments	13	1	1
CURRENT ASSETS			
Stocks	14	5,054	4,495
Debtors	15	24,434	37,802
Cash at bank and in hand		862,616	200,616
		<u>892,104</u>	<u>242,913</u>
CREDITORS			
Amounts falling due within one year	16	(34,921)	(63,010)
		<u>857,183</u>	<u>179,903</u>
NET CURRENT ASSETS			
		<u>857,184</u>	<u>179,904</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>857,184</u>	<u>179,904</u>
NET ASSETS			
		<u>857,184</u>	<u>179,904</u>
FUNDS	18		
Unrestricted funds		805,918	121,363
Restricted funds		51,266	58,541
TOTAL FUNDS		<u>857,184</u>	<u>179,904</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 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.

The financial statements were approved by the Board of Trustees and authorised for issue on 30 September 2024 and were signed on its behalf by:



E Swanton - Trustee

The notes form part of these financial statements

NATIONAL BACK PAIN ASSOCIATION

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	654,097	35,597
Net cash provided by operating activities		<u>654,097</u>	<u>35,597</u>
Cash flows from investing activities			
Interest received		7,903	116
Net cash provided by investing activities		<u>7,903</u>	<u>116</u>
Change in cash and cash equivalents in the reporting period		<u>662,000</u>	<u>35,713</u>
Cash and cash equivalents at the beginning of the reporting period		<u>200,616</u>	<u>164,903</u>
Cash and cash equivalents at the end of the reporting period		<u><u>862,616</u></u>	<u><u>200,616</u></u>

The notes form part of these financial statements

NATIONAL BACK PAIN ASSOCIATION

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2023

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	677,280	(1,566)
Adjustments for:		
Interest received	(7,903)	(116)
(Increase)/decrease in stocks	(559)	2,505
Decrease/(increase) in debtors	13,368	(15,826)
(Decrease)/increase in creditors	(28,089)	50,600
Net cash provided by operations	<u>654,097</u>	<u>35,597</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.23 £	Cash flow £	At 31.12.23 £
Net cash			
Cash at bank and in hand	200,616	662,000	862,616
	<u>200,616</u>	<u>662,000</u>	<u>862,616</u>
Total	<u>200,616</u>	<u>662,000</u>	<u>862,616</u>

The notes form part of these financial statements

NATIONAL BACK PAIN ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

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, with the exception of investments which are included at market value.

Preparation of consolidated financial statements

The financial statements contain information about National Back Pain Association as an individual company and do not contain consolidated financial information as the parent of a group. The charity is exempt under Section 399(2A) of the Companies Act 2006 from the requirements to prepare consolidated financial statements.

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.

Fixtures and fittings	- 15% on cost
Office equipment	- 33% on cost

Individual fixed assets costing £500 or more are capitalised at cost.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

NATIONAL BACK PAIN ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Investments

Investments in subsidiaries are valued at cost less provision for impairment.

Trade and other debtors

Short term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, deposits with banks and other short-term highly liquid investments and bank overdrafts. In the balance sheet, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term trade creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Helpline	-	10,000
Donations	30,781	8,983
Gift aid	3,780	-
Legacies	698,811	-
Membership subscriptions	8,112	25,637
	<u>741,484</u>	<u>44,620</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	49,534	57,782
Branch income	41,062	33,576
	<u>90,596</u>	<u>91,358</u>

NATIONAL BACK PAIN ASSOCIATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

4. INVESTMENT INCOME

	2023	2022
	£	£
Other income	4,936	20,196
Deposit account interest	7,903	116
	<u>12,839</u>	<u>20,312</u>

All investment income is derived from assets held in the United Kingdom.

5. INCOME FROM CHARITABLE ACTIVITIES

	2023	2022
Activity	£	£
Sale of publications and other items	29,216	19,343

6. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Fundraising expenses	<u>20,221</u>	<u>19,182</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Activities	<u>174,809</u>	<u>1,825</u>	<u>176,634</u>

8. SUPPORT COSTS

	Governance costs
	£
Activities	<u>1,825</u>

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

Governance costs

	2023	2022
	Activities	Total activities
	£	£
Independent examiner's fees	<u>1,825</u>	<u>3,650</u>

NATIONAL BACK PAIN ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

During the year no trustee(s) were reimbursed out of pocket expenses (2022: £Nil).

