

THE RESTRICTED GROWTH ASSOCIATION

England & Wales · Charity number 261647

Details

Other names	THE ASSOCIATION FOR RESEARCH INTO RESTRICTED GROWTH, RGA
Status	Registered
Legal form	Other
Registered	1970-10-30
Register	View on the Charity Commission register

Contact

Address	Po Box 88 Presteigne LD1 9BL
Phone	03001111970
Email	office@restrictedgrowth.co.uk
Website	www.rgauk.org

Activities

Objects: TO RELIEVE AND MITIGATE THE DISTRESS AND DISADVANTAGES OF PERSONS OF RESTRICTED GROWTH. (FOR FURTHER DETAILS SEE CONSTITUTION)

Activities: To relieve and mitigate the distress and disadvantages of persons of restricted growth.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£23,594	£99,648	-	-
2024-05-31	£39,382	£60,540	-	-
2023-05-31	£49,331	£32,662	-	-
2022-05-31	£61,462	£5,831	-	-
2021-05-31	£20,336	£5,484	-	-

Trustees

Name	Role	Appointed
Christopher Banister		2024-11-01
Graham Anthony Crane		
Hope Armstrong		2026-01-31
JOANNE ARMSTRONG		2025-07-06
Keele Markland		2025-10-03
Lisa Atkinson		2024-11-09
Millie North		2025-10-03

THE RESTRICTED GROWTH ASSOCIATION

England & Wales - Charity number 261647

Accounts

The Restricted Growth Association

Annual Report and Financial Statements

For the Year Ended 31 May 2024

Charity Registered in England and Wales Number: 261647

The Restricted Growth Association

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The Restricted Growth Association
Reference and Administrative Details
For the Year Ended 31 May 2024

Management Committee

G Crane

L Atkinson
C Banister
H Scott
D Scott
R Cutmore (Resigned Nov 2023)

Principal Office

P O Box 88
Presteigne
LD1 9BL

Status

Charity Registered in England and Wales No 261647

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2024

The trustees present their report and accounts for the year ended 31 May 2024.

Our Purposes and Aims

Our charity's purposes as set out in the objects contained in the charity's Constitution are to:

- i. To relieve and mitigate the distress and disadvantages of persons of restricted growth and, in particular, but without prejudice to the generality of the foregoing, the Association shall have the following powers:
- ii. To encourage and support such persons to come together on equal terms with persons not of restricted growth to achieve complete integration within the wider community
- iii. To provide in the interests of social welfare, facilities for recreation or other leisure time occupation for the benefit of persons and their families who have need of such facilities by reason of their condition, youth, age, sickness or infirmity, poverty or social and economic circumstances.
- iv. To advance the education of such persons and their families in order to provide a wider understanding of restricted growth.
- v. To promote a wider public awareness in order to increase understanding of restricted growth.
- vi. To promote, encourage or undertake organised research into matters related to restricted growth and to disseminate the useful results of such work.
- vii. To relieve poverty, distress and sickness amongst such persons.
- viii. To preserve and protect good health both emotional and physical.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we have achieved and the outcomes of our work in the previous twelve months. It considers the success of each key activity and the benefits it has brought to those groups of people that we are set up to support. The review also helps us to ensure that our aims, objectives and activities have remained focused on our stated purposes. We have referred to the information contained in the Charity Commission's general guidance on public benefit when reviewing our aims and purposes, and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set. Our Mission Statement reads as follows: -

"The RGA's purpose is to ensure that all people who are affected by dwarfism are equal in society."

This mission statement will help to focus the work that we do and the projects that we take on as we move ahead in the coming years.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2024

The focus of our work

As we have been coming out of the pandemic, we are starting to meet up again in person, this year we were able to restart our Annual Convention which proved extremely popular, to aid our members we subsidised this convention to a greater level than we normally do which was very gratefully received. We will continue to grow this area and add back in more social meetings as add in as much support networking as we can going forward as we believe this is key part of our support. We have also started up a Child's activity weekend that allow the children to stay away from their parts but with the support of a known and understanding group of adults and other children allowing them to develop their independence and confidence which is something many of our children suffer with. Our main objectives most years are to provide support and information to people of restricted growth and their families, while creating a greater awareness of restricted growth conditions amongst the general public. The strategies we used to meet these objectives included:

- Working in partnership with other agencies and charities to ensure that the widest range of services is available to meet the needs of our membership.
- Providing an annual convention where members and families participate in peer support whilst attending a range of workshops, networking events and social gatherings.
- Challenging prejudice by disseminating accurate information about restricted growth.

