

LIMBLESS ASSOCIATION

England & Wales · Charity number 803533

Details

Other names NATIONAL ASSOCIATION FOR LIMBLESS DISABLED

Status Registered

Legal form Charitable company

Company number [02487661](#)

Registered 1990-06-13

Register [View on the Charity Commission register](#)

Contact

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Blunts Wall Road
Billericay
Essex
CM12 9SA

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Website www.limbless-association.org

Activities

Objects: TO ENABLE PEOPLE IN THE UNITED KINGDOM OF ALL AGES WHO ARE WITHOUT ONE OR MORE LIMBS TO ACHIEVE REHABILITATION AND INDEPENDENCE IN HOSPITAL, HOME, EDUCATION, EMPLOYMENT AND THE COMMUNITY.

Activities: To enable people of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Classification

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

Geography

- **Area of benefit:** WORLDWIDE
- Northern Ireland
- Scotland
- Throughout England

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|----------|-----------|
| 2025-03-31 | £489,554 | £315,594 | - | - |
| 2024-03-31 | £243,679 | £425,210 | - | - |
| 2023-03-31 | £193,634 | £489,894 | - | - |
| 2022-03-31 | £485,051 | £512,113 | - | - |
| 2021-03-31 | £546,279 | £358,326 | £619,085 | 10 |

Trustees

| Name | Role | Appointed |
|----------------------|-------|------------|
| David Rose | Chair | 2019-11-16 |
| Alan Williams Meyer | | 2020-07-23 |
| Ella Rose Dove | | 2020-07-21 |
| Mohmed Mukhtar Adam | | 2020-07-21 |
| Paul Anthony Judkins | | 2020-01-21 |
| Paul John Houghton | | 2020-06-23 |

LIMBLESS ASSOCIATION

England & Wales - Charity number 803533

Accounts

Company registration number: 02487661
Charitable company registration number: 803533

Limless Association

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Edmund Carr LLP
Chartered Accountants
146 New London Road
Chelmsford
Essex
CM2 0AW

Limbless Association

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Limbless Association

Reference and Administrative Details

| | |
|---|---|
| Chairman | Mr D M Rose |
| Trustees | Mr D M Rose Mr M M Adam Ms E R Dove Mr P J Houghton Mr P A Judkins Mr A W Meyer |
| Secretary | Ms D J Bent |
| Senior Management / Leadership Team | Ms D J Bent, CEO Mr M Nsiah |
| Registered Office | Mayflower Community Hospital Blunts Wall Road Billericay Essex CM12 9SA The charitable company is incorporated in England and Wales. |
| Charitable company Registration Number | 803533 |
| Company Registration Number | 02487661 |
| Independent Examiner | Alex Stone FCCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW |

Limbless Association

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2025.

OBJECTIVES AND ACTIVITIES

Review of the financial year 1st April 2024 to 31st March 2025

The Charity Background

The Limbless Association (LA) is a registered charity that was originally established in 1983. Since then, it has grown to become a leading UK charity for supporting people with limb loss. The LA was incorporated in 1990 and it was granted charitable status in Scotland in 2011 (Charity registration Nos. 803533 and SCO42256).

The Limbless Association began life as a campaigning organisation whereby it aimed to champion access to better levels of rehabilitation for civilian amputees. The charity was for several years based in south-west London, at Queen Mary's Hospital, Roehampton (The Douglas Bader Rehabilitation Centre). This was the first-ever prosthetic centre in the UK (built in 1915). Driven by the need of a growing civilian amputee population, the charity's focus progressed into that of developing and providing support services for amputees and their families.

The LA was formed by amputees and continues to this day to be a user led charity with the majority of its trustees, volunteers and several of its staff team having experienced limb loss. As we develop projects and services aimed at meeting the practical and emotional needs of amputees and their families we consult our community at every stage. This wealth of lived experiences helps inform and shape the charity's aims and services.

We believe in a world where *No Amputee Need Cope Alone*

Losing a limb at any age and for whatever reason is a frightening and isolating experience. While we recognise that clinical services have developed immeasurably during the lifetime of the charity, holistic support *beyond the clinic room* remains inadequate. Access to community based services is inconsistent and fragmented. The hundreds of amputees we support each year are in the main very well cared for in acute care and clinical rehabilitation settings. However, following the loss of a limb (or limbs) it's a struggle to navigate the challenges of living a new life with limb loss particularly in the first few weeks, months and years of amputation. Amputation is a very individual experience depending on a range of circumstances; cause, level, mental and physical health, social. The Limbless Association (LA) provides advice, information, support and connectivity to and for the limb-loss community. The LA aims to support people of all ages and backgrounds through a variety of programmes and services, offering an early intervention approach to individuals of any age, whether they are about to have an amputation, are living with congenital limb impairment or have acquired limb-loss. Lack of information about and along the rehabilitation pathway is emphatically highlighted by our service users and members. We gather this evidence through members surveys and our group in person work. this was also supported in 2021 by the research prioritisation of the Amputation Special Interest Group (Vascular Society). In a recent LA survey, 90% of amputees (of less than two years) told us that they were struggling. We also offer assistance, support and information to carers, family members and friends. We exist to support all amputees and where appropriate will work closely with other UK charities, agencies and services to realise the best possible outcomes for each individual in order to educate and empower them to progress along the rehabilitation pathway.

We provide a national association of peers through the Limbless Association membership, currently free to all amputees and limb impaired persons of 18 years and over. Parents of younger amputees may join as a parent/guardian member. The Limbless Association is recognised across the sector and beyond as the leading UK civilian limb loss early intervention support charity. The LA continues to strengthen its national strategic involvement, aiming to support and champion a collective voice for the UK limb loss community across a range of topics and issues.

In November 2024, LA Chair of Trustees, David Rose met the Lord Mackinlay of Richborough and the Rt. Hon. Wes Streeting Secretary of State for Health and Social Care at the House of Lords. Along with Tracy Ralph, LA Network Development Officer they had the opportunity of raising awareness of the multiple challenges those experiencing limb loss face. The charity welcomed the opportunity to share updates on its work and aims and were extremely grateful for their time.

These have been and continue to be extremely challenging times financially for individuals and organisations. As a small charity income from a variety of sources is vitally important for us to be able to continue and grow our work. Limbless Association continues to be supported by its members, friends, private donors, funders, Trusts and corporate sponsors. We are enormously grateful for their generosity and support without which we simply couldn't do our work. We owe a debt of gratitude to all our supporters who enable the charity to continue to develop and offer its services to amputees at no cost. **Thus ensuring that no one is ever without the information**

and support they need at whatever stage of their limb loss and regardless of their ability to pay, whenever that support is needed. We believe in a world where *no amputee need cope alone*.

If you are able to support us to deliver this vital work then please consider making a donation or pledging to give regularly. Call us: 01277 402331 or email enquires@limbless-association.org

Supporting Lives Beyond Limb Loss

Our Aim

To enable people in the United Kingdom of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Our Mission

To support and empower all amputees to lead independent and fulfilled lives.

Our Vision

A world where amputees of all ages are not disadvantaged by their disability and able to achieve rehabilitation and independence in hospital, home, education, employment and the community.

OUR GOALS

- Offer excellent advice, information and support to amputees, their relatives, carers and friends at all stages of limb loss.
- Identify gaps in service provision and develop projects to meet the needs identified.
- Increase membership, volunteer and supporter numbers nationwide to maximise our collective voice.
- Listen to, engage with and influence our stakeholders.
- Increase organisational reach to those in need of LA services.
- Lead on strategic representation and influencing at local and national levels.
- Support medical research in areas of prevention, service improvement and prosthetics.
- Deliver an ambitious programme of activity to grow our income to ensure continuity and development of our services.
- To raise the profile of the charity as a major champion of the limb loss community

OUR VALUES

RESPECT

We treat people as individuals and how we would wish to be treated ourselves

INTEGRITY

We do the right thing, not the easy thing – even if it takes more time and effort

DIVERSITY

The LA embraces, encourages and celebrates diversity and strives to be inclusive in all aspects of its work

ACHIEVEMENT

The LA will support its members, volunteers and staff to enable them to develop and thrive as individuals and as a team encouraging resilience and adaptability

EXCELLENCE

We don't settle for OK; we are determined to ensure quality in all our activities and aim to achieve more

PROFESSIONALISM

Our services and projects will be developed and delivered with high levels of competence, efficiency and quality at their heart

ASPIRING

The LA will be optimistic in its outlook and aspirational in all areas of the support it offers and looks to develop; practical and holistic interventions.

TRUSTWORTHY

We will develop stakeholder relationships and endeavour to be considered a reliable, consistent and competent partner by the limb loss community and our funders.

A message from LA Chair of Trustees, David Rose

The LA started out life in 1983 as principally a campaigning organisation to represent the broader interests of civilians living with limb loss and limb difference. I know, from direct personal experience, that NHS prosthetic services in the late 1970s and into the early 1980s were not always adequate. Prosthetic equipment was often old and outdated. Indeed my first leg, a Hanger pylon, was I understand, virtually the same as those issued during the Second World War! Our inspirational founder, Sam Gallop, brought his considerable influence to bear in parliamentary circles at that time and this ultimately led to the commissioning of the McColl Report in March 1987. Professor Lord McColl's report on disablement services literally changed everything!

The report made wide ranging and detailed recommendations, concerning the organisation and management of the prosthetic services; the nature of the contracts for the supply of limbs; the quality of the limb fitting services; and the desirability of closer links between the full range of hospital, community care and local authority services. Essentially, it brought the prosthetic services that I was able to access via the NHS out of the dark ages. Of course there have been a lot of changes that we see as patients and service users since the late 1980s and early 1990s, but the catalyst for the expansion in the quality of NHS prosthetic services can be directly traced back to the McColl report, and the LA was instrumental in this coming about. I highlight this example to show how important the strategic work that the LA is engaged with from our earliest times is, and this continues today.

The LA now has over 42 years' experience of delivering user led support for amputees. By developing services and interventions that aim to meet the needs of the limb loss community the charity remains at the forefront of delivering impactful community support for amputees and their families. The charity engages with and is a representative voice on several strategic bodies and forums as well as being a key stakeholder of several research projects. I'm currently the sole amputee patient representative on the NHS England Clinical Reference Group for disability and rehabilitation. I was directly involved in the consultation process that led to the introduction of the new service specification for prosthetic services in May 2025.

I recently wrote a blog for the LA's website describing our expansion onto the international stage. As Chair of the Trustee Board, I was invited to attend the recent meeting of the International Confederation of Amputee Associations (IC2A). This event was linked to the 20th biennial world congress of the International Society for Prosthetics and Orthotics (ISPO), held in Stockholm, Sweden. IC2A is an international alliance that shares experiences, knowledge and best practice to inspire improvement in the quality of life of amputees. Their mission is to help national amputee associations share experiences, knowledge and best practices about amputee health and wellbeing at the international level, to influence international agendas affecting amputees worldwide. The LA were founder members of the IC2A when it was established in 2015.

The second day of the congress featured an IC2A 'think tank', where a large number of people came together to explore how best practice in the areas of support for people living with limb loss could practically be shared. We had had people attending the seminar from all over the world, including individual amputees, representatives of amputee associations, medical professionals and senior business leaders from the prosthetics industry.

I was asked to explain how we organised and delivered the LA's Volunteer Visitor (VV) programme, and our practical experience of running the programme for now more than a quarter of a century. And whereas the concept of peer-to-peer support would initially appear to be a relatively simple idea, the logistical reality is anything but simple. The LA has invested a huge level of financial and people resources in making the VV programme arguably the best peer support scheme anywhere, and that level of commitment has to be ongoing. For example, the training, development, management and individual supervision support of our amazing volunteers must follow them throughout their entire commitment as peer mentors.

I'm immensely proud of our Volunteer Visitor peer mentoring programme and the part that I played in its creation all those years ago. It continues to provide vital one-to-one support for individuals both pre- and post-amputation, who require practical information and emotional support through their limb loss journey. In May 2025 we celebrated the decision of the National Lottery Community Fund to support our VV Transitions Programme for the next three years! We're hugely grateful to them and the players of the National Lottery for this ongoing support

as we move into phase 2 of the programme's development. We are very proud of our achievements in this field and are excited about the next phase of this outstanding programme.

Continuing the achievements of our founder Sam Gallop, the LA is also once again bringing its influence to bear at Westminster. Towards the end of last year, I began a conversation with Lord Mackinlay, the former Conservative MP who experienced the loss of both arms and legs due to sepsis in September of 2023. This ultimately led to a meeting with Wes Streeting, the government's Secretary of State for Health and Social Care, at the House of Lords. Together with my colleague Tracy Ralph, Network Development Officer SE/E, we were able to highlight the value of the LA's VV peer support programme. In my role as Chair of the LA and as a service user, I'm now supporting Lord Mackinlay in his mission to improve NHS prosthetic services and avoid the current 'postcode lottery'.

The charity sector landscape continues to present challenges in terms of ever increasing beneficiary needs and for charities to realise necessary resourcing and funding to meet those needs. The LA's financial position for the year ending on 31 March 2025 demonstrates we have worked hard to increase revenue streams and improve our reserves position both of which we are pleased to report.

Our successes achieved during the past year have again principally been down to the excellent work of the LA's staff and I would wish to record my appreciation and thanks for their excellent work. A successful organisation needs a great staff team under the leadership of a dedicated CEO, enthusiastic and motivated volunteers, and a committed trustee board to ensure good governance. The LA is fortunate to be blessed with all three of these key factors. I'd like to extend sincerest thanks to Deborah Bent, the LA's Chief Executive Officer, to our staff team and wonderful volunteers. I would also like this opportunity to express my personal thanks to my fellow trustees for their support in my role of Chair of the charity during the past twelve months. All concerned have made a significant and enduring commitment to navigate the challenges and meet the charity's objectives.

The LA has continued to be at the forefront of providing direct support to the limb loss and limb difference community during the past almost forty two years and I cannot conceive of a circumstance where this will change as we look to the future. We were founded to meet the otherwise unmet needs that people living with limb loss have to face every day of their different lives. We can easily say that there is 'life after limb loss', but the long-term commitment of charities like the LA, ensures this vision becomes a reality!

David Rose, Chair of Trustees, Limbless Association

CHARITY REVIEW 2024 – 2025

Context

Through our multi-stakeholder engagement – service users, members, volunteers, sector professionals - we know that there continues to be a gap in the support available to amputees in the rehabilitation pathway. Those experiencing limb loss must navigate multiple and complex challenges through a rehabilitation process that can be long and overwhelming. The negative impact on physical, emotional and mental health wellbeing is considerable and requires a range of strategies and interventions *beyond the clinic* room to optimise rehabilitation outcomes. Members, service users and their families consistently tell us that there is a lack of information and support at all stages of the early rehabilitation pathway. The Limbless Association's developing services and projects aim to work collaboratively with clinical teams and other key sector stakeholders to fill the gaps where additional non-clinical community based support is needed. Central to the initiatives and interventions the LA offers is supporting amputees and their families to rebuild lives in order for all affected to thrive after losing a limb or limbs. The LA is a user led charity, with its aims and work being informed and shaped by those with lived experience; our members, volunteers, service users and many of our staff team. 5 out of 6 of our Trustees have lived experience. We consult, we listen, we respond, we empower and we innovate.

Despite the ongoing challenges of the operating environment, this period has seen the Limbless Association continue to develop and deliver our vital outreach and early intervention programmes, providing a pathway of essential support for amputees in their recovery and rehabilitation. The charity had a busy year building on the foundations of existing workstreams as well as implementing new projects.

Key highlights include:

- Developing a new pathway of support for patients undergoing amputation at Basildon University Hospital. Our outreach, ward visits and continued engagement with amputees in Outpatients and at the

hospital rehabilitation unit has provided early intervention support for those who are new to limb loss. This intervention is now serving as a blueprint for expanding this initiative to other hospitals in the UK.

- Expansion of our Lunch and Learn programme which has, to date, supported 308 amputees to improve their knowledge of limb loss and clinical and non-clinical services available to them as amputees. 90% of attendees feel more connected to others affected by limb loss and the limb loss community, and 88% feel more supported regarding their own limb loss. 96% feel more informed about limb loss and the sector.
- Continued delivery of our advice and information helpline which has assisted 508 people to access information relating to topics such as welfare rights, aids and adaptations and housing; essential support to assist them in their onward recovery from limb loss.
- Continued delivery of and increased reach of our Volunteer Visitor peer support programme, which has enabled has received 443 referrals during this period. New amputees seeking support on a variety of limb loss receive telephone and virtual visits from trained peer mentors. 91% of service users indicate that they feel more supported on their limb loss journey following their visit, and that they feel less isolated as a result.

We have seen an increase in enquiries/referrals originating from social prescribers and social workers. This is particularly the case where amputees may have lost their limb some years previously, and where they are experiencing new challenges relating to the loss of their limb yet where they feel that they cannot seek the support from clinicians/the NHS. Similarly, in the early days of limb loss, amputees tend to be highly dependent on clinical services. Where this support was not available during the pandemic, we're seeing amputees still struggling to engage successfully with their rehabilitation.

With limb loss as a lifelong disability, our members can experience ongoing challenges related to prosthetics, mobility, body image, welfare benefits, mental health and accessing clinical services.

CASE STUDY

Jim attended a Hub for the first time. Other attendees assumed he was a new amputee as he was using crutches and experiencing challenges relating to his residual limb. Jim disclosed that he had been an amputee for over 40 years, but due to the pain in his residual limb he had not worn his prosthetic limb for some time and felt confined to his wheelchair. He was very down and disengaged, concerned about the possibility of having to undergo revision surgery; this had prevented him from seeking further medical support. Our Outreach Co-ordinator and a trained Volunteer Visitor spoke with Jim, using their own lived experiences of revision surgery and encouraged him to speak with clinicians at his local limb fitting centre. Jim is now having meetings with clinicians about potential surgery so that he can return to wearing a prosthetic limb that will support his improved mobility. He is feeling more positive about the future and his mental health and wellbeing has significantly improved.