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	49,998	49,998
Social security costs	943	1,420
Other pension costs	1,313	1,203
	<u>52,254</u>	<u>52,621</u>

The average monthly number of employees during the year was as follows:

	2023	2022
	1	1
Administrative staff	<u>1</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	34,620	10,000	44,620
Charitable activities			
Sale of publications and other items	19,343	-	19,343
Other trading activities	57,782	33,576	91,358
Investment income	20,312	-	20,312
Total	<u>132,057</u>	<u>43,576</u>	<u>175,633</u>
EXPENDITURE ON			
Raising funds	19,182	-	19,182
Charitable activities			
Activities	132,423	25,594	158,017
Total	<u>151,605</u>	<u>25,594</u>	<u>177,199</u>
NET INCOME/(EXPENDITURE)	(19,548)	17,982	(1,566)
RECONCILIATION OF FUNDS			
Total funds brought forward	140,911	40,559	181,470

NATIONAL BACK PAIN ASSOCIATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>121,363</u>	<u>58,541</u>	<u>179,904</u>

12. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Office equipment £	Totals £
COST			
At 1 January 2023 and 31 December 2023	<u>1,123</u>	<u>3,304</u>	<u>4,427</u>
DEPRECIATION			
At 1 January 2023 and 31 December 2023	<u>1,123</u>	<u>3,304</u>	<u>4,427</u>
NET BOOK VALUE			
At 31 December 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31 December 2022	<u>-</u>	<u>-</u>	<u>-</u>

13. FIXED ASSET INVESTMENTS

	Shares in group undertakings £
MARKET VALUE	
At 1 January 2023 and 31 December 2023	<u>1</u>
NET BOOK VALUE	
At 31 December 2023	<u>1</u>
At 31 December 2022	<u>1</u>

There were no investment assets outside the UK.

The company's investments at the balance sheet date in the share capital of companies include the following:

Back Care Trading Limited (company number 03745212)

Registered office: United Kingdom

Nature of business: Retail

Class of share:	% holding
Ordinary	100

	31.12.23 £	31.12.22 £
Aggregate capital and reserves	(291)	(291)

Back Care Trading Limited has not traded during this financial year.

NATIONAL BACK PAIN ASSOCIATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

14. STOCKS

	2023	2022
	£	£
Stock	5,054	4,495
	<u>5,054</u>	<u>4,495</u>

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	7,575	22,984
VAT	3,215	1,285
Prepayments and accrued income	13,644	13,533
	<u>24,434</u>	<u>37,802</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	4,946	47,373
Social security and other taxes	3,130	1,297
Other creditors	2,267	1,063
Accruals and deferred income	24,578	13,277
	<u>34,921</u>	<u>63,010</u>

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
Investments	1	-	1	1
Current assets	838,571	53,533	892,104	242,913
Current liabilities	(32,654)	(2,267)	(34,921)	(63,010)
	<u>805,918</u>	<u>51,266</u>	<u>857,184</u>	<u>179,904</u>

18. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	91,363	684,555	775,918
Designated funds, further HOP7 production costs	30,000	-	30,000
	<u>121,363</u>	<u>684,555</u>	<u>805,918</u>
Restricted funds			
Branch accounts	58,541	(7,275)	51,266
	<u>58,541</u>	<u>(7,275)</u>	<u>51,266</u>
TOTAL FUNDS	<u>179,904</u>	<u>677,280</u>	<u>857,184</u>

NATIONAL BACK PAIN ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	833,050	(148,495)	684,555
Restricted funds			
Branch accounts	41,085	(48,360)	(7,275)
TOTAL FUNDS	<u>874,135</u>	<u>(196,855)</u>	<u>677,280</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
General fund	140,911	(19,548)	(30,000)	91,363
Designated funds, further HOP7 production costs	-	-	30,000	30,000
	<u>140,911</u>	<u>(19,548)</u>	<u>-</u>	<u>121,363</u>
Restricted funds				
Branch accounts	40,559	17,982	-	58,541
TOTAL FUNDS	<u>181,470</u>	<u>(1,566)</u>	<u>-</u>	<u>179,904</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	132,057	(151,605)	(19,548)
Restricted funds			
Branch accounts	43,576	(25,594)	17,982
TOTAL FUNDS	<u>175,633</u>	<u>(177,199)</u>	<u>(1,566)</u>

NATIONAL BACK PAIN ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	140,911	665,007	(30,000)	775,918
Designated funds, further HOP7 production costs	-	-	30,000	30,000
	<u>140,911</u>	<u>665,007</u>	<u>-</u>	<u>805,918</u>
Restricted funds				
Branch accounts	40,559	10,707	-	51,266
	<u>40,559</u>	<u>10,707</u>	<u>-</u>	<u>51,266</u>
TOTAL FUNDS	<u>181,470</u>	<u>675,714</u>	<u>-</u>	<u>857,184</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	965,107	(300,100)	665,007
Restricted funds			
Branch accounts	84,661	(73,954)	10,707
	<u>1,049,768</u>	<u>(374,054)</u>	<u>675,714</u>
TOTAL FUNDS	<u>1,049,768</u>	<u>(374,054)</u>	<u>675,714</u>

19. EMPLOYEE BENEFIT OBLIGATIONS

The Charity operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £1,313 (2022:£1,203). Contributions totalling £Nil (2022: £255) were payable to the fund at the balance sheet date and are included in creditors.

20. RELATED PARTY DISCLOSURES

There has been no related party transactions during the current year.

NATIONAL BACK PAIN ASSOCIATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

21. ULTIMATE CONTROLLING PARTY

The charitable company is not under the control of another entity or any one individual.