How our activities deliver public benefit

Our main activities and the groups of people that we seek to help are described below. All of our charitable activities focus on both supporting individuals and families affected by restricted growth and promoting a greater understanding of the disability to the wider public. All activities are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Our services are primarily provided for those in England, Wales and Northern Ireland, though we provide support to members throughout the United Kingdom. The number of individuals affected by restricted growth throughout the United Kingdom is estimated at approximately 6500. Our funding limits those we can help, so demand for our services is managed by giving priority to new parents and members in crisis. All of our services are provided to our clients free of charge.

Equal access to our services is an important issue for us. We have adopted an updated Equalities Policy, which is given to all employees and volunteers working on behalf of the charity. We also ensure that all committee members have taken part in an equalities training program. We believe that equal access to our services is vital to our success as a charity and that positive outcomes must be shared by all communities that use our services.

Restricted growth affects males and females equally, and our monitoring suggests that this is broadly reflected by the requests for assistance received by the office. The enquiries that we receive are made by individuals in all generations. The charity is commonly asked for support at stages of significant change or transition within a person's life; the peak ages being pre-natal and early infancy, adolescence, young adult and old age. Approximately one third of enquiries for assistance are made by health, education or social care professionals on behalf of a patient/student/client they are working with who has restricted growth.

Further information about who benefits directly from our services is explained in the analysis of performance and achievements provided below. However, the impact of our work goes far beyond those that we help directly. It also includes reducing the isolation and distress suffered by the families and friends of individuals with restricted growth, as well as greatly supporting social services and health care professionals by sharing our specialist knowledge of restricted growth conditions and the occupational health aids suitable for people with dwarfism.

Our main areas of charitable activity are; the provision of advice and information; benefits assistance; education about restricted growth; organising self-help and networking events; and supporting positive representation of people with restricted growth. These activities and the achievements that flow from our work are described below.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2024

Counselling, advice and information

The RGA Office currently offers a helpline service that provides advice and information on all aspects of restricted growth. This is commonly the first contact that new parents of a child with restricted growth have with a support organisation. The office is also the charity's information hub and stores member records and useful resources.

Our website continues to expand, with the inclusion of more resources and information, provided by volunteers. The RGA is aware of the popularity of social media as a way for our members to communicate and gain support. We regularly review our use of all social media technologies to ensure that we are providing support in all the different ways that are available. Information is disseminated to members and interested medical professionals via email news bulletins and a magazine.

Financial support

The RGA provides its members with access to a benefits assistance service. This service offers guidance and links to additional specialist support for members making any sort of benefits claim. Benefits forms are complex and the particular challenges arising from restricted growth are not commonly understood, which is evidenced by the number of requests that this service receives.

As well as continuing to assist members with claims for financial support, we have also raised awareness of other avenues of support that are available – including Family Fund, the Access to Work scheme and other grant giving bodies. This has been achieved through, direct emails, links in Facebook groups and advice supplied via the RGA helpline. For the future, we intend to continue to support our members in applying for the benefits that they are entitled to. We have provided, and will continue to provide, members with opportunities to gain access to events by the Department of Work and Pensions, which aim to improve understanding of the requirements of benefits claim forms. We will also continue to develop and train our volunteer base to provide appropriate support and will develop links with advice bodies such as the Benefits and Work Group.

Educating people about restricted growth

Several of our members continue to visit schools, colleges and youth organisations to give talks about living with restricted growth, raising understanding of the causes, giving positive examples of people with restricted growth achieving in various areas of life, and encouraging discussions about the inclusion of people with disabilities. We have produced a range of posters, stickers, information cards and promotional materials to assist in delivering this message.

Self-help and networking events

80% of babies born with restricted growth are born to average height parents. One of the main opportunities a person has to meet others with dwarfism is at an event held by the RGA. This is also a really important opportunity for developing peer support networks and self-help strategies.

We have been able to run several regional social events this year as we came out of COVID lockdown which were greatly received and we have already a full national event for later in the year.

Supporting positive representation of people with restricted growth

RGA is still regularly approached by advertising agencies for guidance on how actors with restricted growth could be portrayed in their campaigns without causing offence. The RGA is keen to work with advertising agencies and production teams to help combat negative stereotypes surrounding dwarfism. The RGA has published its media policy, which is openly available on our website.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2024

Supporting successful integration of people with restricted growth into the wider community

The RGA has continued to support members who have experienced hate crime as a result of their disability. The support that we provided includes reporting incidents to the police, and liaising with various agencies including Local Authority, Housing Authority and the Community Police Support Officers. We also provided peer support, including telephone calls, home visits, and video calls, to ensure the continued safety of the affected individual and to assist in rebuilding confidence and self-esteem.