Numbers supported

We have worked with one to one with over 1700 amputees in the past year, with many accessing different aspects of our support throughout our service user pathway. Of the those people we've worked with, 508 people accessed support through our helpline (services support team), providing service users with information and guidance about topics such as welfare benefits and OT assessments. We received 443 referrals to our Volunteer Visitor peer support service. 868 attended our Outreach Hubs and Amputee Learning Hub sessions, improving their knowledge and awareness of living well with limb loss. 862 people received support from our Outreach Team with welfare calls and support to access our events. The LA has a growing membership now approaching 3000.

Key achievements

2024 saw us building on the outcomes and learning of the VV programme (2019 to 2023) and subsequently making our application for continued support from the National Lottery Reaching Communities Fund. Having submitted our stage two application in December 2024 we were notified in March 2025 that we were to be awarded further 3 year funding for the next exciting new phase of this now well-established programme – Volunteer Visitor Transitions. This new project will provide supported volunteering opportunities accessible at all stages of the rehabilitation pathway and beyond focusing three key areas; education, empowerment and personal development. We are sincerely grateful to the National Lottery for their continued support and to their players who enable us to make a positive difference to the lives of amputees across the UK.

We are especially proud of our Investing in Volunteers accreditation awarded in May 2025. This built on our work redeveloping and transforming our Volunteer Visitor programme in 2019, and demonstrates our commitment to providing a high-quality volunteering experience and support for our 95 amputee and family volunteers. We're looking forward to developing this further with our VV Transitions programme in 2025/26 creating more involvement opportunities and learning for amputees to share their lived experience to benefit others. Our Investing in Volunteers achievement and the requirement thereof to reassess every three years will see the charity continuing to embed best practice and nurture an environment in which volunteers can thrive and feel valued as lived experience experts.

We simply can't do our work without the support of our funders, fundraisers, sponsors, members and supporters. We wholeheartedly thank them all for recognising, engaging with and valuing the impact of our work. The LA is also very fortunate to have an incredibly loyal and passionate volunteering community, Trustees and staff team who despite the challenges continue to work with commitment and energy to ensure that *no amputee need cope alone*.

Structure, governance, and management

Nature of governing document

The charity's governing document is Memorandum and Articles of Association. The charity was incorporated on 30 March 1990 and registered with the Charity Commission on 13 June 1990. The Articles of Association were last amended by Special Resolution registered at Companies House on 12 January 2010.

Recruitment and appointment of trustees

The charity is governed by the board of trustees (who are also directors for the purposes of company law) who set strategy and policy. The number of trustees must not be less than three and not more than eleven. Day-to-day management of the Charity is devolved to the Chief Executive Officer and other members of the senior leadership team.

In line with the Articles of Association directors are appointed by a fair, open and transparent recruitment and selection process.

Organisational structure

Limbless Association is a Charitable Company limited by guarantee. Members of the company have provided a guarantee capped at £1 each.

Strategic Representation and Engagement

As a user led charity, the Limbless Association has since its inception represented the limb loss community as a member of national and local strategic forums, recognised as the leading civilian charity in the UK supporting those affected by limb loss and limb impairment. It is a privilege for us to build on a significant 42 year heritage and continue to be involved in this important area of work that enables us to represent the collective voice of our members, service users and the wider limb loss community. This work also provides us with the opportunity to raise awareness of the challenges amputees face in rebuilding their lives and ensure that we forge relationships with key sector decision makers and influencers.

The charity is a member of the following groups:-

IC2A; Member of the PIP Policy Forum; Rehabilitation and complex disability and spinal cord injury CRG; Prosthetics Review Steering Group; Prosthetics Review Clinical Working Group (Service Specification); East of England Trauma Network; Trauma East Voices; APIL – Alliance for Injured People; Specialised Healthcare Alliance; Chelmsford Area Access Group (CAAG). Community Rehabilitation Alliance England (Chartered Society of Physiotherapists).

Partnerships

The Limbless Association continues to forge clinical and professional partnerships across the sector. We are building strong relationships with NHS partners in acute care, surgical and rehabilitation settings. We are also fortunate to work with and be supported by private sector providers.

The benefits of partnership working can be clearly demonstrated through our outreach work with the rehabilitation centres and specifically with our developments at Billericay, Bristol, Manchester, Hull, Cardiff, Swansea, Preston,

Leeds, Birmingham, Belfast, Gillingham, Nottingham, Sheffield and Wolverhampton with the delivery of LA Helpdesks and Hubs.

Our Volunteer Visitor peer support programme is growing in reach and reputation with a range of clinicians and rehabilitation specialists working with amputees across the UK; physiotherapists, OTs, vascular specialist nurses, discharge coordinators, prosthetists and consultants. The service is now receiving regular patient referrals from over 40 clinical sites nationally and this is growing. This is recognition of quality and impact of the programme and the benefit of accessing LA services and support.

The LA Limb Loss Legal Panel provide vital support and services to the charity and its community. Panel members ensure that LA service users and members are supported by an incredibly proactive, engaged and empathetic group of legal experts. Increased awareness of our services continues to realise a growth in related sector referral partners that include wider sector stakeholders. E.g. case managers, social prescribers and community navigators.

The LA fosters positive relationships across the sector with our approach being one of influence and collaboration. Our ongoing arrangement with Mayflower Community Hospital MCH Billericay – the main Essex Prosthetics Centre – highlights what can be achieved through such collaborative approaches. The charity is based at MCH having been allocated a small office space. We also deliver frontline support to MCH patients via the LA Kitchen (reception tea bar) as well as being on hand for referrals from the MCH rehabilitation team. We're enormously grateful to Sue Patterson, Centre Manager, and her team, for championing this coproduction development and to NELFT NHS Foundation Trust. Now in its 5th year the experience and insight provides valuable learning to support similar arrangements nationally.

Where there are collaborative opportunities with other charities and bodies in our sector, we aim to support these for the benefit of the limb loss community. We also consult non-sector charities operating in the field of frontline support in the disability and healthcare sector for the purpose of shared learning. At the time of writing we are a Charity Partner of the British Association of Prosthetics and Orthotics (BAPO) and have joined the national P & O Advisory Group which BAPO leads and chairs.

Research Involvement

The LA is keen to support medical research in areas of prevention, service improvement, surgical advancement and prosthetics. We are passionate about the need for patient centred research across the limb loss sector. We are approached by many researchers requiring support, either organisational or member participation, and will always support where we identify that project aims might best serve our community.

The following are research projects the LA is currently supporting. The LA is a collaborative partner or steering group member of these projects.

THE IMPROVING PSYCHOLOGICAL PREPAREDNESS FOR AMPUTATION – the design and development of resources to help prepare people for having amputations.

Project Lead: Esmee Hannah, Reader/ Associate Professor, Health and Wellbeing in Society Deputy Ethics Chair HLS FREC/ UoA3 co-ordinator

Project outcomes: A set of resources for professionals to support patients. Peer support was identified and the LA's Volunteer Visitor programme included in the final web based resource.

[Peer support resource – preamp.dmu.ac.uk](http://preamp.dmu.ac.uk)

WALKING IN OUR SHOES - The development and evaluation of a resource to improve the psychosocial impact of adjustment to living life as a lower limb amputee.

Research Leads: Dr Ceri Phelps & Dr Paul B Hutchings, Centre for Psychology and Counselling, University of Wales Trinity Saint David, Swansea Campus.

Project Aim: To design and evaluate the acceptability and feasibility of a co-produced psychoeducational intervention designed to support better psychosocial adjustment to living with limb loss.

DATA FOUNDATIONS IN PROSTHETIC REHABILITATION

Project Lead: Chantel Ostler – Clinical Academic Physiotherapist, Portsmouth Enablement Centre and University of Southampton

Patient and stakeholder perspectives on routine data collection, use and sharing.

PLACEMENT

Research Lead – Dave Bosanquet, Vascular Consultant, Aneurin Bevan UHB collaborating with Cardiff University. Aim: Improvement of post operative pain management for amputees.

DUSTER

Research Lead - Ankur Thapar, Vascular Consultant, Basildon Hospital (Mid and South Essex Hospital Trust) in collaboration with Anglia Ruskin University.

Re: Proving efficacy (amputation reduction) of screening programme for vascular patients post initial intervention.

HAMLET

Research Lead – George Smith, Vascular Consultant, Hull University Hospital Trust.

Re: Evaluating Quality of Life Outcomes for Through Knee Amputation compared to Above Knee Amputation.

LA Services and Projects

We aim to ensure that NO AMPUTEE NEED COPE ALONE

Over the last 7 years the charity has undertaken a significant process of transformation strategically and operationally. This has seen positive developments and outcome across all key areas including strategy, governance, resourcing and processes. This undertaking has transformed the LA into an organisation that is responsive and innovative. The charity has focused on developing services and projects that have an early intervention approach positioning the LA as a provider of frontline information and support to amputees and their families pre and post-amputation. Once discharged from hospital and quite often before, dealing with the practical and emotional impact of limb loss - short, mid and longer term - is a complex and very personal unpredictable journey for the individual and their families. It's one that lasts a lifetime whereby education and empowerment are key tools. For the majority it can be difficult to look and move forward with hope and optimism. Just contemplating a life after amputation can be too overwhelming. Having launched our umbrella initiative Amputee Learning Hub in 2023 we are developing and delivering a range of projects and resources with education and empowerment at their heart. Our Training to be an Amputee and Lunch and Learn programmes are two such innovations that are creating learning and peer connecting opportunities across the UK. Receiving timely information and support from a trusted and credible source is vital when facing the complexities that limb loss presents. The LA aims to be practical, responsive and innovative with our service and resource development to truly reflect and fulfil the needs of those experiencing such life changing circumstances and trauma.

Four core strands of activity have been identified to support our aims in providing non-clinical support pre-and post-amputation:

> INFORMING > ADVISING > SUPPORTING > CONNECTING >

Informing

We are working hard to ensure that we continue to be informed about rehabilitation service provision and developments so that we can guide, signpost and update across a breadth of topic and query. Improving widespread accessibility to important early information is paramount to our strategic and operational aims.

Advising

We are developing our advisory capabilities and capacity by growing our expertise and ensuring professionalism together with protocol is integral to strengthening this vital area of our work.

Supporting

We are developing projects and programmes that will offer practical and holistic user informed support. This is an exciting area of work and we will continue to collaborate with our members and other stakeholders to identify their needs and how our future plans can support them.

Connecting

We will continue to raise awareness of the issues and raise the profile of the LA as a champion of those issues. We will seek multi-stakeholder engagement opportunities and we will continue to develop and deliver our own programme of events aimed at bringing together amputees and sector professionals for shared learning (informing, advising, supporting) and networking opportunities.

OUR SERVICES, PROJECTS AND IMPACT

N.B. In presenting our services we have included some important case studies all names and identifiable information has been altered or removed.

LA HELP DESK – Advice, Information and Signposting

The LA helpline provides a first point of contact support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation. With the challenges in social care provision and fragmented on-discharge community support we're experiencing increasing numbers of amputees and family members contacting our helpline who present with ever more complex issues. As a small charity with limited resources this is an ongoing challenge in terms of the limitations of our capacity to meet this growing need. Our support directly reaches over 5000 amputees and family members every year. We also connect our services with over 1100 professionals working in the limb loss sector. While our support targets new amputees we are also supporting significant numbers of those who are all at varying stages of the limb loss pathway and navigating ongoing or new challenges.

The key topics those contacting us what to know more about:

- Finance - Welfare Rights
- Aids and adaptations
- Housing
- Prosthetics rehabilitation
- Access to legal advice
- Mental health and wellbeing
- Social isolation
- Peer support – accessing the LAs Volunteer Visitor programme

“Nobody gives you an instruction manual when you become an amputee. There are so many challenges and it all feels really chaotic at that time. So many things to think about when our minds are scrambled and that's where the Limbless Association came in.” LA service user

LA SUPPORT AND CONNECT OUTREACH

Since launching Support and Connect in 2018 and having introduced virtual outreach contingency throughout the pandemic, we are committed to developing the LA's regional and local support offer. Delivering local and regional in-person support and creating safe spaces to connect with peers is still very much a key aim of our outreach strategy.

Key outreach aims:

- Reduce the isolation that amputees experience
- Improve amputees' knowledge regarding recovery and life after limb loss
- Reduce health inequalities amputees experience
- Build a local and regional peer community
- Introduce amputees to activities and other experiences to improve their wellbeing and quality of life
- Provide development and employability opportunities for amputees through volunteering pathways and learning activities.

Key outreach activities:

- Regular in person Hub sessions
- Online Hub Chats
- Virtually Speaking online thematic events
- LA Kitchen (MCH Billericay)
- Amputee Lunch and Learn in-person
- Amputee Learning Hub

- LA Helpdesks (onsite at rehabilitation centres and in hospital settings)
- Referring to LA Services Support
- Signposting to LA resources
- Signposting to local agencies (needs appropriate)
- Welfare calls (one to one support)
- Delivering and attending local and regional engagement opportunities
- Represent the LA at local and regional level (sector and related)

Support and Connect outcomes:

- **Over 1300 supported**
- **452 beneficiaries attending S & C sessions**

Our **Outreach Hubs** supported 332 amputees in 2024/25, with amputees reporting that the Hubs helped them to:

- Feel more confident – 94%
- Be more informed about limb loss and the sector – 88%
- Be more inspired and motivated to achieve for themselves and others – 90%
- Feel more connected with their peers – 80 %

“Meeting with others in a relaxed and non-judgemental way helps with my mental health along with the yoga session helping with both mental and physical health I generally come away feeling both refreshed and relaxed.” Hub attendee.

Outreach locations in 2024/25:

Belfast, Billericay, Birmingham, Bristol, Broomfield, Cardiff, Corringham, Gillingham, Leeds, London, Manchester, Nottingham, Preston, Sheffield, Southend, Southampton, Wolverhampton.

The summer of 2024 saw us review and refresh our outreach model and move to create a national Amputee Network with regional focus. New roles were introduced – Regional Network Development Officers. Strong foundations have been laid in the initial phases of this new approach and we have some exciting development plans for our ‘networks’ in 2025/26.

“I have found these groups great for mental health, confidence and information. Helping me to be more positive. A great way to find out about things available, new ideas.”

LA support online

While the drive for the LA to support face to face has been prioritised, the LA continues to offer thematic sessions as part of its Virtually Speaking project. We are fortunate to be connected with and supported by a wealth of sector experts who give their time generously to support our community. Virtually Speaking aims to provide amputees and their families with access to high quality information as well as an opportunity to benefit from Q and A sessions from the comfort of their own homes. Virtually Speaking thematic sessions have provided access to experts in mobility, prosthetics, finance, legal matters, psychology and wellbeing.

We’re enormously grateful to the professionals and companies who contributed to the Virtually Speaking programme, providing invaluable insight into key sector topics enabling and empowering our community.

LA VOLUNTEER VISITOR – one to one peer support service

Limb loss brings unique challenges, so sometimes you need to talk to others who have been through similar experiences. That’s the premise of the Volunteer Visitor programme – *amputees supporting amputees*. We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it’s this belief that has driven us to further develop the LA’s longstanding and respected peer support offer, Volunteer Visitors. The National Lottery Reaching Communities funding enabled us to realise our vision of creating a robust service model of peer support for the limb loss community.

It is also our passion that our volunteers, who support with their lived experience, have access to the good quality training, development and ongoing support in their roles. The funding has enabled us to provide enhanced volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. Some of our volunteers are motivated by having received and benefited from peer support themselves and others by the fact that they didn't but would have found it valuable. LA Volunteer Visitors are supported with a variety of training, development and peer networking opportunities. Due to the level of training and support, our volunteers are able to offer high quality peer mentoring that both patients and professionals can access and trust.

Despite the 3 year funding from the National Lottery coming to an end in March 2023 (including a 6 month extension due to the pandemic) the LA continues to deliver the model established. Our Volunteer Visitor peer support is a key service for the charity. In June 2023 we received funding from the then Julia and Hans Rausing Trust (now Julia Rausing Trust) towards the costs of the ongoing development of the VV programme into 2024. As of March 2025 we were delighted to be awarded further 3 year funding from National Lottery Reaching Communities to further develop this project in its next phase – Volunteer Visitor Transitions.

This VV peer support programme delivers a one to one peer support service as well as training and supporting volunteers with lived experience of limb loss to provide peer support to newer amputees. The programme seeks to promote rehabilitation and recovery for amputees, as well as reducing isolation and promoting confidence, reducing stress and anxiety and ensuring that No Amputee Need Cope Alone. Through this programme, amputees become more informed, connected and empowered in their rehabilitation. This is a national programme and supports amputees living across the UK. The programme has trained a small and growing number of family peer mentors. This means that we are also able to support the loved ones of amputees.

Throughout the year, we continued with the day-to-day delivery of the Volunteer Visitor programme. This includes coordinating the matches and visits, volunteer recruitment, training and support. We have also been busy promoting the project within hospitals, limb-centres, rehabilitation centres and with other agencies (such as social prescribers) throughout the UK, to encourage referrals to the programme. Promotion is also via our social media channels, via our website and through our charity partners and stakeholders.

Key Aims and Developments for the VV programme

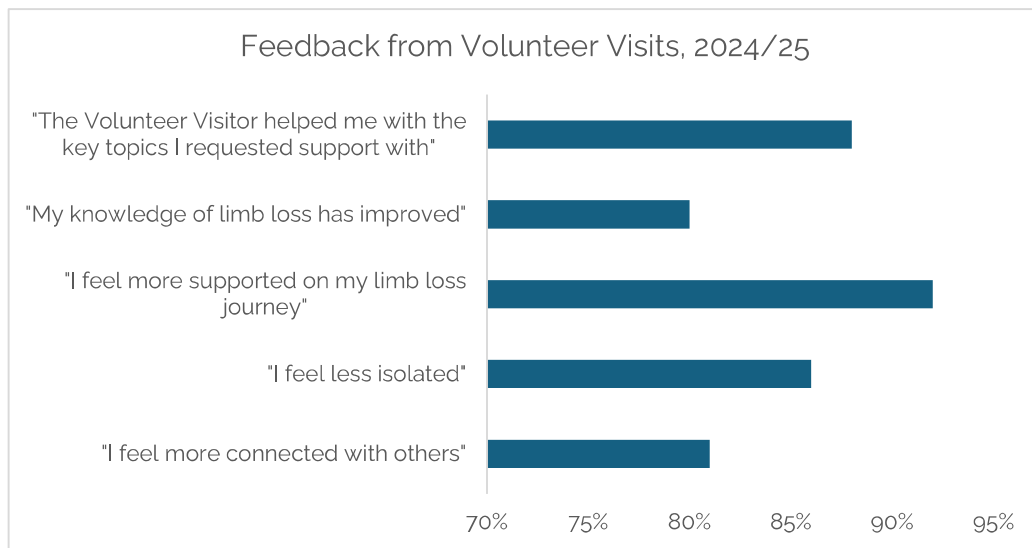
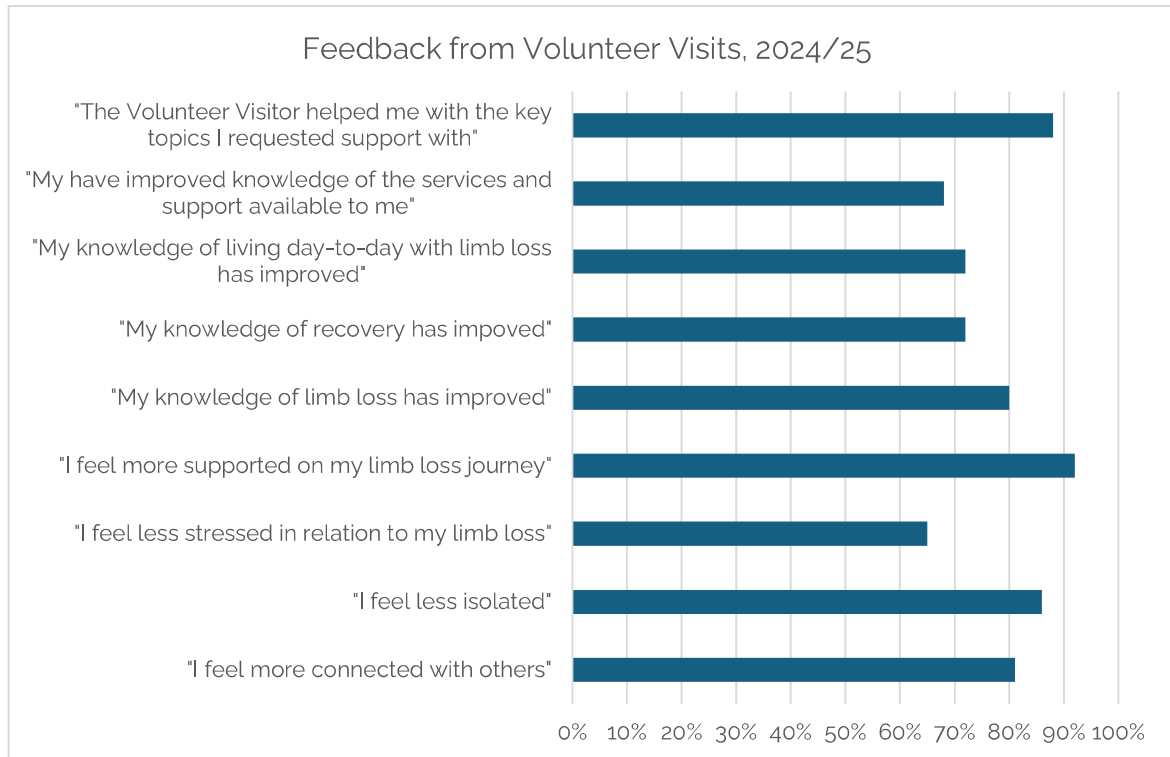
Aims

- Support more amputees to fulfil their potential
- Learn about peer support as an intervention
- Evidence outcomes and measure the impact
- Develop a robust service model
- Create a comprehensive peer support training package
- Be used to influence national and local policy relating to amputees
- Develop greater connections with the sector
- Help evidence the need for continued investment in the programme

Developments

- A robust service model of amputee peer support
- A safer recruitment process
- Recruitment, induction and training of over 80 Volunteer Visitors
- Comprehensive volunteer development programme with opportunity to achieve the VV Award
- Peer networking and recognition opportunities for volunteers
- VV service specification and service framework
- Comprehensive policies covering all aspects of the service and volunteering programme
- Project monitoring and evaluation tools to measure and report impact of the project – for service users and volunteers
- VV programme integrated into the LA's Service User Pathway
- New VV resources, including posters and flyers, information videos, social media content and assets and stakeholder presentations
- Raised awareness of the VV programme – peers support and volunteering – through continued promotion to key stakeholders and referrers across the UK.

The LA's **Volunteer Visitor peer support programme** provides amputees, their loved ones and those at pre-amputation stage the opportunity to meet with a trained volunteer with lived experience of limb loss. In 2024/25, we received clinical 443 referrals. Feedback from visits demonstrates the effectiveness of this initiative:



"I felt reassured at a time when I had dealt with many medical professionals but no one with lived experience. After speaking to my Volunteer Visitor I felt like I had a more positive outlook on how my prosthesis could help and what my recovery would look like." VV beneficiary

Our ongoing monitoring and evaluation shows that our Volunteer Visitor service makes a positive difference to amputees' knowledge and awareness around:

- amputation

- recovery and what comes next for them
- living day to day life with limb loss
- the services and support available to them as amputees.

Our new Volunteer Visitor Transitions programme is a natural progression of the VV project based on our outcomes and learning to date. The aim of the VV Transitions is to provide a pathway for support for those who experience limb loss, assisting them to feel and be more empowered, independent and to rehabilitate well to meet their needs and aspirations, physically, emotionally and socially. We look forward to updating in our next report.

Volunteer Visitor and LA Chair of Trustees David Rose believes it's as important as it's ever been for amputees to have access to high quality peer support.

“It's natural to feel lost in the early days of limb loss. That's why the LA's Volunteer Visitor service exists, providing support and advice to help amputees move forward. For our Volunteer Visitors it's a very rewarding activity, as it's a chance to give something back.”

AMPUTEE LEARNING HUB *Educate. Empower. Connect.*

Training to be an Amputee

The programme addresses the challenges for amputees, especially experienced by those in the early days of their limb loss journey. Mental health, isolation and a lack of information is very common for those who are living with limb loss

The programme aims to reduce health inequalities, through:

- Information and support to enable amputees and their carers/family to better manage their own mental health and wellbeing
- Guidance about support services available.
- Assistance and advice to family/friends, so that they are more empowered to support their loved one throughout their rehabilitation.
- Access to wellbeing interventions.

Training To Be An Amputee (TTBAA) anticipated outcomes:

- Improve recovery and rehabilitation for amputees, through the provision of information and support to contribute towards successful rehabilitation.
- Support the mental health needs of amputees, through mental health information and support, and wellbeing guidance.
- Reduce the likelihood of re-admittance to hospital or secondary amputation, through supporting amputees to manage their physical health and wellbeing, and empowering them to manage long-standing health conditions such as diabetes.

Our evaluation data tells us that Training To Be An Amputee can be a crucial early engagement programme that can provide unparalleled support for new amputees. We believe that every amputee could benefit from the programme. We've learned that place-based Training To Be An Amputee has improved access to services for amputees. TTBAA has also helped us to develop relationships with sector professionals in local hospitals; these have been key in supporting/facilitating referrals into the programme.

As well as self-assessment pre and post-amputation to measure outcomes we also used the shortened Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to assess participants' improvement in mental health. We have used the statistical framework provided by Warwick-Edinburgh to evaluate scores. Training To Be An Amputee has had a statistically meaningful positive change on the health and wellbeing of 83% of programme participants.

We wish to extend our sincerest thanks to the funders of Training to be an Amputee – Essex Community Foundation (MSE NHS Partnership Trust Health Inequalities Fund)(Mid and South Essex) and The Postcode Places Trust (Essex).

At the time of writing we're delighted to have been awarded funding from Anton Jurgens Charitable Trust to develop and deliver a national online programme of TTBAA in 2025/26.

Brentwood and Basildon - Amputee Learning Hub place based pilot (ALH)

The aim of this project was to provide in face to face information and support to individual amputees, their family/carers as well as providing group peer support in clinical and non-clinical settings. Anticipated outcomes were improved recovery and rehabilitation for project beneficiaries.

222 amputees and their carers received information and guidance from our ALH Hubs, presence in Basildon Hospital, at Mayflower Community Hospital Prosthetics Rehabilitation, in Brentwood and at Billericay Football Club.

58 people participated in wellbeing sessions at our Hubs, guiding them in relaxation and mindfulness techniques. We also assisted amputees who were struggling with loneliness and isolation, body image and their mental health; providing them with access to our wider LA service user pathway.

The wellbeing sessions and access to other LA services noted supported the health management of those engaging with the ALH. Greater access to timely and relevant information from the LA team and through our VV peer support service ensured that the amputees we supported had early access to understanding the importance of self-management in terms of diet, physical and mental health and wellbeing. Service users also had access to a bespoke online twice weekly amputee exercise class developed and delivered by the Sports Science Department at Hull University. The LA hosts, funds and collaborates in the delivery of these sessions.

55% of ALH clients have engaged in further support from the LA, accessing other services and information including Support and Connect Hubs, Training To Be An Amputee, Volunteer Visitor peer support programme and volunteering opportunities.

The rehabilitation process is a lengthy one and ongoing for amputees. The rate of progress varies from amputee to amputee in terms of the physical progress and also their mental health and resilience. Anger, denial and unwillingness to accept their new situation is very common. Some amputees engage very quickly with LA services others take much longer to accept that they have an unmet need. It is quite common for us to meet a new amputee and for them not to fully engage with our services and support until around 12 to 18 months once the clinical support slows. Some re-engage with our services at this point after initially being supported pre or post-amputation.

“Having a hospital visit from the LA at the beginning made such a difference, I was eager to learn about life after amputation, and you answered my questions. It is great to have this meeting today and speak to others.”

“Thank you for speaking with me today. I would not have thought about those things. This has given me things to think about and help me to get home. I know what to ask.”

CASE STUDY:

John and his family were supported by ALH on the inpatients ward in Basildon Hospital shortly after his amputation. They received information about LA services and discussed what life would look like after discharge – the rehabilitation pathway and what they were entitled to access. Once home and facing his new challenges as an amputee, John was struggling emotionally and scared about what life was going to look like. He was referred to the LA’s Services Support team and received advice about welfare rights entitlements. They also arranged a ‘visit’ from an LA Volunteer Visitor – a trained peer mentor. He was matched with someone who’d gone through the same experiences but 2.5 years post amputation was walking, back at work and enjoying life again. His VV helped him understand that the rehabilitation journey is a long and challenging one. That managing expectations and “celebrating the small wins” day by day is important. They also discussed typical questions that John should ask when he goes for his initial MDT assessment at the prosthetics centre. He was finding the gap between hospital discharge and the rehab centre referral daunting. Following the call John said that the VV had addressed many of his fears and he felt more hopeful about the future. Jim and his family then joined the LA’s regular hubs in Billericay and the Brentwood Lunch and Learn session.

John told us, “When you lose a limb, the NHS staff are great but they’re busy and there’s no information about what happens afterwards and what support there is when you go home. Waking up without a limb is frightening and very lonely. You feel like the only one – like curling up in a ball and giving up. You don’t want to be a burden to your family and there’s so much to sort out. It’s overwhelming. I also have ongoing health issues to manage. The LA support has been fantastic in helping us to work it all out and plan for a future living with limb loss. I’ve got a long way to go yet but know that I’ve got every chance of getting there now I better understand the process

and what to expect. I feel motivated to achieve what's possible. I also know I can access LA services and support at any stage and that I'm not alone."

Thank you to Mid Essex Integrated Care System and BBCVS for their support in making this invaluable pilot project happen. There has been much learning and we look forward to repeating this model in other areas. This programme has given us the opportunity to close the gap in the rehabilitation pathway, through forging clinical partnerships with Basildon and Billericay clinical teams. The pilot in Basildon and Brentwood will help evidence the impact of this work, supporting us to establish similar work with other clinical teams across the country.

LA Amputee Lunch and Learn

In January 2024 we received funding from Awards for All England to further develop our Amputee Learning Hub concept. Amputee Learning Hub ALH will ensure that amputees across England will have access to either online or face-to-face peer-led courses which address health inequalities. Programmes within our Learning Hub will: improve amputees' rehabilitation and recovery through access to quality information; advice and guidance; reduce isolation for amputees; improve confidence; motivation; and health and wellbeing.

A key initiative of the LA's Amputee Learning Hub portfolio is the Amputee Lunch and Learn programme. Lunch and Learn aims to provide amputees, their loved ones and professionals with accessible, supportive and informative sessions which improve awareness of limb loss, rehabilitation and recovery.

In our last report we shared some key outcomes data from this initiative that strongly demonstrated that it was meeting its aims of educating, empowering and connecting. With the generous support of the LA Legal Panel in the first quarter of 2025 we continued to deliver Lunch and Learn sessions in Wigan (Stephensons Solicitors LLP), Preston (Hudgell Solicitors), Stockport (Dorset Orthopaedic) and Oxford (RWK Goodman). Thank you to them all.

In the new financial period we have been awarded further funding from AWA England and Wales to develop and deliver a new programme of Lunch and Learn sessions and these are already underway.

"It was fun, informative and great to feel accepted for myself rather than feeling defined by my limitations."

"I had an MDT scheduled for the following week and had been worried about it. The presentation showed me that MDTs are a regular part of my rehabilitation."

Amputee Carer Transitions

The Limbless Association's Amputee Carer Transitions programme aims to address and meet the needs of carers of amputees. The programme aims to improve their access to information, support, peer networking and development opportunities. Amputee Carer Transitions has been informed by the needs of carers of amputees, who have told us that they have struggled to manage their own health and wellbeing while supporting their loved one in their recovery and rehabilitation. They have spoken with us about the challenges of adapting to their new 'carer' role, and how obtaining information to support the rehabilitation of their loved one is particularly problematic to come by.

We provide group and one-to-one peer support, access to information and guidance and welfare calls/support for carers who are struggling in their caring role.

CASE STUDY

Alison contacted us following her husband's below knee amputation in June 2024. She told us that she didn't feel at all informed about amputation and recovery, or how to support her husband through his limb loss journey. Her husband had been discharged from hospital and they both felt that they were 'left to get on with it'. Alison suddenly found herself in a world where – overnight – she became a carer to her husband and was faced with navigating the complexities of limb loss – physio appointments, prosthetic appointments, obtaining welfare benefits – all while trying to work full-time. She was overwhelmed. At the same time, she felt reluctant to engage with support for herself as she was more concerned with how her husband was coping.

We arranged for Alison to receive a peer support visit from a VV family peer mentor, where she was able to discuss her concerns and receive advice and guidance from another carer. They discussed the prosthetics process, as well as ensuring that Alison had a support network in place, and discussing how her employer could also support her. Alison then attended our Lunch and Learn event in Billericay Football Club with her husband, where together, they received informal peer support from other amputees and carers. Our Lunch and Learn speaker

relayed his amputation journey, highlighting to attendees that his limb loss hadn't preventing him from riding his motorbike again and even being an extra in Star Wars. His talk was full of practical tips and advice on how to live well after limb loss.

Alison tells us that she now feels more informed about amputation and recovery and how to best support her husband through his limb loss, and feels more confident in providing this support. It gave Alison hope for the future for her husband and that some normality for them as a couple and as a family was possible. Through lived experience accounts she better understood that rehabilitation takes time and commitment. She felt that they both needed to take part in activities that helped them both build their resilience to navigate the challenges together, and that they both had differing needs that needed support. Finally, Alison understands that her needs and concerns are valid as well. She is now interested in volunteering with the LA as a family peer mentor, so that she can support others facing similar challenges.

As a brand new project and focus of support for the LA, the last 18 months have been significant in our learning about the needs and challenges of family carers. Our family service users and volunteers continue to shape our services and plans for the future.

We're extremely grateful for the support of the Essex Community Carers Fund (ECC) in supporting us to meet the needs of those that are often overlooked in the limb loss rehabilitation process.

Bridging the Gap

Our services and projects are aimed at bridging knowledge and support the gaps in the rehabilitation pathway for amputees. Integrating clinical pathways with wider sector services including those of the Limbless Association is a key aim in all the activities we undertake. With this in mind we launched our Bridging the Gap campaign that saw a group of amputees and LA sponsors (40+) walk the mighty Humber Bridge walk to raise awareness of the challenges amputees face. Thank you to our event sponsors Hudgell Solicitors and Stephenson Solicitors LLP for their wonderful support of this event, including braving the Humber winds on what turned out to be a cold October day. Our fantastic supporters raised over £6K and it was an incredible achievement by all who took part. Thank you to you all.

Following on in November 2024 we hosted our first '**Bridging the Gap**' attended by over 60 sector professionals and joined by LA Volunteer Visitors. The seminar saw us bring together some likeminded professionals to share their knowledge and projects and to highlight the importance of collaborative working.

The agenda included:

Meeting needs and making a difference: a psychological perspective

Dr Ceri Phelps, registered Health Psychologist and Dr Paul B. Hutchings, Associate Professor of Experimental Social and Political Psychology and Academic Director of the Centre for Psychology and Counselling at University of Wales Trinity Saint David

Bridging the community rehabilitation gap – Collaboration and Innovation

Julie Parker, Senior Associate Occupational Therapist, SJP Law, Pave the Way, Chair of the Headway Partnership in North Yorkshire and Humber and leads the HNYABI Network

The power of peer support in bridging the practical and emotional gaps for amputees and their families

LA Volunteer Visitor Panel

Knowledge is Power for amputees and their families – claim or no claim

LA Legal Panel represented by Joshua Hughes, Head of Complex Injury, Bolt Burden Kemp LLP

Supporting Vulnerable Clients

Lewis Cohen, Partner and member of the Serious Injury Investment Team, Evelyn Partners

Future directions in amputation research – the research gaps

Ankur Thapar, Consultant Vascular Surgeon Mid and South Essex Hospitals, Undergraduate Surgery Lead UCL, Honorary Senior Lecturer Imperial College and Senior Research Fellow Anglia Ruskin University and Dr Hillary Engward, Associate Professor Applied Social Science, Dep. Director, Veterans and Families Institute for Military Social Research

Attendee feedback:

“It was wonderful to have the opportunity to attend the Bridging The Gap event. It was such a positive, uplifting and enjoyable experience”.