People with restricted growth have specific occupational therapy requirements. The RGA has received several donations of equipment, which is lent to those in need on a discretionary basis.

Awareness activities

We continued to freely provide our Dwarfism Awareness Cards. These pocket-sized cards display key facts about restricted growth and are designed to be given out to people who may have questions about restricted growth. We now have six different card designs available, each meeting the particular needs of different demographic groups within the restricted growth community.

In the upcoming year the trustees intend to build upon these awareness activities, while working as closely as possible with other UK-based organisations that support and represent individuals with restricted growth.

Structure, governance and management

All members of the Management Committee give their time voluntarily and receive no benefits from the charity. Members of the Committee stand for annual election by the membership, as detailed in the charity's Constitution.

Trustee induction and training

Most trustees are already familiar with the practical work of the charity, having been members themselves for many years. All are connected with the restricted growth community and have either a restricted growth condition themselves, a family member with restricted growth, or a professional medical interest in restricted growth.

Under the charity's Child Protection Policy, each trustee is now required to have a satisfactory Disclosing and Barring Service (DBS) check (at enhanced level) and to undergo Child Protection Training. All trustees and volunteers now must participate in our rolling training programme, in which they will complete vulnerable adult training, equalities training, and child protection training courses.

Financial review

The year's highlights:

The accounts have been prepared on a Receipts and Payments Basis. During the year ended 31/05/24 we had one legacy totalling just over £10,500. With active returning starting to pre pandemic levels, extra support for the convention but even with the legacy, donations, and fundraising that took place we ended the year reducing our reserves by £21,158. The Charity is still in a strong financial position and we look forward to driving support for research and awareness as well as grow back our activities and really driving forward with education and social support.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2024

Reserves policy

The trustees consider that the charity should maintain liquid reserves to cover at least six months of normal expenditure.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and consider that systems are in place to mitigate those risks.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. The law applicable to charities in England and Wales requires the trustees to prepare financial statements on a receipts and payments basis.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ascertain that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on.....28/03/2025....and signed on their behalf by



.....
G Crane
Treasurer

Restricted Growth Association

Account for the period 1st June 2023 to 31st May 2024

Charity Registered in England and Wales Number: 261647

These accounts are prepared under the Receipts and Payments Method

Section A: Receipts and Payments

	Unrestricted £	Restricted £	2024 £	2023 £
Incoming Receipts:				
Donations	3,538	0	3,538	3,688
Subscriptions	3,279	0	3,279	3,331
Fundraising	1,853	0	1,853	3,665
Investment Income	9,973	0	9,973	2,348
Conventions/Meetings	10,240	0	10,240	0
Grants Income	0	0	0	0
Legacy	10,500	0	10,500	36,300
Total Income	39,382	0	39,382	49,331
Outgoing Payments:				
Conventions / Meetings	46,139	150	46,289	23,806
Office Admin	3,804	0	3,804	1,782
Committees/regionals	4,429	0	4,429	2,752
Insurance	609	0	609	600
Travel & Susistence	0	0	0	0
Telephone, Postage & stationary	1,707	0	1,707	1,663
Publications	0	0	0	0
Fundraising and events	0	0	0	13
Training	897	0	897	0
Storage	1,008	0	1,008	868
IT and website	1,530	0	1,530	1,044
Bank charges	267	0	267	134
Total Expenses	60,390	150	60,540	32,662
Net Incoming/Outgoings	(21,008)	(150)	(21,158)	16,668
Transfer between Funds	0	0	0	0
Cash funds last year end	467,244	5,251	472,495	455,827
Cash funds this year end	446,236	5,101	451,336	472,495

Section B: Assests and liabilities at Period End

	Unrestricted £	Restricted £	2024 £	2023 £
Cash Funds				
CAF Bank	417,316	5,101	422,417	437,516
Lloyds Bank	24,781	0	24,781	23,032
PayPal	4,138	0	4,138	11,946
	446,236	5,101	451,337	472,495
Assets Held				
Fund Raising Stock			100	100
Fixed Assets (Convention Items)			750	750
Liabilities				
Creditors			0	0

Restricted Growth Association

Account for the period 1st June 2023 to 31st May 2024

Charity Registered in England and Wales Number: 261647

These accounts are prepared under the Receipts and Payments Method

Notes to the Accounts:

	Unrestricted £	Restricted £	2024 £	2023 £
Grants received in Bank				
Children in Need	0	0	0	0
	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>

Movement of funds in Bank

	Opening 01/06/2023 £	Movement in Resources		Closing 31/05/2024 £
		Incoming £	Outgoing £	
Restricted:				
Convention - CiN	0	0	0	0
Cornwall	1,451	0	0	1,451
Diana Nelson	3,800	0	(150)	3,650
	<u>5,251</u>	<u>0</u>	<u>(150)</u>	<u>5,101</u>
Unrestricted	<u>467,244</u>	<u>39,382</u>	<u>(60,390)</u>	<u>446,236</u>
Total Cash at Bank	<u>472,495</u>	<u>39,382</u>	<u>(60,540)</u>	<u>451,337</u>

Description of the Restricted Funds:-

The Cornwall fund was provided to support the Cornwall region's costs and members.

The Diana Nelson fund was introduced to generate funds to pay for a Literary Prizes each year.

Signed on behalf of the trustees

Signature



Name

Graham Crane

Date

01/03/2025

Independent examiner's report to the trustees of The Restricted Growth Association

I report on the accounts of the Trust for the year ended 31 May 2024, which are set out on pages 1 to 2.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act

to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 130 of the 2011 Act and

to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Name:

SCHULCE

Relevant professional qualification or body: ACMA CGMA

Address: KINGTON HR5

Date: 20/03/2025

THE RESTRICTED GROWTH ASSOCIATION

England & Wales - Charity number 261647

Accounts

The Restricted Growth Association

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Reference and Administrative Details
For the Year Ended 31 May 2023

Management Committee

G Crane

J Niven (Resigned Nov 2022)
C Niven (Resigned Nov 2022)
H Scott
D Scott
R Cutmore

Principal Office

P O Box 88
Presteigne
LD1 9BL

Status

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The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2023

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The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2023

The focus of our work

Due to the global pandemic, we were unable to provide our usual activities. Our main objectives most years are to provide support and information to people of restricted growth and their families, while creating a greater awareness of restricted growth conditions amongst the general public. The strategies we used to meet these objectives included:

- Working in partnership with other agencies and charities to ensure that the widest range of services is available to meet the needs of our membership.
- Providing an annual convention where members and families participate in peer support whilst attending a range of workshops, networking events and social gatherings.
- Challenging prejudice by disseminating accurate information about restricted growth.

How our activities deliver public benefit

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Equal access to our services is an important issue for us. We have adopted an updated Equalities Policy, which is given to all employees and volunteers working on behalf of the charity. We also ensure that all committee members have taken part in an equalities training program. We believe that equal access to our services is vital to our success as a charity and that positive outcomes must be shared by all communities that use our services.

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Our main areas of charitable activity are; the provision of advice and information; benefits assistance; education about restricted growth; organising self-help and networking events; and supporting positive representation of people with restricted growth. These activities and the achievements that flow from our work are described below.

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For the Year Ended 31 May 2023

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Our website continues to expand, with the inclusion of more resources and information, provided by volunteers. The RGA is aware of the popularity of social media as a way for our members to communicate and gain support. We regularly review our use of all social media technologies to ensure that we are providing support in all the different ways that are available. Information is disseminated to members and interested medical professionals via email news bulletins and a magazine.

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The RGA provides its members with access to a benefits assistance service. This service offers guidance and links to additional specialist support for members making any sort of benefits claim. Benefits forms are complex and the particular challenges arising from restricted growth are not commonly understood, which is evidenced by the number of requests that this service receives.

As well as continuing to assist members with claims for financial support, we have also raised awareness of other avenues of support that are available – including Family Fund, the Access to Work scheme and other grant giving bodies. This has been achieved through, direct emails, links in Facebook groups and advice supplied via the RGA helpline. For the future, we intend to continue to support our members in applying for the benefits that they are entitled to. We have provided, and will continue to provide, members with opportunities to gain access to events by the Department of Work and Pensions, which aim to improve understanding of the requirements of benefits claim forms. We will also continue to develop and train our volunteer base to provide appropriate support and will develop links with advice bodies such as the Benefits and Work Group.

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Self-help and networking events

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We have been able to run several regional social events this year as we came out of COVID lockdown which were greatly received and we have already a full national event for later in the year.

Supporting positive representation of people with restricted growth

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The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2023

Supporting successful integration of people with restricted growth into the wider community

The RGA has continued to support members who have experienced hate crime as a result of their disability. The support that we provided includes reporting incidents to the police, and liaising with various agencies including Local Authority, Housing Authority and the Community Police Support Officers. We also provided peer support, including telephone calls, home visits, and video calls, to ensure the continued safety of the affected individual and to assist in rebuilding confidence and self-esteem.

People with restricted growth have specific occupational therapy requirements. The RGA has received several donations of equipment, which is lent to those in need on a discretionary basis.

Awareness activities

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Structure, governance and management

All members of the Management Committee give their time voluntarily and receive no benefits from the charity. Members of the Committee stand for annual election by the membership, as detailed in the charity's Constitution.