“The event was very well structured, no one could be in doubt of its purpose and aims. Seeing the Volunteer Visitors in the overall landscape of approaches under consideration/development went to reinforce again the value of our part. Hearing about the studies into the psycho-social impact upon amputees, and the revolutionary research being done to actively reduce the number of and impact to new amputees were both real eye openers. Both extremely positive studies. One could only come away feeling, what more could one to do assist such studies”.

Closing the event LA Trustee and Volunteer Visitor Mukhtar Adam gave a poignant address shared here:

“When I talk about empowerment, I think about the tools that enable us to regain control over our lives. The tools for empowerment go far beyond prosthetics or physical rehabilitation; they are the knowledge, support, and inspiration we receive along the way. Everyone in this room plays a crucial role in an amputee’s journey toward independence and self-worth, and I am living proof of that.

My journey into meeting many of you started seven years ago. It was a cold night, and I was standing on the pavement, minding my own business, when a drunk driver ran me over. The memory is vivid—I recall the feeling of the cold concrete beneath me and the surreal image of my leg dangling, as I sat in a pool of my own blood. In shock, I asked my friend, “Is it bad?” He replied, trying to reassure me, “It’s just like a bad ankle sprain.” But deep down, I knew it was more.

Rushed to the hospital, I was introduced to the first of many incredible people in this room. The medic who stabilised me, the surgeon who did a phenomenal job on my surgery, and the nurses who cared for me through my most vulnerable moments—I owe them more than words can express. But the hardest part came the next day, waking up to find that my right leg was gone. I was terrified, uneducated about limb loss, and unsure of my future.

Thankfully, my surgeon signposted me to the Limbless Association and gave me a name of a legal firm who specialised in personal injuries, which became lifelines. Within a week, I had my first visit from a volunteer peer mentor from the LA, a compassionate man who filled the gap in my knowledge about living with limb loss and disability. He shared invaluable insights, helping to replace my fear with hope.

My legal team also played a crucial role, supporting me through my legal case and introducing me to professionals in this room who guided me through the legal, medical, and emotional complexities of my recovery. My rehabilitation—from learning how to walk, then run and from adjusting to booking disabled rooms to going out in public was filled with highs and lows. There were dark days, moments when I looked in the mirror and didn’t recognise the person staring back at me.

Yet, the tools and support I received empowered me to reclaim my life and my passions. Prosthetics gave me physical mobility, but it was the collective effort of physiotherapists, psychologists, legal professionals, and LA volunteers and community that truly helped me rebuild.

Today is about recognising the power of enablers—people like you who care so deeply about empowering amputees to not just get back on track but to break through ceilings they never imagined possible. You make it possible for us to dream again, to live fully and confidently.

So when we talk about bridging the gap, it’s not just a metaphor. It’s the real, tangible journey of connecting a past life with a hopeful future. It’s about creating pathways for amputees to find empowerment, dignity, and purpose. Together, we empower lives and build a stronger, more inclusive world.”

In 2025/26 the Limbless Association aims to host Bridging the Gap part 2.

Health and Wellbeing

Keep it Moving (Delivered by Hull University Sports and Science Department)

The Keep it Moving Programme is an exercise programme that has been created to remove the barriers associated with exercise for amputees. This industry leading programme has helped countless amputees gain fitness, confidence and friendship with like-minded people in Hull, Yorkshire and Nationally. It's been designed by academic staff from the School of Sport Exercise and Rehabilitation Science in collaboration with staff from Hull Sport. Four sessions are offered each week, two in the gym at the University of Hull and two via Zoom to amputees from all around the UK. The zoom sessions have been supported by the LA since autumn 2023 under a collaborative agreement with Hull University. Ensuring good physical and mental health and wellbeing are vitally important for amputees to optimise their rehabilitation outcomes and the LA wholeheartedly supports the aims of the programme. We have seen firsthand the difference the programme has made to those who've accessed it. We're excited to support the wider reach of the programme to LA members and service users across the UK in 2024/2025 and beyond. We look forward to working with Hull University School of Sports and Science to realise this aim.

Access to legal advice - The Limbless Association Limb Loss Legal Panel

The Limbless Association established the Limb Loss Legal Panel; a consortium of leading law firms in the UK, specialising in personal injury, clinical negligence and legal cases where catastrophic injury and amputation occur. Its aim is to provide Limbless Association members and service users with the highest quality legal advice, on a free initial-consultation basis. We continue to promote the importance of early and expert advice as well as highlighting freedom of choice.

We wish to thank our panel for the support they have offered our service users and the charity throughout 2024/25 and their ongoing pledge to support. As well as their generous sponsorship, the panel members individually support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful. <https://limbless-association.org/legal-panel/>

The LA legal panel support the outreach team at Hub sessions in their areas and we thank them all for their time, compassion and expertise to support those experiencing the challenges and trauma in the early days of limb loss.

The following legal panel members have provided hosting and support at LA Lunch and Learn sessions: **RWK Goodman, Hudgell Solicitors, Enable Law, Stewarts Law, Hugh James, Bolt Burdon Kemp, Stephenson Solicitors, Hodge Jones & Allen and Anthony Gold Solicitors.**

Sincerest thanks to them all.

LA Hubs at Fieldfisher

Fieldfisher have continued to support the charity by hosting central London Hubs for members and service users. Their wonderful venue space overlooking the Thames provides a great opportunity for peer networking and support. Sincerest thanks to Jennifer Buchanan and the Fieldfisher team for ensuring each session sees LA Hub guests receive the warmest of welcomes. Opportunities to connect, take part in a wellbeing session followed by coffee and cake in such lovely surroundings is a real treat.

"It was a genuinely uplifting and inspiring event — as always — and I came away feeling positive, connected, and far less alone. The warmth, understanding and shared experience in the room meant a great deal to me."
Participant of the LA Hub at Fieldfisher

Outreach Support Sponsorship

Our legal panel support the charity at many of our outreach events. Their support is invaluable as it's quite often the case that we're supporting amputees and their families in crisis – practical and emotional. In so doing they hear and understand firsthand about the challenges amputees must navigate. **Bolt Burdon Kemp LLP** were there at the launch of our outreach programme Support and Connect in 2018. In 2025 they have pledged sponsorship support for a new role of Network Development Officer South West. This is an exciting development for the LA to further extend its reach in this part of the world. Sincerest thanks to the Bolt Burden Kemp team for this additional and very important development in our outreach aims.

SUPPORTING EXCELLENCE

Prosthetic and Orthotics Students Awards

The Limbless Association once again recognised excellence in those at the beginning of their prosthetics careers by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. The charity was delighted to again sponsor student awards in 2024. The charity also

presents an annual workshop to first year students supporting their learning through sharing the lived experience of those living with limb loss.

Student recipients:

“I am honoured to receive this award from the Limbless Association. Throughout the entirety of University I have held myself to a very high standard, not only with the aim to succeed in my studies, but also to ensure I have the knowledge and capabilities to provide the best outcomes for patients. Having my hard work be recognised by the Limbless association is an honour and motivates me to continue to strive for excellence throughout my future career”. **Cara, LA year 4 prize**

“I am honoured to receive this award and grateful for the encouragement that it serves for my future career. I look forward to growing throughout my studies in prosthetics and orthotics, in skills and knowledge to help make a meaningful impact on many lives in the future”. **Euan, LA year 1 prize**

David Rose, Chair of the LA:

“The Limbless Association is delighted to offer our support of these excellent students at the university. These young people represent the future of prosthetic and orthotic services to the limb loss community across the UK. It is particularly satisfying to witness such inspiring examples of student excellence at a time when improvements in prosthetic technology are available to the wider patient community and are enabling very effective levels of rehabilitation. However, the best prosthetic equipment can only work when delivered by a team of rehabilitation professionals who understand the unique needs of each amputee. The prosthetist is at the very heart of this process and it’s reassuring to know that such outstanding students are joining the profession.”

INCOME GENERATION

We also have some amazing fundraisers from within the limb loss community and beyond. We celebrate each fundraising achievement across our social media platforms and on the charity’s fundraising webpages and we’re hugely grateful to them all. From organising Afternoon Teas for Amputees to taking part in sponsored challenge events, the LA community is ready to get involved and support. A huge thank you to them all. However, to sustain and grow our services to meet the need of more amputees we need your support and there are so many ways you can do this; regular giving, leaving a gift in your will, taking on a sponsored challenge. We’d love to hear from you so please get in touch fundraisingandcommunications@limbless-association.org Thank you!

OUR FUNDERS

We are enormously grateful to those funders and Grant Making Trusts who’ve supported our work during this period. The grant funding landscape continues to be challenging however, we’re delighted to have been supported by the following and wholeheartedly thank them all for enabling our work and vision

National Lottery Reaching Communities (3 years)
National Lottery Awards for All – England, Wales and Northern Ireland
Lloyds Bank Foundation (3 years)
City Bridge Foundation (3 years)
Postcode Community Trust
Fowler Smith Jones
Julia Rausing Trust
Masonic Charitable Foundation
Garfield Weston
Essex Community Carers Fund (ECC)
Mid and South Essex NHS Foundation Trust (Health Inequalities Fund)
Mid and South Essex Integrated Care System/BBWCVS (HI Fund)

OUR CORPORATE SUPPORTERS

Anthony Gold Solicitors LLP
Bolt Burdon Kemp LLP
Fieldfisher
Stephensons Solicitors LLP
Judkins Solicitors
Slater and Gordon LLP

Enable Law
Hudgell Solicitors
Hugh James
Stewarts Law
Hodge Jones & Allen
RWK Goodman LLP
Evelyn Partners
Otto bock
Cleveland Clinic
Dorset Orthopaedic

Financial review and aims 2024/2025

Income generation for the charity post-pandemic presented some expected and unexpected challenges. The LA had been the fortunate recipient of two large legacy bequests that significantly boosted its free reserves position at that time and given the limitations of fundraising in 2020 through to 2022 the charity's reserves were fortunately sufficiently robust to weather that particular national and global storm. However, moving beyond the pandemic, faced with some incredibly difficult choices, many funders were prioritising crisis and/or grass roots funding. Feedback from funders noted our healthy reserves position as a reason not to award. The LA board had designated a large proportion of that income to support the reinstating and further development of the LA's outreach programme when restrictions lifted.

Our focus on securing income to support our development plans has been as aspirational and as ambitious as our strategic and operational plans. We have continued to increase income through increased sponsorship and funder commitments for which we're enormously grateful. The incredible support of both these income streams is testament to the planned scope and reach of our service developments. We've also negated the deficit position of recent years that had mainly been the result of previously high reserves levels and spending thereof in subsequent years alongside reduced income levels in 2022/23 and 2023/24 post-pandemic. Community and traditional donor fundraising remains a challenge and our recently recruited Engagement Manager is focused on increasing supporter engagement and nurturing donor relationships, the aim being that this role will lead on the further growth of individual and community giving. The whole LA staff team understand the importance of income generation and participate in fundraising initiatives and support fundraisers.

Corporate sponsorship in the main comes from the LA's Limb Loss Legal Panel. The firms that form the panel enable the charity to offer expert advice and support to the charity's service users and members. As well as supporting with potential legal claims, the panel also offer support across a range of topic and activities. These include presenting at the LA's online and in person thematic events, sponsoring and hosting events as well as supporting with fundraising and volunteering. Some are also able to offer invaluable pro bono support for related matters; disability discrimination, housing and debt matters, welfare rights challenges. Having committed to increased sponsorship levels in 2024/25 and then again in 2025/26, legal panel support is enabling us to further develop our services and reach.

Over its lifetime, the LA has been fortunate to be in receipt of legacy gifts which we are always so very grateful to receive, the majority of which have been bequeathed as unrestricted income. The charity has again been notified of two such gifts during this period. We are always extremely humbled that the work of the charity is honoured in this way as it's usually resulted from the loss of a treasured member. Both of the legacy gifts in question are unrestricted income. Unrestricted legacy income provides the charity with free reserves funding to allocate to its services and projects to sustain, develop and where at all possible grow.

Financial risk management has prevailed throughout this period with a significant reduction in expenditure achieved through a variety of measures. The charity undertook a restructuring of its resources while at the same time some of our previously funded projects ended. We are pleased to report a growth in income and to be ending this period with a surplus as well as having increased unrestricted reserves levels.

Reserves Policy

The Trustees have considered the minimum level of reserves that the Charity ought to hold. Reserves (restricted and unrestricted) are needed to bridge the funding gaps between spending and receiving income. Financial risk management remains a key priority of the LA Board and Leadership Team. This financial period has seen the charity realise an improved free reserves position through increased income and reducing expenditure. A less than positive economic landscape continues to prevail with fundraising across all potential income streams continuing

to present challenges. The Board has examined the requirement for reserves i.e. those funds not invested in tangible fixed assets or otherwise committed. A reserves policy is in place whereby the funds not committed should be held in reserve and maintained at a level which ensures that Limbless Association's core activity can continue during a period of unforeseen difficulty. This has been set at £50,000 representing three months' anticipated expenditure, which at EOY March 2025 the LA was meeting and continues to do so at the time of filing financial statements.

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

- Represent, engage and influence at local and national levels, challenging government and devolved assemblies for the betterment of the limb loss community.
- To increase membership, volunteer and supporter numbers nationwide, increasing and improving our reach to those in need of our services.
- To develop our current services to achieve optimum impact, identifying gaps in early intervention provision where the LA can deploy its experience and expertise to develop projects to further support new amputees and its members.
- To raise the Limbless Association's profile as a major champion of the limb loss community across a wide range of stakeholders, existing and new.
- To work collaboratively with other charities and agencies to optimise support and reach, maximising a collective voice within the UK.
- To develop strong and mutually productive relationships with professionals and specialists working in all key areas of medical care, recognising and promoting excellence. This includes supporting (non-financial) research projects we determine as important in evidencing the unmet needs of the limb loss community and have an outcomes focus.
- To prove, improve and account for all areas of our service provision ensuring that we are delivering excellent value to our service users and stakeholders alike and realising outcomes set by our funders and by ourselves.
- To develop, plan and implement an ambitious and diverse income generation strategy that supports the charity's sustainability.

Public Benefit Statement

In formulating its objectives, the charity has given due consideration to the Charity Commission's published guidance on the operation of charities for the public benefit.

Statement of trustees' responsibilities

The trustees (who are also the directors of Limbless Association for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements

comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Compliance with prevailing laws and regulations

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charitable company on ...29/01/2026... and signed on its behalf by:

David Rose.....
Mr D M Rose
Chairman and Trustee

Limbless Association

Independent Examiner's Report to the trustees of Limbless Association ('the Company')

I report to the charitable company trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 26 to 42.

Responsibilities and basis of report

As the charity 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 company'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 the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of 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.

Edmund Carr LLP

Alex Stone FCCA
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 29/01/2026

Limbless Association

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Other Comprehensive Income)

| | Note | Unrestricted £ | Restricted £ | Total 2025 £ | Total 2024 £ |
|------------------------------------|------|-----------------------|----------------------|-----------------------|-----------------------|
| Income and Endowments from: | | | | | |
| Donations and legacies | 3 | 269,707 | 71,176 | 340,883 | 138,473 |
| Other trading activities | 4 | 138,445 | 8,650 | 147,095 | 101,798 |
| Investment income | 5 | 1,576 | - | 1,576 | 3,332 |
| Total income | | <u>409,728</u> | <u>79,826</u> | <u>489,554</u> | <u>243,603</u> |
| Expenditure on: | | | | | |
| Raising funds | 6 | 37,102 | - | 37,102 | 82,020 |
| Charitable activities | 7 | 84,584 | 193,086 | 277,670 | 343,190 |
| Total expenditure | | 121,686 | 193,086 | 314,772 | 425,210 |
| Gains/losses on investment assets | | <u>(822)</u> | <u>-</u> | <u>(822)</u> | <u>76</u> |
| Net income/(expenditure) | | 287,220 | (113,260) | 173,960 | (181,531) |
| Transfers between funds | | <u>(83,312)</u> | <u>83,312</u> | <u>-</u> | <u>-</u> |
| Net movement in funds | | 203,908 | (29,948) | 173,960 | (181,531) |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | <u>11,297</u> | <u>102,935</u> | <u>114,232</u> | <u>295,763</u> |
| Total funds carried forward | 16 | <u><u>215,205</u></u> | <u><u>72,987</u></u> | <u><u>288,192</u></u> | <u><u>114,232</u></u> |

All of the charitable company's activities derive from continuing operations during the above two periods.

Limbless Association
(Registration number: 02487661)
Balance Sheet as at 31 March 2025

| | Note | 2025 £ | 2024 £ |
|---|------|-----------------|-----------------|
| Fixed assets | | | |
| Tangible assets | 11 | 3,825 | 8,497 |
| Investments | 12 | 25,819 | 80,397 |
| | | <u>29,644</u> | <u>88,894</u> |
| Current assets | | | |
| Debtors | 13 | 275,510 | 37,596 |
| Cash at bank and in hand | | 19,120 | 18,015 |
| | | <u>294,630</u> | <u>55,611</u> |
| Creditors: Amounts falling due within one year | 14 | <u>(36,082)</u> | <u>(30,273)</u> |
| Net current assets | | <u>258,548</u> | <u>25,338</u> |
| Net assets | | <u>288,192</u> | <u>114,232</u> |
| Funds of the charitable company: | | | |
| Restricted income funds | | | |
| Restricted funds | 16 | 72,987 | 102,935 |
| Unrestricted income funds | | | |
| Unrestricted funds | | <u>215,205</u> | <u>11,297</u> |
| Total funds | 16 | <u>288,192</u> | <u>114,232</u> |

For the financial year ending 31 March 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 26 to 42 were approved by the trustees, and authorised for issue on29/01/2026..... and signed on their behalf by:

David Rose

 Mr D M Rose
 Chairman and Trustee

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

1 Charitable company status

The charitable company is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charitable company in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Limbless Association meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income and endowments

All income is recognised once the charitable company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charitable company has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charitable company before the charitable company is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charitable company and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charitable company.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Grants receivable

Grants are recognised when the charitable company has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charitable company has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charitable company's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charitable company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charitable company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

| Asset class | Depreciation method and rate |
|-----------------------|-------------------------------------|
| Fixtures and fittings | 20% to 33% straight line |
| Computer equipment | 33% straight line |

Fixed asset investments

Fixed asset investments, other than programme related investments, are included at market value at the balance sheet date. Realised gains and losses on investments are calculated as the difference between sales proceeds and their market value at the start of the year, or their subsequent cost, and are charged or credited to the Statement of Financial Activities in the period of disposal.