Trustee induction and training

Most trustees are already familiar with the practical work of the charity, having been members themselves for many years. All are connected with the restricted growth community and have either a restricted growth condition themselves, a family member with restricted growth, or a professional medical interest in restricted growth.

Under the charity's Child Protection Policy, each trustee is now required to have a satisfactory Disclosing and Barring Service (DBS) check (at enhanced level) and to undergo Child Protection Training. All trustees and volunteers now must participate in our rolling training programme, in which they will complete vulnerable adult training, equalities training, and child protection training courses.

Financial review

The year's highlights:

The accounts have been prepared on a Receipts and Payments Basis. During the year ended 31/05/23 we had one legacy totalling just over £36,300. With the reduced active the legacy, donations, and fundraising that took place we ended the year increasing our reserves by £16,668. We look forward to the coming years where we can start to grow back our activities and really drive forward with education and support now the charity is in a secure financial position.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2023

Reserves policy

The trustees consider that the charity should maintain liquid reserves to cover at least six months of normal expenditure.

Risk management

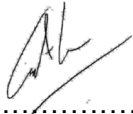
The trustees have conducted a review of the major risks to which the charity is exposed and consider that systems are in place to mitigate those risks.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. The law applicable to charities in England and Wales requires the trustees to prepare financial statements on a receipts and payments basis.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ascertain that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on.....28/03/2024....and signed on their behalf by



.....
G Crane
Treasurer

Restricted Growth Association

Account for the period 1st June 2022 to 31st May 2023

Charity Registered in England and Wales Number: 261647

These accounts are prepared under the Receipts and Payments Method

Section A: Receipts and Payments

	Unrestricted £	Restricted £	2023 £	2022 £
Incoming Receipts:				
Donations	3,688	0	3,688	2,026
Subscriptions	3,331	0	3,331	3,118
Fundraising	3,665	0	3,665	3,116
Investment Income	2,348	0	2,348	53
Conventions/Meetings	0	0	0	0
Grants Income	0	0	0	0
Legacy	36,300	0	36,300	53,150
Total Income	49,331	0	49,331	61,462
Outgoing Payments:				
Conventions / Meetings	23,806	0	23,806	0
Office Admin	1,782	0	1,782	1,040
Committees/regionals	2,752	0	2,752	190
Insurance	600	0	600	838
Travel & Susistence	0	0	0	0
Telephone, Postage & stationary	1,663	0	1,663	1,568
Publications	0	0	0	0
Fundraising and events	13	0	13	444
Training	0	0	0	0
Storage	868	0	868	840
IT and website	1,044	0	1,044	756
Bank charges	134	0	134	154
Total Expenses	32,662	0	32,662	5,831
Net Incoming/Outgoings	16,668	0	16,668	55,631
Transfer between Funds	0	0	0	0
Cash funds last year end	450,576	5,251	455,827	400,195
Cash funds this year end	467,244	5,251	472,495	455,827

Section B: Assests and liabilities at Period End

	Unrestricted £	Restricted £	2023 £	2022 £
Cash Funds				
CAF Bank	432,265	5,251	437,516	425,431
Lloyds Bank	23,032	0	23,032	21,282
PayPal	11,946	0	11,946	9,114
	467,244	5,251	472,495	455,827
Assets Held				
Fund Raising Stock			100	100
Fixed Assets (Convention Items)			750	750
Liabilities				
Creditors			0	0

Restricted Growth Association

Account for the period 1st June 2022 to 31st May 2023

Charity Registered in England and Wales Number: 261647

These accounts are prepared under the Receipts and Payments Method

Notes to the Accounts:

	Unrestricted £	Restricted £	2023 £	2022 £
Grants received in Bank				
Children in Need	0	0	0	0
	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>

Movement of funds in Bank

	Opening 01/06/2022 £	Movement in Resources		Closing 31/05/2023 £
		Incoming £	Outgoing £	
Restricted:				
Convention - CiN	0	0	0	0
Cornwall	1,451	0	0	1,451
Diana Nelson	3,800	0	0	3,800
	<u>5,251</u>	<u>0</u>	<u>0</u>	<u>5,251</u>
Unrestricted	450,576	49,331	(32,662)	467,244
Total Cash at Bank	<u>455,827</u>	<u>49,331</u>	<u>(32,662)</u>	<u>472,495</u>


Description of the Restricted Funds:-

The Cornwall fund was provided to support the Cornwall region's costs and members.

The Diana Nelson fund was introduced to generate funds to pay for a Literary Prizes each year.