Unrealised gains and losses represent the movement in market values during the year and are credited or charged to the Statement of Financial Activities based on the market value at the year end.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charitable company will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charitable company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charitable company.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Redundancy costs

Redundancy costs are recognised when the charity is demonstrably committed to terminating an employee's contract and the cost can be reliably measured. This includes statutory redundancy payments, any contractual or ex gratia payments, and associated costs. These costs are recognised in the SOFA within staff costs and disclosed in the notes to the accounts.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charitable company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charitable company after deducting all of its liabilities.

3 Income from donations and legacies

| | Unrestricted funds £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|----------------------|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Donations receivable | 14,546 | 2,000 | 16,546 | 50,106 |
| Legacies | 205,161 | - | 205,161 | - |
| Grants receivable | 50,000 | 69,176 | 119,176 | 88,367 |
| | <u>269,707</u> | <u>71,176</u> | <u>340,883</u> | <u>138,473</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

4 Income from other trading activities

| | Unrestricted funds £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|--------------------------|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Events and other income | 43,195 | 8,650 | 51,845 | 56,138 |
| Membership subscriptions | 95,250 | - | 95,250 | 40,292 |
| Direct marketing income | - | - | - | 5,368 |
| | <u>138,445</u> | <u>8,650</u> | <u>147,095</u> | <u>101,798</u> |

5 Investment income

| | Unrestricted funds £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|--|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Interest receivable | 873 | - | 873 | 720 |
| Other income from fixed asset investments | 703 | - | 703 | 2,612 |
| | <u>1,576</u> | <u>-</u> | <u>1,576</u> | <u>3,332</u> |

6 Expenditure on raising funds

| | Allocated support costs £ | Total 2025 £ | Total 2024 £ |
|--|--|-----------------------------|-----------------------------|
| Costs of generating donations and legacies | <u>37,102</u> | <u>37,102</u> | <u>82,020</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

7 Expenditure on charitable activities

| | Activity undertaken directly £ | Activity support costs £ | 2025 £ | 2024 £ |
|---|---|--------------------------------|----------------|----------------|
| Staff costs | 180,086 | 14,026 | 194,112 | 245,318 |
| Direct project costs | 10,925 | - | 10,925 | 13,684 |
| Office costs, repairs and maintenance | - | 3,038 | 3,038 | 2,758 |
| Donations | 950 | - | 950 | 1,050 |
| Insurance | 1,374 | 3,080 | 4,454 | 3,586 |
| Advertising | 6,058 | 4,544 | 10,602 | 15,694 |
| Marketing and communications including Step Forward Publication costs | - | - | - | 13,086 |
| Travel and subsistence | 9,237 | 2,257 | 11,494 | 7,359 |
| Telephone | 9,647 | 8,211 | 17,858 | 13,502 |
| Staff training and recruitment | 1,392 | 696 | 2,088 | 2,454 |
| Postage and stationery | 3,246 | 2,232 | 5,478 | 6,035 |
| Depreciation | 1,557 | 1,557 | 3,114 | 7,198 |
| Legal and professional | 1,211 | 1,336 | 2,547 | 1,991 |
| Bank charges | 102 | 694 | 796 | 845 |
| Governance costs (note 8) | - | 10,214 | 10,214 | 8,630 |
| | <u>225,785</u> | <u>51,885</u> | <u>277,670</u> | <u>343,190</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

8 Analysis of governance and support costs

Governance costs

| | Total 2025 £ | Total 2024 £ |
|------------------------------------|-----------------------------|-----------------------------|
| Audit and accountancy fees | 4,800 | 5,222 |
| Trustees remuneration and expenses | 1,069 | 486 |
| Legal and professional fees | 350 | 245 |
| Other governance costs | 3,995 | 2,677 |
| | <u>10,214</u> | <u>8,630</u> |

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charitable company during the year.

During the year, 1 trustee was reimbursed for reasonable travel expenses totalling £1,550 (2024: £486 to 1 trustee).

10 Staff costs

The aggregate payroll costs were as follows:

| | 2025 £ | 2024 £ |
|--|-------------------|-------------------|
| Staff costs during the year were: | | |
| Wages and salaries | 185,018 | 246,626 |
| Social security costs | 5,922 | 10,202 |
| Pension costs | 4,610 | 5,478 |
| | <u>195,550</u> | <u>262,306</u> |

The monthly average number of persons (including senior management / leadership team) employed by the charitable company during the year expressed by head count was as follows:

| | 2025 No | 2024 No |
|----------------------|--------------------|--------------------|
| Administrative staff | <u>13</u> | <u>16</u> |

During the year, the charitable company made redundancy and/or termination payments which totalled £1,524 (2024 - £Nil).

No employee received emoluments of more than £60,000 during the year.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

The total employee benefits of the 2 members of staff forming the key management personnel of the charitable company were £57,480 (2024 - £74,651).

11 Tangible fixed assets

| | Furniture and equipment £ | Computer equipment £ | Total £ |
|-----------------------|--|-------------------------------------|--------------------|
| Cost | | | |
| At 1 April 2024 | <u>47,745</u> | <u>17,274</u> | <u>65,019</u> |
| At 31 March 2025 | <u>47,745</u> | <u>17,274</u> | <u>65,019</u> |
| Depreciation | | | |
| At 1 April 2024 | 39,275 | 17,247 | 56,522 |
| Charge for the year | <u>4,645</u> | <u>27</u> | <u>4,672</u> |
| At 31 March 2025 | <u>43,920</u> | <u>17,274</u> | <u>61,194</u> |
| Net book value | | | |
| At 31 March 2025 | <u>3,825</u> | <u>-</u> | <u>3,825</u> |
| At 31 March 2024 | <u>8,470</u> | <u>27</u> | <u>8,497</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

12 Fixed asset investments

Other investments

| | Unlisted investments £ | Total £ |
|--------------------------|------------------------------|-----------------|
| Cost or Valuation | | |
| At 1 April 2024 | 80,397 | 80,397 |
| Revaluation | (822) | (822) |
| Disposals | <u>(53,756)</u> | <u>(53,756)</u> |
| At 31 March 2025 | <u>25,819</u> | <u>25,819</u> |
| Net book value | | |
| At 31 March 2025 | <u>25,819</u> | <u>25,819</u> |
| At 31 March 2024 | <u>80,397</u> | <u>80,397</u> |

13 Debtors

| | 2025 £ | 2024 £ |
|----------------|----------------|---------------|
| Trade debtors | 33,072 | 23,586 |
| Prepayments | 3,531 | - |
| Accrued income | <u>238,907</u> | <u>14,010</u> |
| | <u>275,510</u> | <u>37,596</u> |

At the year end, accrued income is made up of grant income of £34,010 (2024: £14,010) and legacies of £204,897 (2024: £nil). Accrued legacies only include amounts which meet income recognition conditions.

Included within accrued income is £40,000 of legacy income from the Estate of Mr A Shearer. The Charity holds potential rights to future income from the Estate of Mr A Shearer in the form of a 10% residual value. Receipt of any further legacy income is dependent on future events outside of the Charity's direct control and therefore these are not recognised as assets in the Statement of Financial Position.

14 Creditors: amounts falling due within one year

| | 2025 £ | 2024 £ |
|------------------------------------|---------------|---------------|
| Trade creditors | 5,497 | 16,523 |
| Other taxation and social security | 3,346 | - |
| Other creditors | 1,176 | 853 |
| Accruals | 10,980 | 10,980 |
| Deferred income | <u>15,083</u> | <u>1,917</u> |
| | <u>36,082</u> | <u>30,273</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

| | 2025 £ | 2024 £ |
|--|----------------|----------------|
| Deferred income at 1 April 2024 | 1,917 | 4,000 |
| Resources deferred in the period | 15,083 | 1,917 |
| Amounts released from previous periods | <u>(1,917)</u> | <u>(4,000)</u> |
| Deferred income at year end | <u>15,083</u> | <u>1,917</u> |

The charity has received income from a number of benefactors who have stipulated that the funds are provided on the condition that they are used over a specific period of time.

Grants and donations received which have these conditions attached are held as deferred income until the charity has met the criteria, at which point it is then entitled to recognise this money as income received in the statement of financial activity (SOFA).

15 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

| | 2025 £ | 2024 £ |
|----------------------------|------------|--------------|
| Other | | |
| Within one year | 550 | 550 |
| Between one and five years | <u>252</u> | <u>802</u> |
| | <u>802</u> | <u>1,352</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

16 Funds

Current year:

| | Balance at 1 April 2024 £ | Incoming resources £ | Resources expended £ | Transfers £ | Other recognised gains/(losses) £ | Balance at 31 March 2025 £ |
|---|---------------------------------|----------------------------|----------------------------|----------------|--|--|
| Unrestricted funds | | | | | | |
| General fund | 11,297 | 409,728 | (121,686) | (83,312) | (822) | 215,205 |
| Restricted | | | | | | |
| Support and Connect Glasgow | 9,581 | - | (3,376) | - | - | 6,205 |
| Training to be Amputee | 16,194 | - | (16,194) | - | - | - |
| Iraqi Project | 41,247 | - | (18,477) | - | - | 22,770 |
| Amputee Carer Transitions | 14,010 | 14,010 | (14,010) | - | - | 14,010 |
| Amputee Learning Hub | 13,325 | 19,600 | (26,590) | - | - | 6,335 |
| Support and Connect Outreach Project | - | 30,650 | (93,459) | 83,312 | - | 20,503 |
| Peer Support Project | 8,578 | - | (8,578) | - | - | - |
| Amputee Learning hub - Essex | - | 15,566 | (12,402) | - | - | 3,164 |
| Total restricted | <u>102,935</u> | <u>79,826</u> | <u>(193,086)</u> | <u>83,312</u> | <u>-</u> | <u>72,987</u> |
| Total funds | <u>114,232</u> | <u>489,554</u> | <u>(314,772)</u> | <u>-</u> | <u>(822)</u> | <u>288,192</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Prior year:

| | Balance at 1 April 2023 £ | Incoming resources £ | Resources expended £ | Transfers £ | Other recognised gains/(losses) £ | Balance at 31 March 2024 £ |
|---|--|-------------------------------------|-------------------------------------|------------------------|--|---|
| Unrestricted funds | | | | | | |
| General fund | 170,967 | 125,234 | (165,014) | (119,966) | 76 | 11,297 |
| Restricted | | | | | | |
| Support and Connect Glasgow | 9,581 | - | - | - | - | 9,581 |
| Training to be Amputee | - | 34,897 | (18,703) | - | - | 16,194 |
| Iraqi Project | 61,103 | - | (19,856) | - | - | 41,247 |
| Amputee Carer Transitions | - | 14,010 | - | - | - | 14,010 |
| Amputee Learning Hub | - | 19,860 | (6,535) | - | - | 13,325 |
| Support and Connect Outreach Project | 10,291 | 19,600 | (149,857) | 119,966 | - | - |
| Peer Support Project | 43,821 | 30,000 | (65,243) | - | - | 8,578 |
| Total restricted funds | <u>124,796</u> | <u>118,367</u> | <u>(260,194)</u> | <u>119,966</u> | <u>-</u> | <u>102,935</u> |
| Total funds | <u>295,763</u> | <u>243,601</u> | <u>(425,208)</u> | <u>-</u> | <u>76</u> | <u>114,232</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

The specific purposes for which the funds are to be applied are as follows:

Support and Connect Glasgow Fund

To support a range of projects that will be developed for the benefit of patients and their families attending the West of Scotland Mobility and Rehabilitation Centre, Glasgow.

Training to be Amputee Project (place-based in Essex)

An LA Amputee Learning Hub initiative. To develop and deliver a local bespoke learning programme for amputees and their families which helps to empower and support amputees who may be struggling. The programme addresses key topics relevant to those within the early days of their limb loss (and at pre-amputation) with the aim of educating and empowering their rehabilitation pathway and tackling health inequalities for many who are experiencing limb loss.

Legacy - Iraqi Support and Inclusion Project

This legacy gift is restricted to 'supporting Iraqi amputees, where at all possible'. The LA will initially aim to ensure that its services are fully accessible to Iraqi amputees and their families living in the UK, including peer support. We will aim to engage with and learn about this community to understand and scope its specific challenges with a view to determining further support and strategies according to the need identified and aligning with LA objects.

Amputee Carer Transitions

Amputee Carer Transitions (ACT) is a programme dedicated to addressing and meeting the needs of amputee carers. Increasing visibility of this group, improving access to information, support, peer networking and development opportunities. Leading to amputee carers being more informed and more resilient to support their loved ones in their (life) long and challenging rehabilitation.

Amputee Learning Hub

To develop and deliver a national programme of learning for amputees and their families. Peer led activities will be delivered online and in person aiming to improve knowledge of the rehabilitation pathway and address health inequalities. Activities will include the LA's Virtually Speaking thematic sessions and regional Lunch and Learn events.

Support and Connect Outreach Project

To expand Limbless Association outreach support in NI. To develop a Northern Ireland outreach programme based on the model already established in England and Wales and raise awareness of the charity providing amputees and their families with improved access to LA services. A dedicated Outreach Coordinator based in NI has been recruited.

Peer Support Project

The LA's Volunteer Visitor network offers peer mentoring and support to individuals and their families. LA Volunteer Visitors are experienced amputees (of two or more years) who offer to support more recent amputees and those pre-amputation. This national peer-to-peer support provides recent amputees with practical advice and information relating to limb loss from someone with lived experience who can understand the difficulties they are facing.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

17 Analysis of net assets between funds

| | Unrestricted funds £ | Restricted funds £ | Total funds at 31 March 2025 £ |
|-------------------------|-------------------------------------|-----------------------------------|---|
| Tangible fixed assets | 3,825 | - | 3,825 |
| Fixed asset investments | 5,279 | 20,540 | 25,819 |
| Current assets | 242,183 | 52,447 | 294,630 |
| Current liabilities | (36,082) | - | (36,082) |
| | <u>215,205</u> | <u>72,987</u> | <u>288,192</u> |
| | | | Total funds at 31 March |
| | Unrestricted funds £ | Restricted funds £ | 2024 £ |
| Tangible fixed assets | 8,470 | 27 | 8,497 |
| Fixed asset investments | 13,837 | 66,560 | 80,397 |
| Current assets | 19,263 | 36,348 | 55,611 |
| Current liabilities | (30,273) | - | (30,273) |
| | <u>11,297</u> | <u>102,935</u> | <u>114,232</u> |

18 Related party transactions

During the year the charitable company made the following related party transactions:

Judkins Solicitors

(One of the trustees is the owner)

During the year, legal panel donations of £9,483 (2024: £3,983) were received. At the balance sheet date the amount due from Judkins Solicitors was £8,167 (2024 - £9,833).

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

19 Prior year Statement of Financial Activities

| | Note | Unrestricted £ | Restricted £ | Total 2024 £ |
|------------------------------------|------|----------------------|-----------------------|-----------------------|
| Income and Endowments from: | | | | |
| Donations and legacies | 3 | 20,106 | 118,367 | 138,473 |
| Other trading activities | 4 | 101,798 | - | 101,798 |
| Investment income | 5 | <u>3,332</u> | <u>-</u> | <u>3,332</u> |
| Total income | | <u>125,236</u> | <u>118,367</u> | <u>243,603</u> |
| Expenditure on: | | | | |
| Raising funds | 6 | 82,020 | - | 82,020 |
| Charitable activities | 7 | <u>82,997</u> | <u>260,193</u> | <u>343,190</u> |
| Total expenditure | | 165,017 | 260,193 | 425,210 |
| Gains/losses on investment assets | | <u>76</u> | <u>-</u> | <u>76</u> |
| Net expenditure | | (39,705) | (141,826) | (181,531) |
| Transfers between funds | | <u>(119,966)</u> | <u>119,966</u> | <u>-</u> |
| Net movement in funds | | (159,671) | (21,860) | (181,531) |
| Reconciliation of funds | | | | |
| Total funds brought forward | | <u>170,968</u> | <u>124,795</u> | <u>295,763</u> |
| Total funds carried forward | 16 | <u><u>11,297</u></u> | <u><u>102,935</u></u> | <u><u>114,232</u></u> |

LIMBLESS ASSOCIATION

England & Wales - Charity number 803533

Accounts

Company registration number: 02487661
Charitable company registration number: 803533

Limbless Association

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Edmund Carr LLP
Chartered Accountants
146 New London Road
Chelmsford
Essex
CM2 0AW

Limbless Association

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Limbless Association

Reference and Administrative Details

| | |
|---|---|
| Chairman | Mr D M Rose |
| Trustees | Mr D M Rose Mr M M Adam Ms E R Dove Mr P J Houghton Mr P A Judkins Mr A W Meyer |
| Secretary | Ms D J Bent |
| Senior Management / Leadership Team | Ms D J Bent, CEO Mr M Nsiah |
| Registered Office | Mayflower Community Hospital Blunts Wall Road Billericay Essex CM12 9SA The charitable company is incorporated in England and Wales. |
| Charitable company Registration Number | 803533 |
| Company Registration Number | 02487661 |
| Independent Examiner | Alex Stone FCCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW |

Limbless Association

Trustees' Report

OBJECTIVES AND ACTIVITIES

Review of the financial year 1st April 2023 to 31st March 2024

The Charity Background

November 2023 saw the charity mark 40 years of supporting lives beyond limb loss. The Limbless Association (LA) is a registered charity that was originally established in 1983. Since then, it has grown to become a leading UK charity for people with limb loss. The LA was incorporated in 1990 and it was granted charitable status in Scotland in 2011 (Charity registration Nos. 803533 and SCO42256).

The Limbless Association began life as a campaigning organisation whereby it aimed to champion access to better levels of rehabilitation for civilian amputees. The charity was for several years based in south-west London, at Queen Mary's Hospital, Roehampton (The Douglas Bader Rehabilitation Centre). This was the first-ever prosthetic centre in the UK (built in 1915) and is still regarded as a centre-of-excellence for prosthetic treatment and rehabilitation. Driven by the need of growing civilian amputee numbers, the charity's focus developed into that of developing and providing support services.

The LA was formed by amputees and continues to this day to be a user led charity with the majority of its trustees, volunteers and several of its staff team having experienced limb loss. As we develop projects and services aimed at meeting the practical and emotional needs of amputees and their families we consult our community at every stage. This wealth of lived experiences helps inform and shape the charity's aims and services.

We believe in a world where *No Amputee Need Cope Alone*

Losing a limb at any age and for whatever reason is a frightening and isolating experience. While we recognise that clinical services have developed immeasurably during the lifetime of the charity, holistic support *beyond the clinic room* remains inadequate. The hundreds of amputees we support each year are very well cared for in acute care and clinical rehabilitation settings. However, they struggle to navigate the challenges of living a new life with limb loss particularly in the first few weeks, months and years of amputation. Amputation is a very individual experience depending on a range of circumstances; cause, level, mental and physical health, social. The Limbless Association (LA) provides advice, information, support and connectivity to and for the limb-loss community. The LA aims to support people of all ages and backgrounds through a variety of programmes and services, offering an early intervention approach to individuals of any age, whether they are about to have an amputation, are already living with congenital limb impairment or have acquired limb-loss. Lack of information about and along the rehabilitation pathway is emphatically highlighted by our service users and members. We gather this evidence through members surveys and this was also supported in 2021 by the research prioritisation of the Amputation Special Interest Group (Vascular Society). In a recent LA survey, 90% of amputees (of less than two years) told us that they were struggling. We also offer assistance, support and information to carers, family members and friends. We exist to support all amputees and where appropriate will work closely with other UK charities, agencies and services to realise the best possible outcomes for each individual in order to educate and empower them to progress along the rehabilitation pathway.

We provide a national association of friends and contemporaries through the Limbless Association membership, currently free to all amputees and limb impaired persons of 18 years and over. Parents of younger amputees may join as a parent/guardian member. The Limbless Association is recognised across the sector and beyond as the leading UK civilian limb loss early intervention support charity. The LA continues to strengthen its national strategic involvement, aiming to support and champion a collective voice for the UK limb loss community across a range of topics and issues.

In November 2024, LA Chair of Trustees, David Rose met Rt. Hon. the Lord Mackinlay of Richborough and Wes Streeting Secretary of State for Health and Social Care at the House of Lords. Along with Tracy Ralph, LA Network Development Officer they had the opportunity of raising awareness of the multiple challenges those experiencing limb loss face. The charity welcomed the opportunity to share updates on its work and aims and were extremely grateful for their time.

Limbless Association

Trustees' Report

These have been and continue to be extremely challenging times financially for individuals and organisations. As a small charity income from a variety of sources is vitally important for us to be able to continue and grow our work. Limbless Association continues to be supported by its members, friends, private donors, funders, Trusts and corporate sponsors. We are enormously grateful for their generosity and support without which we simply couldn't do our work. We owe a debt of gratitude to all our supporters who enable the charity to continue to develop and offer its services to amputees at no cost. **Thus ensuring that no one is ever without the information and support they need at whatever stage of their limb loss and regardless of their ability to pay, whenever that support is needed. We believe in a world where *no amputee need cope alone.***

If you are able to support us to deliver this vital work then please consider making a donation or pledging to give regularly. Call us: 01277 402331 or email enquires@limbless-association.org

Supporting Lives Beyond Limb Loss

Our Aim

To enable people in the United Kingdom of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Our Mission

To support and empower all amputees to lead independent and fulfilled lives.

Our Vision

A world where amputees of all ages are not disadvantaged by their disability and able to achieve rehabilitation and independence in hospital, home, education, employment and the community.

OUR GOALS

- Offer excellent advice, information and support to amputees, their relatives, carers and friends at all stages of limb loss.
- Identify gaps in service provision and develop projects to meet the needs identified.
- Increase membership, volunteer and supporter numbers nationwide to maximise our collective voice.
- Listen to, engage with and influence our stakeholders.
- Increase organisational reach to those in need of LA services.
- Lead on strategic representation and influencing at local and national levels.
- Support medical research in areas of prevention, service improvement and prosthetics.
- Deliver an ambitious programme of activity to grow our income to ensure continuity and development of our services.
- To raise the profile of the charity as a major champion of the limb loss community

OUR VALUES

RESPECT

We treat people as individuals and how we would wish to be treated ourselves

INTEGRITY

We do the right thing, not the easy thing – even if it takes more time and effort

DIVERSITY

The LA embraces, encourages and celebrates diversity and strives to be inclusive in all aspects of its work

ACHIEVEMENT

The LA will support its members, volunteers and staff to enable them to develop and thrive as individuals and as a team encouraging resilience and adaptability

EXCELLENCE

We don't settle for OK; we are determined to ensure quality in all our activities and aim to achieve more

PROFESSIONALISM

Our services and projects will be developed and delivered with high levels of competence, efficiency and quality at their heart

Limbless Association

Trustees' Report

ASPIRING

The LA will be optimistic in its outlook and aspirational in all areas of the support it offers and looks to develop; practical and holistic interventions.

TRUSTWORTHY

We will develop stakeholder relationships and endeavour to be considered a reliable, consistent and competent partner by the limb loss community and our funders.

A message from LA Chair of Trustees, David Rose

Bridging the Gap

What exactly is the 'gap' that needs to be bridged? We know that losing a limb can be an overwhelming and confusing experience. Therefore the Limbless Association offer a variety of services and projects for people living with limb loss to learn valuable tools to better navigate the challenges they may face as an amputee.

The life we live as an amputee is more often than not a physical and emotional challenge. I understand this reality based on over 45 years' experience as an above-knee amputee. My life changed forever one September afternoon in 1979 and every day I've been adjusting to my different daily living reality. I can recount many occasions during these years where there has been a gap that has hindered my rehabilitation goals. My first prosthetic leg was a Hanger pylon - it was heavy, crudely constructed and hideously ugly. But it was all that was available through the NHS at that earlier time. But it was that or I would be using a wheelchair. There was the gap, and I had to bridge it as best I could.

One of the charity's key interventions is the Volunteer Visitor programme – offering one to one peer support. We strongly believe, and can evidence through the programme, the power of peer support in bridging the practical and emotional gaps for amputees and their families. This is a subject very close to my heart. Over 25 years ago we highlighted a significant gap in the services available to people who were starting their rehabilitation journey following an amputation. I had met too many people who were struggling to cope with the challenges of this different life, beyond the clinic room. We introduced the LA's Volunteer Visitor Programme where those with lived experience of limb loss could support other amputees adjust to this different life. Four years ago, with a generous grant from the National Lottery Community Fund, we redeveloped and relaunched the programme. This was just in time to deal with the devastating impact of the Covid-19 emergency, where the NHS closed almost all of the prosthetic services in the UK. This was arguably the biggest gap in support for amputees that had ever existed since the NHS was founded in 1948. However, our 95 trained, DBS-cleared and supported volunteers met that challenge.

I've personally supported hundreds of people who were having to cope and adjust to this different life, and in many instances this was a focus on the gaps in their unique rehabilitation journey. And this is a vitally important principle - every person living their life after limb loss is a unique individual. No two amputees are the same. So there are often no easy solutions. One patient experiencing an elective amputation procedure will meet their rehabilitation pathway objectives whereas the next patient, who originally presents with an almost identical prognosis, will struggle to rehabilitate. We are all unique!

The NHS provides some very good services to the limb loss community, but there are gaps in the service and it is also challenged in terms of being able to keep up with recent technological advancements in this field of specialised health care. However, I have long believed in the idea that disabled people should be, wherever possible, directly involved in decisions that will impact their daily lives. I work directly with NHS England as the only amputee member on the clinical reference group that covers prosthetic services, and I've recently linked up with Lord Mackinlay, the first quadruple amputee to ever sit in the House of Lords. These connections are of course very important and I was able to recently have a private meeting with Wes Streeting, the new Secretary of State for Health and Social Care, where we discussed issues that directly impact upon the levels of NHS support for people who are living with limb loss.

I've been associated with the LA for about forty years and I have never had such an opportunity. Accompanied by my colleague Tracy Ralph, Lord Mackinlay invited us to attend a meeting at the House of Lords to talk directly to Wes Streeting. We had 60 minutes, shared with a small number of other invited guests, to talk about the LA's services and in particular, the vital work of our Volunteer Visitor support service. The Secretary of State then

Limbless Association

Trustees' Report

explained that due to recent personal experience, he certainly understood the value of peer-to-peer support. And this is a concept that is increasingly gaining credence and momentum within the NHS.

But this is just the beginning, and there is a lot more work to do. The LA is the only national charity supporting the civilian limb loss community in the UK, and it's very important that our voices are heard at the heart of government. I hope to continue my positive working relationship with Lord Mackinlay and to further advocate for the best services that will directly improve the lives of people in the UK living with limb loss. Our collective voices are vitally important in Bridging the Gap for the limb loss community across the UK.

I'd like to offer my heartfelt thanks all those who've supported and championed the Limbless Association through the challenges of recent years. We need your support more than ever to realise the charity's ongoing developments and aims. 40 years and counting the Limbless Association looks forward to working with you and for you in 2024/2025 and beyond. Thank you!

David Rose, Chair of Trustees, Limbless Association

Charity Achievements 2023 – 2024

Context

This has been an incredible busy period for the charity in terms of its services and projects. As well as relaunching our post-pandemic outreach and events programmes we've also developed a number of new peer led projects that all aim to ensure that *no amputee need cope alone*. As a charity we promote and champion a learning culture for beneficiaries, members, volunteers and our team of staff team. We firmly believe that for those living with limb loss (and their families) information is power that can enable amputees to optimise access to and engagement with rehabilitation services.

Prior to the pandemic the LA had launched and was investing in the ongoing development of its Support and Connect national outreach programme the majority of which had been delivered at NHS prosthetics rehabilitation centres across the UK. We began the financial period 2023 to 2024 with NHS Covid protocols only just having been lifted with the lifting of those protocols being implemented to widely differing degrees across the sector. Therefore, rehabilitation services as we'd known them pre-pandemic would take much of 2023 to resume to previously recognised levels as would clinician and patient confidence in once again meeting in person.

While the charity had become adept at supporting with a range of online engagement opportunities we knew that this wasn't an opportunity embraced by all. We were keen to restart our in-person Support and Connect outreach programme as soon as was feasibly possible. The outreach community hubs (group peer support) and helpdesks resumed at varying timeframes throughout 2023/24. We also had the opportunity to run pilot outreach sessions in several new locations too further strengthening our collaborations with NHS centres and hospital teams around the country.

The LA's Volunteer Visitor peer support programme has gone from strength to strength with new volunteer cohorts being recruited with volunteer numbers reaching 95 in terms of active Volunteer Visitors and 22 prospective volunteers having registered their interest in joining the project. However, in order to ensure we continue to offer a quality driven service for service users, professionals and volunteers further recruitment was put on hold for the time being. We continue to offer a supported learning environment for our current volunteers whilst prospective volunteers can get involved with other charity activities to gain a better understanding of the LA's aims. We run regular thematic events, informal online Hub chats and in person events nationally that are open to all amputees and their families/carers. All are welcome.

We have continued to work hard to further extend the reach of the service to amputees and sector professionals. Our outreach and service teams deliver presentations to clinical teams in person and online. These are opportunities for the VV service to be shared in detail and for clinicians to better understand how we deliver with the safeguarding of their patients and the volunteers being paramount. The recognition of the VV programme is growing with over half of our annual referrals being received from clinicians; physiotherapists, OTs, consultants, psychotherapists, solicitors, community support workers and navigators.

As we look to *bridge the gaps* that exists in advice and information, in patient learning and peer connectivity to support improved health and rehabilitation outcomes for those experiencing limb loss, we are constantly seeking and listening to the voices of our community. The LA is ambitious and innovative but equally measured and pragmatic. We want the projects we design and develop to have meaningful impact. Everything we do starts with

Limbless Association

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identifying the unmet needs of amputees, evidencing the need identified and the developing interventions that will aim to meet those needs. Our level of resourcing and the funds available are prohibitive however, we design projects that can be piloted and evaluated prior to scaling. In the last 8 months as well as delivering a pilot place-based Training to be an Amputee TTBAA programme (Essex), we've also designed and successfully delivered our new national Lunch and Learn programme (Amputee Learning Hub) and launched a project to support the unpaid carers of amputees (Amputee Carer Transitions). These projects are all user designed and led and are having a tangible impact on their respective beneficiaries. The impact of the TTBAA and Lunch and Learn programme will be shared later in this report.

The LA fosters positive relationships across the sector with our approach being one of influence and collaboration. Our ongoing arrangement with Mayflower Community Hospital MCH – the main Essex Prosthetics Centre – highlights what can be achieved through such collaborative approaches. The charity is based at MCH having been allocated a small office space. We also deliver frontline support to MCH patients via the LA Kitchen (reception tea bar) as well as being on hand for referrals from the MCH prosthetics team. Being able to place the LA at the heart of the rehabilitation pathway has been invaluable in offering broader support to patients and their families as well as supporting our learning as an organisation. We're enormously grateful to Sue Patterson, Centre Manager, and her team, for championing this progressive development and to NELFT NHS Foundation Trust. We look forward to exploring further coproduction opportunities for the benefit of the Essex limb loss community.

The charity has been fortunate to be in a position to designate reserves to navigate the challenges of the pandemic and support the growing needs of our national community through ongoing expansion and improvement of services. However, it has not been immune to the external challenges and their impact. The increased need for our services due to the limited clinical access during the pandemic and beyond together with the onset of the cost of living crisis, this has without doubt continued to be an incredibly difficult and intensely busy period. Many of those we support face multiple challenges; emotional, physical, mental health, financial. Lives have been changed forever and the building blocks of recovery can seem relentless and unattainable. Those who access our services in the early stages of limb loss (or pre-amputation) are confused, frightened and vulnerable.

The outcomes we can report from existing projects that we've redeveloped and the new projects we've designed are proving that they have the potential to meet a variety of unmet needs for amputees; advice and information, education, empowerment and resilience, emotional support and peer connectivity, tackling health inequalities and isolation. However, to deliver such projects and services requires funding and resources. Income generation is a key focus and an equally significant challenge. The cost of living crisis continues to adversely affect levels of individual giving as people's disposable income diminishes and grant funding opportunities are reducing, pausing and becoming increasingly more competitive. However, we know our work is needed as many amputees continue to face their limb loss alone, frightened and unable to see a future.

In June 2023 we were delighted to be awarded funding from the Julia and Hans Rausing Trust to support the Volunteer Visitor programme developments. Their grant award funded the ongoing delivery of the programme and we're hugely grateful for their support. We were extremely saddened to hear about the passing of Julia Rausing early in 2024 with the Trust being renamed the Julia Rausing Trust in memory of a truly inspirational and transformational philanthropist.

We simply can't do our work without the support of our funders, sponsors, members and supporters. We wholeheartedly thank them all for recognising and valuing the impact of our work. The LA is also very fortunate to have an incredibly loyal and passionate volunteering community, Trustees and staff team who despite the challenges continue to work with commitment and energy.

Limbless Association Activity Review 2023/2024

Through our multi-stakeholder engagement – service users, members, volunteers, sector professionals - we know that there continues to be a gap in the support available to amputees in the rehabilitation pathway. Those experiencing limb loss must navigate multiple and complex challenges through a rehabilitation process that can be long and overwhelming. The negative impact on physical, emotional and mental health wellbeing is considerable and requires a range of strategies and interventions *beyond the clinic* room to optimise rehabilitation outcomes. Members, service users and their families tell us that there is a lack of information and support at all stages of the early rehabilitation pathway. The Limbless Association's developing services and projects aim to work collaboratively with clinical teams to fill the gaps where additional non-clinical support is needed to realise optimum rehabilitation outcomes. Central to the LA's work is supporting amputees to rebuild lives in order for

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individuals and their families to thrive beyond limb loss. The LA is a user led charity with its aims and work being informed and shaped by those with lived experience; our members, volunteers, service users and many of our staff team. We consult, we listen, we respond, we innovate.

Strategic Representation and Engagement

As a user led charity, the Limbless Association has since its inception represented the limb loss community in national and local strategic forums, recognised as the leading civilian charity in the UK supporting those affected by limb loss and limb impairment. It is a privilege for us to build on this heritage and continue to be involved in this important area of work that enables us to represent the collective voice of our members, service users and the wider limb loss community. This work also provides us with the opportunity to ensure that we build relationships with key sector decision makers and influencers.

The charity is a member of and attends the following groups:-

IC2A; Member of the PIP Policy Forum; Rehabilitation and complex disability and spinal cord injury CRG; Prosthetics Review Steering Group; Prosthetics Review Clinical Working Group (Service Specification); East of England Trauma Network; Trauma East Voices; APIL – Alliance for Injured People; Specialised Healthcare Alliance; Chelmsford Area Access Group (CAAG). Community Rehabilitation Alliance England (Chartered Society of Physiotherapists); Cornwall Amputee Pathway Group.

Partnerships

The Limbless Association continues to forge clinical and professional partnerships across the sector. We are building strong relationships with NHS partners in acute care, surgical and rehabilitation settings. We are also fortunate to work with and be supported by private sector providers. The LA Limb Loss Legal Panel ensures the LA community is supported by an incredibly proactive and engaged legal panel of experts. Increased awareness of our services continues to realise a growth in related sector referral partners that include wider sector stakeholders; case managers, social prescribers and community navigators.

The benefits of partnership working can be clearly demonstrated through our outreach work with the rehabilitation centres and specifically with our developments at Billericay, Bristol, Manchester, Hull, Cardiff, Swansea, Preston, Leeds, Birmingham, Belfast, Gillingham, Nottingham, Sheffield and Wolverhampton with the delivery of LA Helpdesks and Hubs.

Where there are collaborative opportunities with other charities in our sector, we aim to support these for the benefit of the limb loss community. We also consult non-sector charities operating in the field of frontline support in the disability and healthcare sector.

Research

The LA is keen to support medical research in areas of prevention, service improvement, surgical advancement and prosthetics. We are passionate about the need for patient centred research across the limb loss sector. We are approached by many researchers requiring support, either organisational or member participation, and will always support where we feel it's appropriate and if we're able to do so in terms of those projects that might best serve our community.

Research projects the LA is currently supporting:

PLACEMENT

Research Lead – Dave Bosanquet, Vascular Consultant, Aneurin Bevan UHB collaborating with Cardiff University. Aim: Improvement of post operative pain management for amputees.