Signed on behalf of the trustees

Signature



Name

Graham Crane

Date

28/03/2024

Independent examiner's report to the trustees of The Restricted Growth Association

I report on the accounts of the Trust for the year ended 31 May 2023, which are set out on pages 1 to 2.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act

to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 130 of the 2011 Act and

to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Name: *SCARLE*

Relevant professional qualification or body: CIMA CGMA

Address: Kington HR5

Date: 28/03/2024

THE RESTRICTED GROWTH ASSOCIATION

England & Wales - Charity number 261647

Accounts

The Restricted Growth Association

Annual Report and Financial Statements

For the Year Ended 31 May 2022

Charity Registered in England and Wales Number: 261647

The Restricted Growth Association

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For the Year Ended 31 May 2022

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The Restricted Growth Association
Reference and Administrative Details
For the Year Ended 31 May 2022

Management Committee

G Martin (Resigned 01/06/2021)
G Crane

S Martin (Resigned 01/06/2021)
J Niven
C Niven
H Scott
D Scott
R Cutmore

Principal Office

P O Box 88
Presteigne
LD1 9BL

Status

Charity Registered in England and Wales No 261647

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2022

The trustees present their report and accounts for the year ended 31 May 2022.

Our Purposes and Aims

Our charity's purposes as set out in the objects contained in the charity's Constitution are to:

- i. To relieve and mitigate the distress and disadvantages of persons of restricted growth and, in particular, but without prejudice to the generality of the foregoing, the Association shall have the following powers:
- ii. To encourage and support such persons to come together on equal terms with persons not of restricted growth to achieve complete integration within the wider community
- iii. To provide in the interests of social welfare, facilities for recreation or other leisure time occupation for the benefit of persons and their families who have need of such facilities by reason of their condition, youth, age, sickness or infirmity, poverty or social and economic circumstances.
- iv. To advance the education of such persons and their families in order to provide a wider understanding of restricted growth.
- v. To promote a wider public awareness in order to increase understanding of restricted growth.
- vi. To promote, encourage or undertake organised research into matters related to restricted growth and to disseminate the useful results of such work.
- vii. To relieve poverty, distress and sickness amongst such persons.
- viii. To preserve and protect good health both emotional and physical.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we have achieved and the outcomes of our work in the previous twelve months. It considers the success of each key activity and the benefits it has brought to those groups of people that we are set up to support. The review also helps us to ensure that our aims, objectives and activities have remained focused on our stated purposes. We have referred to the information contained in the Charity Commission's general guidance on public benefit when reviewing our aims and purposes, and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set. Our Mission Statement reads as follows: -

"The RGA's purpose is to ensure that all people who are affected by dwarfism are equal in society."

This mission statement will help to focus the work that we do and the projects that we take on as we move ahead in the coming years.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2022

The focus of our work

Due to the global pandemic, we were unable to provide our usual activities. Our main objectives most years are to provide support and information to people of restricted growth and their families, while creating a greater awareness of restricted growth conditions amongst the general public. The strategies we used to meet these objectives included:

- Working in partnership with other agencies and charities to ensure that the widest range of services is available to meet the needs of our membership.
- Providing an annual convention where members and families participate in peer support whilst attending a range of workshops, networking events and social gatherings.
- Challenging prejudice by disseminating accurate information about restricted growth.

How our activities deliver public benefit

Our main activities and the groups of people that we seek to help are described below. All of our charitable activities focus on both supporting individuals and families affected by restricted growth and promoting a greater understanding of the disability to the wider public. All activities are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Our services are primarily provided for those in England, Wales and Northern Ireland, though we provide support to members throughout the United Kingdom. The number of individuals affected by restricted growth throughout the United Kingdom is estimated at approximately 6000. Our funding limits those we can help, so demand for our services is managed by giving priority to new parents and members in crisis. All of our services are provided to our clients free of charge.

Equal access to our services is an important issue for us. We have adopted an updated Equalities Policy, which is given to all employees and volunteers working on behalf of the charity. We also ensure that all committee members have taken part in an equalities training program. We believe that equal access to our services is vital to our success as a charity and that positive outcomes must be shared by all communities that use our services.

Restricted growth affects males and females equally, and our monitoring suggests that this is broadly reflected by the requests for assistance received by the office. The enquiries that we receive are made by individuals in all generations. The charity is commonly asked for support at stages of significant change or transition within a person's life; the peak ages being pre-natal and early infancy, adolescence, young adult and old age. Approximately one third of enquiries for assistance are made by health, education or social care professionals on behalf of a patient/student/client they are working with who has restricted growth.