DUSTER

Research Lead - Ankur Thapar, Vascular Consultant, Basildon Hospital (Mid and South Essex Hospital Trust) in collaboration with Anglia Ruskin University.

Re: Proving efficacy (amputation reduction) of screening programme for vascular patients post initial intervention.

HAMLET

Research Lead – George Smith, Vascular Consultant, Hull University Hospital Trust.

Re: Evaluating Quality of Life Outcomes for Through Knee Amputation compared to Above Knee Amputation.

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LA Services and Projects

We aim to ensure that NO AMPUTEE NEED COPE ALONE

Since the charity undertook a major strategic review in 2017 (further reviewed and refreshed in 2021) its focus has been on developing services and projects that have an early intervention approach positioning the LA as a provider of frontline information and support to amputees and their families. Once discharged from hospital and quite often before, dealing with the practical and emotional impact of limb loss - short, mid and longer term - is a complex and very personal unpredictable journey for the individual and their families. It can be difficult to look and move forward with hope and optimism. Just contemplating a life after amputation can be too overwhelming. We believe that the LA's services and innovations can offer a comprehensive support solution that compliments the clinical pathway. In so doing our activities support amputees, their families and the medical teams caring for them. As our work streams develop our activities are increasingly focusing on education and empowerment and for this reason we've launched our Amputee Learning Hub that will see various project innovations to support vital learning for the limb loss community. Receiving timely information and support from a trusted and credible source is vital when facing the complexities that limb loss presents. The LA aims to be practical, responsive and innovative with our service and resource development to truly reflect and fulfil the needs of those experiencing such life changing circumstances. Four core strands of activity have been identified to support our aims in providing non-clinical support pre-and post-amputation:

> **INFORMING > ADVISING > SUPPORTING > CONNECTING >**

Informing

We are working hard to ensure that we continue to be informed about rehabilitation service provision and developments so that we can guide, signpost and update across a breadth of topic and query. Improving widespread accessibility to important early information is paramount to our strategic and operational aims.

Advising

We are developing our advisory capabilities and capacity by growing our expertise and ensuring professionalism together with protocol is integral to strengthening this vital area of our work.

Supporting

We are developing projects and programmes that will offer practical and holistic user informed support. This is an exciting area of work and we will continue to collaborate with our members and other stakeholders to identify their needs and how our future plans can support them.

Connecting

We will continue to raise awareness of the issues and raise the profile of the LA as a champion of those issues. We will seek multi-stakeholder engagement opportunities and we will continue to develop and deliver our own programme of events aimed at bringing together amputees and sector professionals for shared learning (informing, advising, supporting) and networking opportunities.

OUR SERVICES, PROJECTS AND IMPACT

LA HELP DESK – Advice, Information and Signposting

The LA helpline provides a first point of contact support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation. With the challenges in social care provision and fragmented on-discharge community support we're experiencing increasing numbers of amputees contacting our helpline who present with ever more complex issues. As a small charity with limited resources this is an ongoing challenge in terms of the limitations of our capacity to meet this growing need. During this period our team have supported over 3300 amputees and family members. While our support targets new amputees we are also supporting significant numbers of those who are all at varying stages of the limb loss pathway.

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The top 6 topics those contacting us what to know more about:

- Finance - Welfare Rights
- Aids and adaptations
- Housing
- Prosthetics rehabilitation
- Access to legal advice
- Peer support – accessing the LAs Volunteer Visitor programme

We provide information that empowers individuals to be proactive in their rehabilitation to optimise their personal goals and outcomes.

“I was expecting the possibility of an amputation and clinical advice I was given was good. On discharge I really felt I was cast adrift and left to my own devices how to proceed. There was nobody in a supervising role for my ongoing progress. There was no information pack or advice. I proceeded with advice from friends, family, my own will power and the LA.” LA service user

LA SUPPORT AND CONNECT OUTREACH

Since launching Support and Connect in 2018 and having navigated a virtual outreach contingency throughout the pandemic, we are committed to developing the LA's regional and local support offer. Many amputees and their families are seeking in-person support and safe spaces to connect with peers to help them navigate the challenges they face. Our outreach team (all with lived experience of limb loss) have had a busy year.

Support and Connect achievements:

- Over 1300 supported
- 433 attending in-person Hubs and Helpdesks
- 208 supported at the LA Kitchen
- 135 supported at events

Key aims:

- Reduce the isolation that amputees experience
- Improve amputees' knowledge regarding recovery and life after limb loss
- Build a local and regional peer community.
- Introduce amputees to activities and other experiences to improve their wellbeing and quality of life
- Provide development and employability opportunities for amputees through volunteering pathways and learning activities.

Key Outcomes:

We asked outreach participants to tell us about their experiences in accessing LA Support and Connect activities:

- 463 felt more connected with the limb loss community and less isolated
- 249 had a greater awareness of services available to them
- 263 reported an improvement in their wellbeing
- 269 had a greater knowledge of the rehabilitation pathway
- 429 accessed involvement and development opportunities

Key outreach activities:

- Regular in person Hub sessions
- Online Hub Chats
- Virtually Speaking online thematic events
- LA Kitchen (MCH Billericay)
- Amputee Lunch and Learn in-person (2024)
- Amputee Learning Hub online (2024)
- LA Helpdesks (onsite at rehabilitation centres)
- Referring to LA Services Support
- Signposting to LA resources

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- Signposting to local agencies (needs appropriate)
- Welfare calls (one to one support)
- Delivering and attending local and regional engagement opportunities
- Represent the LA at local and regional level (sector and related)

Outreach locations in 2023/24:

Belfast, Billerica, Birmingham, Bristol, Broomfield, Cardiff, Corringham, Gillingham, Leeds, London, Manchester, Nottingham, Preston, Sheffield, Southend, Wolverhampton.

In recent years support and Connect activities have been supported by the National Lottery Awards for All programmes in England, Wales and Northern Ireland. We're enormously grateful to the players of the National Lottery for their generosity and support. It has enabled us to further develop the outreach project during 2023/24, building on the learning of recent years. This now sees us refreshing our outreach delivery model with a renewed focus and some ambitious plans for 2024/25 to develop a national Amputee Network of support and development opportunities on the ground for more beneficiaries.

Virtually Speaking online thematic support sessions

Launched in 2020 in response to the pandemic restrictions, Virtually Speaking has become an integral online service. This platform offers opportunities for sector professionals to be involved in our work and support our members and service users. It has provided our community with access to expert advice across a range of subject. Participants can hear from and engage with sector experts as well as accessing wellbeing sessions all from the comfort of their own homes. Topics delivered during this period included:

- The Motability Scheme (Motability)
- Wheelchair services (AJM Healthcare) Getting back to driving after amputation. Presented by HertsAbility.
- Direct Socket Transfemoral socket solution. Presented by Ossur Academy.
- Upper Limb Solutions. Presented by Ottobock.
- Psychological Wellbeing after limb loss. Presented by Dr Tajinder Rai.

“Great to have the chance to hear information from a professional with the chance to ask questions and in response be given facts on a professional level. Great to be given this opportunity in a safe and secure platform as well as virtually socialising with other amputees.”

“The Limbless Association gave me the tools to realise there was life after becoming an amputee.”

We're enormously grateful to the professionals and companies who contributed to the Virtually Speaking programme, providing invaluable insight into key topics together with invaluable Q and A opportunities for our community enabling directly access to expert support.

LA VOLUNTEER VISITOR – one to one peer support service

Limb loss brings unique challenges, so sometimes you need to talk to others who have been through similar experiences. That's the premise of the Volunteer Visitor programme – *amputees supporting amputees*.

“I wish I'd had someone like me to talk to about my traumatic experience when I became an amputee.” LA Volunteer Visitor

We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it's this belief that has driven us to further develop the LA's longstanding peer support offer, Volunteer Visitor. The National Lottery Reaching Communities funding enabled us to realise our vision of creating a robust service model of peer support for the limb loss community.

It is also our passion that our volunteers, who support with their lived experience, have access to the good quality training, development and ongoing support in their roles. The funding has enabled us to provide enhanced volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. Some of our volunteers are motivated by having received and benefited from peer support themselves and others by the fact that they didn't but would have found it valuable. LA Volunteer Visitors are supported with a variety of training, development and peer networking opportunities. Due to the level of training and support, our volunteers are able to offer high quality peer mentoring that both patients and professionals can access and trust.

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Despite the 3 year funding from the National Lottery coming to an end in March 2023 (including a 6 month extension due to the pandemic) the LA continues to deliver the model established. Our Volunteer Visitor peer support is a key service for the charity. In June 2023 we received funding from the then Julia and Hans Rausing Trust (now Julia Rausing Trust) towards the costs of the ongoing development of the VV programme.

This VV peer support programme delivers a one to one peer support service as well as training and supporting volunteers with lived experience of limb loss to provide peer support to newer amputees. The programme seeks to promote rehabilitation and recovery for amputees, as well as reducing isolation and promoting confidence, reducing stress and anxiety and ensuring that No Amputee Need Cope Alone. Through this programme, amputees become more informed, connected and empowered in their rehabilitation. This is a national programme and supports amputees living across the UK. The programme has trained a small and growing number of family peer mentors. This means that we are also able to support the loved ones of amputees.

Throughout the year, we continued with the day-to-day delivery of the Volunteer Visitor programme. This includes coordinating the matches and visits, volunteer recruitment, training and support. We have also been busy promoting the project within hospitals, limb-centres, rehabilitation centres and with other agencies (such as social prescribers) throughout the UK, to encourage referrals to the programme. Promotion is also via our social media channels, via our website and through our charity partners and stakeholders.

Key Aims and Developments for the VV programme

Aims

- Support more amputees to fulfil their potential
- Learn about peer support as an intervention
- Evidence outcomes and measure the impact
- Develop a robust service model
- Create a comprehensive peer support training package
- Be used to influence national and local policy relating to amputees
- Develop greater connections with the sector
- Help evidence the need for continued investment in the programme

Developments

- A robust service model of amputee peer support
- A safer recruitment process
- Recruitment, induction and training of over 80 Volunteer Visitors
- Comprehensive volunteer development programme with opportunity to achieve the VV Award
- Peer networking and recognition opportunities for volunteers
- VV service specification and service framework
- Comprehensive policies covering all aspects of the service and volunteering programme
- Project monitoring and evaluation tools to measure and report impact of the project – for service users and volunteers
- VV programme integrated into the LA's Service User Pathway
- New VV resources, including posters and flyers, information videos, social media content and assets and stakeholder presentations
- Raised awareness of the VV programme – peers support and volunteering – through continued promotion to key stakeholders and referrers across the UK.

Key achievements for the project in 2023/24:

- 389 referrals
- 95 active Volunteer Visitors
- 22 prospective VVs
- 685 volunteering hours recorded

Following support, amputees report feeling better informed about amputation, recovery, living day-to-day life with limb loss and the services and support available to them as amputees including those provided by the LA.

We ask service users to complete a self-assessment form prior to their visit, again following their visit and then five weeks after their visit. This helps us track the change in knowledge and emotional wellbeing and ensures that service users can provide us with additional feedback. We also ask our Volunteers to complete a report 'post visit' so that we can understand any trends with regards to the issues discussed/needs arising from our service users.

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Finally, we ask our Volunteers to complete self-assessment forms both pre- and post-training. This is supplemented by information gathered through coffee catch ups, focus groups and supervision forms.

Our ongoing monitoring and evaluation shows that our Volunteer Visitor service makes a positive difference to amputees' knowledge and awareness around:

- amputation
- recovery and what comes next for them
- living day to day life with limb loss
- the services and support available to them as amputees.

Key outcomes for service users:

- 92% of our service users say that they feel more supported following their visit.
- 87% feel more connected with others
- 81% say that they feel less stress in relation to their limb loss
- 75% feel less isolated.

Our service users also comment as to the impact of the service, for example: *"The man I've spoken to is hopefully myself in a few years' time, more confident and stronger physically. He makes me realise that there is hope even on down days."*

Volunteer Visitor case study

We received an enquiry from a patient who was due to undergo amputations on both her arms (at the wrist) and both her feet due to sepsis complications. She was, understandably, very worried about not only the procedure but how she would adapt to life as a quadruple amputee. We were able to match her with one of our Volunteer Visitors and arranged for the visit to take place via Zoom so that the patient could see that our Volunteer had a very similar level of limb loss. Our Volunteer was able to demonstrate that while life as a quadruple amputee was challenging, it was still possible. She spoke about her life following amputation, how she set herself small goals each day and now, four years down the line, is driving her own adapted vehicle. The patient was visibly relieved and said that she felt less anxious about her recovery and life as a quadruple amputee. The patient had been supported during the call by a nurse who, towards the end of the call, said "Amputees can give you the information that we simply can't."

"My volunteer visit coincided with a period where I was feeling relatively low and quietly resigning myself to wheelchair life. The visit and the enthusiasm of my visitor gave me a real "pick me up" just when I needed it and opened my eyes to the possibilities that are there if I continue to push myself."

Impact for Volunteer Visitors

Our VV programme also leads to benefits for our volunteers, with volunteers demonstrating that following training, they have improved awareness of their own limb loss, their recovery and living day to day life with limb loss. With 95 Volunteer Visitors we have capacity to support more service users through our VV programme. Patients can self-refer to the service and there is also an online referral form for clinicians. We will continue with the promotion of the programme throughout the UK through our outreach and engagement teams.

In order to provide a valuable volunteering experience for our volunteers we are developing new volunteer roles within the organisation. These roles will ensure that our current cohort of Volunteer Visitors can use their skills and training to support amputees at face-to-face support groups or via other engagement pathways. We have also trained some of our Volunteers to become LA Ambassadors, so that they can represent the LA at external events. We are also planning to extend our Volunteer Pathway, so that we can offer volunteer training and skills development opportunities for amputees who are earlier on in their recovery journey.

All of our Volunteer Visitors told us that they would recommend the VV programme to other amputees.

Outcomes for volunteers

- 100% said they felt empowered to support others
- 96% said they felt more confident in their everyday life 96%
- 80% said they felt more supported in their own limb loss journey
- 88% said they felt more connected to the limb loss community

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“Being a Volunteer Visitor with the LA is an incredibly rewarding and enriching experience. Not only are you helping others who are going through what is often a hugely daunting and traumatic time, but you learn so much yourself, with the opportunity to develop your own skills further due to the excellent training provided by the LA. I'd recommend it to any amputee wanting to use their experience to give something back to others on their journey through limb loss.”

LA Volunteer Visitors are incredibly dedicated to the role, the programme and the charity's aims. We are incredibly grateful for their time, commitment and unfailing support of the Volunteer Visitor programme and they LA. They are a very special group of people who have enabled us to realise a model of peer support the impact of which is tangible. Heartfelt thanks to them all.

The Volunteer Visitor programme developments have only been possible with the support of the generous funding from the National Lottery Reaching Communities Fund. We're enormously grateful to the National Lottery and its players for their generous support. This funding is truly changing lives and helping the LA to ensure that *no amputee need cope alone*.

Volunteer Visitor and LA Chair of Trustees David Rose believes it's as important as it's ever been for amputees to have access to high quality peer support.

“It's natural to feel lost in the early days of limb loss. That's why the LA's Volunteer Visitor service exists, providing support and advice to help amputees move forward. For our Volunteer Visitors it's a very rewarding activity, as it's a chance to give something back.”

AMPUTEE LEARNING HUB

Training to be an Amputee

Whether you or a loved one has experienced limb loss or is about to, it can be frightening, overwhelming and confusing in equal measure. As a user-led charity, we know how tough this can be. Everything we do is informed and shaped by our members, volunteers and service user voices. Our community have told us that there needs to be clearer, comprehensive support and information to better support the individual and their loved ones, especially in the early days and months following amputation (and pre-amputation). We believe that being better-informed leads to improved recovery and rehabilitation outcomes with the potential to reduce health inequalities experienced by many amputees.

At the end of 2022 we consulted on and developed a new initiative – the LA's Amputee Learning Hub ALH. ALH aimed to realise the development of a number of learning opportunities that would tangibly contribute to the empowerment of amputees to navigate the challenges of living with limb loss. These initiatives would look to answer what, when, how and why. Early in 2023 the first **Training to be an Amputee** online programme was devised and developed for amputees and their families. Experts from across the sector contributed to the 8 weekly sessions that were also supported by our Volunteer Visitors who offered peer insight on a range of topics.

An average of 35 amputees attended each session along with family members and sector professionals. Key outcomes measures:

- 89% felt well informed about amputation
- 100% felt well informed about recovery and what comes next
- 78% felt well informed about day to day life with limb loss
- 70% felt well informed about the services and support available
- 60% felt more confident about their rehabilitation journey
- 39% felt less isolated
- 42% advised they were experiencing less stress/anxiety in relation to their limb loss
- 67% felt supported in their limb loss journey

TTBAA Participant feedback

“An invaluable programme where you can pick what subjects are of the most interest individually with the convenience of being able to participate online and interact with other amputees.”

Having delivered successfully online in September 2023 the Limbless Association received funding from the Mid and South Essex Mental Health 'Inequalities Programme', administered by Essex Community Foundation. The grant awarded was to support the production and delivery of a place based programme of Training To Be An

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Amputee in Essex; a bespoke programme for amputees and their families which aims to empower and support amputees who may be struggling particularly in the early stages of their rehabilitation.

The programme aims to reduce health inequalities, through:

- Information and support to enable amputees and their carers/family to better manage their own mental health and wellbeing
- Guidance about support services available.
- Assistance and advice to family/friends, so that they are more empowered to support their loved one throughout their rehabilitation.
- Access to wellbeing interventions.

Training To Be An Amputee (TTBAA) anticipated outcomes:

- Improve recovery and rehabilitation for amputees, through the provision of information and support to contribute towards successful rehabilitation.
- Support the mental health needs of amputees, through mental health information and support, and wellbeing guidance.
- Reduce the likelihood of re-admittance to hospital or secondary amputation, through supporting amputees to manage their physical health and wellbeing, and empowering them to manage long-standing health conditions such as diabetes.