Further information about who benefits directly from our services is explained in the analysis of performance and achievements provided below. However, the impact of our work goes far beyond those that we help directly. It also includes reducing the isolation and distress suffered by the families and friends of individuals with restricted growth, as well as greatly supporting social services and health care professionals by sharing our specialist knowledge of restricted growth conditions and the occupational health aids suitable for people with dwarfism.

Our main areas of charitable activity are; the provision of counselling, advice and information; benefits assistance; education about restricted growth; organising self-help and networking events; and supporting positive representation of people with restricted growth. These activities and the achievements that flow from our work are described below.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2022

Counselling, advice and information

The RGA Office currently offers a helpline service that provides one-to-one counselling, advice and information on all aspects of restricted growth. This is commonly the first contact that new parents of a child with restricted growth have with a support organisation. The office is also the charity's information hub and stores member records and useful resources.

Our website continues to expand, with the inclusion of more resources and information, provided by volunteers. The RGA is aware of the popularity of social media as a way for our members to communicate and gain support. We regularly review our use of all social media technologies to ensure that we are providing support in all the different ways that are available. Information is disseminated to members and interested medical professionals via email news bulletins and a magazine.

Financial support

The RGA provides its members with access to a benefits assistance service. This service offers guidance and links to additional specialist support for members making any sort of benefits claim. Benefits forms are complex and the particular challenges arising from restricted growth are not commonly understood, which is evidenced by the number of requests that this service receives.

As well as continuing to assist members with claims for financial support, we have also raised awareness of other avenues of support that are available – including Family Fund, the Access to Work scheme and other grant giving bodies. This has been achieved through, direct emails, links in Facebook groups and advice supplied via the RGA helpline. For the future, we intend to continue to support our members in applying for the benefits that they are entitled to. We have provided, and will continue to provide, members with opportunities to gain access to events by the Department of Work and Pensions, which aim to improve understanding of the requirements of benefits claim forms. We will also continue to develop and train our volunteer base to provide appropriate support and will develop links with advice bodies such as the Benefits and Work Group.

Educating people about restricted growth

Several of our members continue to visit schools, colleges and youth organisations to give talks about living with restricted growth, raising understanding of the causes, giving positive examples of people with restricted growth achieving in various areas of life, and encouraging discussions about the inclusion of people with disabilities. Although we were unable to do this during the 2021-2022 financial year. We have produced a range of posters, stickers, information cards and promotional materials to assist in delivering this message.

Self-help and networking events

80% of babies born with restricted growth are born to average height parents. One of the main opportunities a person has to meet others with dwarfism is at an event held by the RGA. This is also a really important opportunity for developing peer support networks and self-help strategies.

Unfortunately, due the global pandemic relating to COVID-19 we were unable to run our usual series of events, but the charity continued to support people via the phone helpline. We hope to be able to offer a greater selection next year, and we have already scheduled a few smaller regional events

Supporting positive representation of people with restricted growth

RGA is still regularly approached by advertising agencies for guidance on how actors with restricted growth could be portrayed in their campaigns without causing offence. The RGA is keen to work with advertising agencies and production teams to help combat negative stereotypes surrounding dwarfism. The RGA has published its media policy, which is openly available on our website.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2022

Supporting successful integration of people with restricted growth into the wider community

The RGA has continued to support members who have experienced hate crime as a result of their disability. The support that we provided includes reporting incidents to the police, and liaising with various agencies including Local Authority, Housing Authority and the Community Police Support Officers. We also provided peer support, including telephone calls, home visits, and video calls, to ensure the continued safety of the affected individual and to assist in rebuilding confidence and self-esteem.

People with restricted growth have specific occupational therapy requirements. The RGA has received several donations of equipment, which is lent to those in need on a discretionary basis.

Awareness activities

We continued to freely provide our Dwarfism Awareness Cards. These pocket-sized cards display key facts about restricted growth and are designed to be given out to people who may have questions about restricted growth. We now have six different card designs available, each meeting the particular needs of different demographic groups within the restricted growth community.

In the upcoming year the trustees intend to build upon these awareness activities, while working as closely as possible with other UK-based organisations that support and represent individuals with restricted growth.

Structure, governance and management

All members of the Management Committee give their time voluntarily and receive no benefits from the charity. Members of the Committee stand for annual election by the membership, as detailed in the charity's Constitution.

Trustee induction and training

Most trustees are already familiar with the practical work of the charity, having been members themselves for many years. All are connected with the restricted growth community and have either a restricted growth condition themselves, a family member with restricted growth, or a professional medical interest in restricted growth.

Under the charity's Child Protection Policy, each trustee is now required to have a satisfactory Disclosing and Barring Service (DBS) check (at enhanced level) and to undergo Child Protection Training. All trustees and volunteers now must participate in our rolling training programme, in which they will complete vulnerable adult training, equalities training, and child protection training courses.

Financial review

The year's highlights:

The accounts have been prepared on a Receipts and Payments Basis. During the year ended 31/05/22 we had two legacies totalling just over £53,000 and several thousand pounds was raised in memory of one of our Trustees, Rachel Tlili, who very sadly passed away in June 2020. With the reduced active the legacies, donations, and fundraising that took place we ended the year increasing our reserves by £55,631. We look forward to the coming years now COVID is easing where we can start to grow back our activities and really drive forward with education and support now the charity is in a secure financial position.

The Restricted Growth Association

Trustee Report

For the Year Ended 31 May 2022

Reserves policy

The trustees consider that the charity should maintain liquid reserves to cover at least six months of normal expenditure.

Risk management


The trustees have conducted a review of the major risks to which the charity is exposed and consider that systems are in place to mitigate those risks.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards. The law applicable to charities in England and Wales requires the trustees to prepare financial statements on a receipts and payments basis.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ascertain that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on.....28/03/2023....and signed on their behalf by


.....
G Crane
Treasurer

Restricted Growth Association

Account for the period 1st June 2021 to 31st May 2022

Charity Registered in England and Wales Number: 261647

These accounts are prepared under the Receipts and Payments Method

Section A: Receipts and Payments

	Unrestricted £	Restricted £	2022 £	2021 £
Incoming Receipts:				
Donations	2,026	0	2,026	1,166
Subscriptions	3,118	0	3,118	3,576
Fundraising	3,116	0	3,116	6,566
Investment Income	53	0	53	141
Conventions/Meetings	0	0	0	0
Grants Income	0	0	0	0
Legacy	53,150	0	53,150	8,887
Total Income	61,462	0	61,462	20,336
Outgoing Payments:				
Conventions / Meetings	0	0	0	0
Office Admin	1,040	0	1,040	1,337
Committees/regionals	190	0	190	0
Insurance	838	0	838	832
Travel & Susistence	0	0	0	0
Telephone, Postage & stationary	1,568	0	1,568	1,311
Publications	0	0	0	0
Fundraising and events	444	0	444	0
Training	0	0	0	0
Storage	840	0	840	840
IT and website	756	0	756	986
Bank charges	154	0	154	178
Total Expenses	5,831	0	5,831	5,484
Net Incoming/Outgoings	55,631	0	55,631	14,853
Transfer between Funds	0	0	0	0
Cash funds last year end	394,944	0	400,195	385,343
Cash funds this year end	450,576	0	455,827	400,195

Section B: Assests and liabilities at Period End

	Unrestricted £	Restricted £	2022 £	2021 £
Cash Funds				
CAF Bank	420,180	5,251	425,431	373,471
Lloyds Bank	21,282	0	21,282	19,560
PayPal	9,114	0	9,114	7,164
	450,576	5,251	455,827	400,195
Assets Held				
Fund Raising Stock			100	100
Fixed Assets (Convention Items)			750	750
Liabilities				
Creditors			0	0

Restricted Growth Association

Account for the period 1st June 2021 to 31st May 2022

Charity Registered in England and Wales Number: 261647

These accounts are prepared under the Receipts and Payments Method

Notes to the Accounts:

	Unrestricted £	Restricted £	2022 £	2021 £
Grants received in Bank				
Children in Need	0	0	0	0
	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>

Movement of funds in Bank

	Opening 01/06/2021 £	Movement in Resources		Closing 31/05/2022 £
Restricted:	£	Incoming £	Outgoing £	£
Convention - CiN	0	0	0	0
Cornwall	1,451	0	0	1,451
Diana Nelson	3,800	0	0	3,800
	<u>5,251</u>	<u>0</u>	<u>0</u>	<u>5,251</u>
Unrestricted	394,944	61,462	(5,831)	450,576
Total Cash at Bank	<u>400,195</u>	<u>61,462</u>	<u>(5,831)</u>	<u>455,827</u>

Description of the Restricted Funds:-

The Cornwall fund was provided to support the Cornwall region's costs and members.

The Diana Nelson fund was introduced to generate funds to pay for a Literary Prizes each year.

Signed on behalf of the trustees

Signature



Name

Graham Crane

Date

15/11/2022

Independent examiner's report to the trustees of The Restricted Growth Association

I report on the accounts of the Trust for the year ended 31 May 2022, which are set out on pages 1 to 2.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

examine the accounts under section 145 of the 2011 Act

to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act

to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

to keep accounting records in accordance with section 130 of the 2011 Act and

to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Name: *SCAPLE*

Relevant professional qualification or body: *CIMA*

Address: *KINGTON HRS*

Date: *15/11/2022*