TTBAA place based programme delivery

The LA delivered five Training To Be An Amputee programmes across the delivery area:

Billericay, December 2023/January 2024

Southend, February-March 2024

Chelmsford, March 2024

Billericay, May 2024

Southend, July/August 2024

TTBAA place based programme outcomes

Learner experiences

We asked participants to identify some of the issues they were struggling with:

59% of participants said that they were finding day-to-day life with limb loss difficult/finding caring for someone with limb loss to be difficult.

17% said that they were struggling financially since their limb loss

34% said that they were struggling with their mood

50% said that they were unsure about recovery timescales and rehabilitation

58% said that they needed more information about life as an amputee.

91% of service users identified that they were interested in finding out more about support that they could access (both financial and practical) and support from the LA. 75% identified that they wanted to speak with and learn from other amputees by accessing the LA's Volunteer Visitor peer support service. Training To Be An Amputee has had a statistically meaningful positive change on the health and wellbeing of 83% of programme participants.

"I always look forward to coming to Training To Be An Amputee. We're all having the same problem, but there are people who are further ahead of me in their recovery. I now have goals like the volunteers as they explained things to me and they helped me. It's made me have more strength and hope to achieve. If I stayed at home instead of coming to the sessions, I know my family would help me, but I would have struggled. A lot of things through the course were enlightened to me. I feel very close to the "LA Family". I don't have many friends, as I moved around a lot."

"This course has made me realise that I'm not alone, that I'm not the only person like this. The LA completely changed that for us – I'm not sitting there alone."

"One amputee has told me 'You don't need Training To Be An Amputee! Once you're an amputee, you're an amputee!' I told him that actually, I did. I knew nothing about limb loss, and I had an elective surgery. I thought I knew it all before my operation and that I had prepared. But I didn't. I dread to think about the situation I would have been in if it wasn't for the LA."

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What we've learned

Training To Be An Amputee has led to us understanding the needs and challenges relating to carers/friends/family members of amputees. Amputees experience additional challenges for involvement; while this project has sought to address amputees' needs, we know that amputees still face barriers in attending. Those who were unable to attend cited transport issues/unable to leave home alone (37%); that they found it too overwhelming to attend (11%); that they were unwell on the day (20%); that they had other medical appointments to attend (16%) and some had work commitments (16%).

Our evaluation data tells us that Training To Be An Amputee can be a crucial early engagement programme that can provide unparalleled support for new amputees. We believe that every amputee could benefit from the programme. We've learned that place-based Training To Be An Amputee has improved access to services for amputees. For example, TTBA sessions delivered in the gym at Southend Hospital has enabled attendees to have early engagement with physiotherapists and OT's based at the Hospital. We've also been able to encourage and support other service users into the programme. TTBA has also helped us to develop relationships with sector professionals in local hospitals; these have been key in supporting/facilitating referrals into the programme.

We wish to extend our sincerest thanks to the funders of Training to be an Amputee – Essex Community Foundation (MSE NHS Partnership Trust Health Inequalities Fund)(Mid and South Essex) and The Postcode Places Trust (Essex).

Amputee Carer Transitions

Delivering Training to be an Amputee in Essex also highlighted to us the challenges that carers experience in relation to their loved one's limb loss. In January 2024 we applied for and in March were successfully awarded funding from Essex County Council to develop the LA's carer support programme – Amputee Carer Transitions ACT. ACT will aim to provide better support for amputee carers. ACT will address and meet the needs of amputee carers. Increasing visibility of this group, improving access to information, support, peer networking and development opportunities. Leading to amputee carers being more informed and more resilient to support their loved ones in the long and challenging rehabilitation pathway. We look forward to reporting on our progress in 2024/25 and further information about this project will be placed on the LA's website. We're extremely grateful for the support of the Essex Community Carers fund (ECC) in supporting us to meet the needs of those that are often overlooked in the limb loss rehabilitation process.

Amputee Learning Hub – Lunch and Learn

In January 2024 we received funding from Awards for All England to further develop our Amputee Learning Hub concept. Amputee Learning Hub ALH will ensure that all amputees across England will have access to either online or face-to-face peer-led courses which address health inequalities. Programmes within our Learning Hub will: improve amputees' rehabilitation and recovery through access to quality information; advice and guidance; reduce isolation for amputees; improve confidence; motivation; and health and wellbeing.

A key initiative of the LA's Amputee Learning Hub portfolio is the Amputee Lunch and Learn programme. Lunch and Learn aims to provide amputees, their loved ones and professionals with accessible, supportive and informative sessions which improve awareness of limb loss, rehabilitation and recovery. Each Lunch and Learn session meets for approximately 2.5 hours and follows a set format, including a speaker, time for facilitated discussion and peer support over a sandwich lunch. Lunch and Learn was developed in the spring of 2024 and was piloted in venues across the UK, including Preston, Billerica, Manchester and Cardiff. Since then Lunch and Learn has also been delivered in Oxford, Leeds, Bristol and Hull.

Most Lunch and Learn sessions were attended by on average 30 people (this includes amputees, their carers/loved ones, volunteers and professionals). While predominately focused on amputees within the earlier stages of their limb loss, 30% of those attending the programme had lived with limb loss for over 10 years. This demonstrates the continued need for service provision and support for those who still feel affected by their amputation

Following each Lunch and Learn event, attendees were sent a follow-up email containing a link to an online survey. Responses to the survey have been utilised to ascertain the benefits of the Lunch and Learn programme.

Impact for Lunch and Learn participants

Of those responding to the survey:

79% said that Lunch and Learn helped them to feel more confident.

89% said that the session led them to becoming more informed about limb loss and the sector.

59% said that they felt more informed about their own limb loss.

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93% said that they felt more informed about the LA and its services.
71% said that they felt more supported regarding their own limb loss.
57% said that they felt more accepting of their own limb loss.
85% said that they felt less isolated as an amputee.
88% said that they felt more inspired and motivated to achieve for themselves and for others.
96% said that they felt more connected with others affected by limb loss and the limb loss community.

Attendees also commented that the Lunch and Learn programme made them *“feel less alone”* and *“have a purpose”*.

Impact of Lunch and Learn for volunteers

Four volunteers completed the survey. They highlighted that the event made them:

More confident in their volunteering role (100%)

More informed about limb loss and the sector so that they could better support other amputees within their volunteering role (100%)

More informed about the LA and its services (75%)

More inspired and motivated to achieve for themselves and others (100%)

More connected with others affected by limb loss and the amputee community (100%)

Volunteers comments included:

“I found it to be really interesting listening to how other amputees deal with their disability and I enjoyed the social aspect. Everybody was very friendly and willing to talk about how they cope day to day.”

“I felt like I’ve passed some of my knowledge onto other people who are just starting their limb loss journey.”

Lunch and Learn participant views and feedback

Those attending were incredibly positive about the event, recognising the solidarity between amputees, the opportunity to meet, learn and socialise with other amputees and share experiences. All of those attending indicated that they were very likely to attend another Lunch and Learn event.

“It was fun, informative and great to feel accepted for myself rather than feeling defined by my limitations.”

“I wish I had found it sooner as I had three years feeling isolated with my first amputation.”

“I absolutely found it really knowledgeable and interesting and it has really helped me prepare for what is to come after my surgery.”

“I had an MDT scheduled for the following week and had been worried about it. The presentation showed me that MDTs are a regular part of my rehabilitation.”

Health and Wellbeing

Keep it Moving (Delivered by Hull University Sports and Science Department)

The Keep it Moving Programme is an exercise programme that has been created to remove the barriers associated with exercise for amputees. This industry leading programme has helped countless amputees gain fitness, confidence and friendship with like-minded people in Hull, Yorkshire and Nationally. It’s been designed by academic staff from the School of Sport Exercise and Rehabilitation Science in collaboration with staff from Hull Sport. Four sessions are offered each week, two in the gym at the University of Hull and two via Zoom to amputees from all around the UK. The zoom sessions have been supported by the LA since autumn 2023 under a collaborative agreement with Hull University. Ensuring good physical and mental health and wellbeing are vitally important for amputees to optimise their rehabilitation outcomes and the LA wholeheartedly supports the aims of the programme. We have seen firsthand the difference the programme has made to those who’ve accessed it. We’re excited to support the wider reach of the programme to LA members and service users across the UK in 2024 and beyond. We look forward to working with Hull University School of Sports and Science to realise this aim.

LA Information Resources

Lack of information in the early stages of limb loss is a common issue that’s raised by amputees and their families. Having awareness of and access to support beyond clinical care is essential to ensure that those affected can be better informed and more holistically supported. The LA produces a range of resources including service specific posters and leaflets that are distributed to all UK rehabilitation centres, vascular and trauma departments. Some of these departments produce their own patient information packs in which LA resources are included. If appropriate to the individual concerned we also signpost to the LA’s website which contains a comprehensive dedicated resource area as well as more detailed information about the services we are able to offer.

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www.limbless-association.org LA literature is also distributed at our outreach Hubs and Helpdesks as well as at the various sector events we attend across each year.

Access to legal advice - The Limbless Association Limb Loss Legal Panel

The Limbless Association established the Limb Loss Legal Panel; a consortium of leading law firms in the UK, specialising in personal injury, clinical negligence and legal cases where catastrophic injury and amputation occur. Its aim is to provide Limbless Association members and service users with the highest quality legal advice, on a free initial-consultation basis. We continue to promote the importance of early and expert advice as well as highlighting freedom of choice.

We wish to thank our panel for the support they have offered our service users and the charity throughout 2023/24. As well as their generous sponsorship, the panel members individually support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful. <https://limbless-association.org/legal-panel/>

The LA legal panel support the outreach team at Hub sessions in their areas and we thank them all for their time, compassion and expertise to support those experiencing the challenges and trauma in the early days of limb loss.

The following legal panel members have provided hosting and support at LA Lunch and Learn sessions: **RWK Goodman, Hudgell Solicitors, Enable Law, Stewarts Law, Hugh James, Bolt Burdon Kemp, Stephenson Solicitors and Hodge Jones & Allen.** Sincerest thanks to them all.

LA's annual O2 Climb

In September 2023 we were delighted to have the support of **Anthony Gold Solicitors LLP** with their sponsorship of our annual O2 climbing challenge. Over 30 climbers supported on the day by the team from Anthony Gold and the LA team walked over this iconic landmark. It's a tough climb for many of the fittest amputees and we had all levels of ability taking part. Everyone made it over in good spirits and a huge amount of camaraderie and peer support. Thank you to Anthony Gold Solicitors for making it possible and to those who raised funds in the process.

LA Hubs at Fieldfisher

For several years Fieldfisher have supported the charity to host central London Hubs for members and service users. Their wonderful venue space overlooking the Thames provides a great opportunity for peer networking and support. Sincerest thanks to Jennifer Buchanan and the Fieldfisher team for ensuring each session sees LA Hub guests receive the warmest of welcomes. Opportunities to connect, take part in a wellbeing session followed by coffee and cake in such lovely surroundings is a real treat.

LIMBLESS ASSOCIATION MEMBERSHIP

Membership of the LA continues to be free for all amputees as we believe that there should be no barrier to benefiting from being part of our community. Amputees join the LA at varying stages of their limb loss pathway. With a growing team, increased numbers of volunteers together with project and brand developments the LA is increasingly more visible. Amputees, their families and professionals are finding out about our services via the internet, the LA's magazine StepForward, the engagement activities of the LA team and word of mouth. Due to this membership numbers are growing and stand at c. 2600. We are extremely grateful to those members who make regular donations to the charity and fundraise to support our work. We hereby extend our warmest thanks. Growing LA membership remains a key aim to in turn grow our collective voice. We will also always ensure that we are truly representing our member's views by consulting regularly and widely.

Our members voices shape and influence our services:

"As an amputee, the rehabilitation doesn't stop - it just changes over time. As amputees we have to constantly adjust and we have different needs over that timeframe."

LIMBLESS ASSOCIATION AIMS AND SOLUTIONS

Key unmet needs identified and the problems the work of the LA aims to solve:

1. Lack of information pre and post-amputation.
2. Peer to peer support was identified as very important to amputees as they begin their limb loss journey.
3. Local advice and support needed. A greater geographic presence from the charity and its services.

The solutions the LA is developing:

1. Information resources in rehabilitation centres and hospitals.
2. The LA has an experienced advice and information team ready to support amputees and their families to navigate a range of queries and topics.

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3. Building strong key stakeholder relationships to integrate our services into the rehabilitation pathway.
4. The LA is innovative in developing and piloting new support interventions. More recently these have included Training to be an Amputee, Amputee Lunch and Learn, Amputee Carer Transitions and Amputee Learning Hub.
5. Growing a robust model of peer support providing a high quality and credible peer support offer. The investment in the Volunteer Visitor programme will realise greater access to peer support for amputees as well as training and development opportunities for our volunteers.
6. Our Support and Connect outreach programme has been developed to support greater access to LA services across the country. The LA's outreach team represent and support nationwide in England, Wales and Northern Ireland.

COMMUNICATIONS

The Limbless Association has continued to invest in digital communications and marketing and this has been vital in continuing to raise the profile of the charity and its work during the last couple of years. The new LA website continues to receive positive feedback from service users, members and professionals who tell us that our services, support and events are clearly communicated and accessible. There are a wealth of resources including blogs, podcasts, video content and a dedicated sector resource area. The LA now runs a busy programme of events and our Events Calendar is proving a popular page for stakeholders to keep up to date about 'what's on' at the LA.

<https://limbless-association.org/events-calendar/>

StepForward, the LA's quarterly magazine, remains an important communications tool to enable us to engage with a diverse and growing stakeholder base and is unique in the sector.

In terms of sustaining the magazine, this continues to be a concern. It's a costly publication whereby costs are no longer covered by advertising revenue. The printed version is an important information and marketing tool that has a significant reach – 4000 circulation. While taking it online removes the print costs there are still production costs that constitute 75% of the overall costs. We would also need to consider how we continue to extend our reach to those that aren't digitally engaged. Thank you to those of you who have contributed to the magazine and we are immensely grateful for your support. Thank you to all StepForward advertisers who in placing their adverts are supporting our beneficiaries to connect with their peers and the sector on a national scale. We are enormously grateful to them all.

SUPPORTING EXCELLENCE

Prosthetic and Orthotics Students Awards

The Limbless Association once again recognised excellence in those at the beginning of their prosthetics careers by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. The charity was delighted to again sponsor student awards in 2023.

David Rose, Chair of the LA:

"The Limbless Association is delighted to offer our support of these excellent students at the university. These young people represent the future of prosthetic and orthotic services to the limb loss community across the UK. It is particularly satisfying to witness such inspiring examples of student excellence at a time when improvements in prosthetic technology are available to the wider patient community and are enabling very effective levels of rehabilitation. However, the best prosthetic equipment can only work when delivered by a team of rehabilitation professionals who understand the unique needs of each amputee. The prosthetist is at the very heart of this process and it's reassuring to know that such outstanding students are joining the profession."

Roy Bowers, Course Director, BSc (Hons) Prosthetics and Orthotics, University of Strathclyde:

"On behalf of the National Centre for Prosthetics and Orthotics, I would like to express my sincere thanks to the Limbless Association for the prizes awarded for best performance by a first year student and for best performance by a graduating student. To have their hard work and achievements recognised in this way by an organisation that represents service users is a fantastic motivation for our students, and a boost to their self-confidence is obvious to all of us teaching on the programme."

INCOME GENERATION

The majority of our income derives from project specific grant funding programmes and corporate sponsorship. We also have some amazing fundraisers from within the limb loss community and beyond. We celebrate each fundraising achievement across our social media platforms and on the charity's fundraising webpages and we're hugely grateful to them all. From organising Afternoon Teas for Amputees to taking part in sponsored challenge

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events, the LA community is ready to get involved and support. However, to sustain and grow our services to meet the need of more amputees we need your support and there are so many ways you can do this; regular giving, leaving a gift in your will, taking on a sponsored challenge. We'd love to hear from you so please get in touch fundraisingandcommunications@limbless-association.org Thank you!

OUR FUNDERS

We are enormously grateful to those funders and Trusts who've supported our work during this period. The grant funding landscape is an increasingly challenging one. At the time of writing, grant funding opportunities are diminishing with several key funders pausing programmes while they review their criteria and deal with the backlog of applications they've been inundated with. Therefore, we feel privileged to have been supported by the following and thank you to them all.

National Lottery Reaching Communities

National Lottery Awards for All – England, Wales and Northern Ireland

Julia Rausing Trust

Postcode Places Trust

Essex Community Foundation (Health Inequalities Fund)

Essex Community Carers Fund (ECC)

OUR CORPORATE SUPPORTERS

Anthony Gold Solicitors LLP

Bolt Burdon Kemp LLP

Fieldfisher

Stephensons Solicitors LLP

Judkins Solicitors

Slater and Gordon LLP

Enable Law

Hudgell Solicitors

Hugh James

Stewarts Law

Hodge Jones & Allen

RWK Goodman LLP

Evelyn Partners

Ottobock

Cleveland Clinic

Dorset Orthopaedic

Financial review and aims 2023/2024

The financial landscape for charities, businesses and individuals presented ongoing challenges throughout this period. The impact of the cost of living continued to negatively impact in respect of rising costs for the charity as well as the charity's ability to attract donor support particularly from individual supporters. The charity had increased investment in its fundraising and marketing activities post the pandemic period (from summer 2021) but this investment has been slow to realise the anticipated return. However, an increase in income was realised during 2023/24 and this is a trajectory that has continued in the current financial period. Community and traditional donor fundraising remains a challenge and we have now recruited an Engagement Manager whose focus is on increasing supporter engagement and nurturing donor relationships. It's anticipated that this role will lead on the growth of individual and community giving.

The majority of the charity's income derives from grant making trusts (GMTs) and corporate sponsorship. We have continued to attract GMT funding however, on the whole these are time limited (usually one year) project specific funds. Such funding awards come with funder obligations. Charity resource has to be committed to delivering these projects according to the respective agreed activities and outcomes. This is an increasingly competitive market and due to the widely reported increase in applications the success rates are reducing. Additionally, there are less opportunities available as funders find themselves inundated with applications and are pausing programmes or reviewing their criteria. We are extremely grateful to those funders who've supported our work during this period. During 2024/25 we have realised some new opportunities and are excited about the new projects we're able to deliver as a result.

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Corporate sponsorship in the main comes from the LA's Limb Loss Legal Panel. The firms that form the panel enable the charity to offer expert advice and support to the charity's service users and members. As well as supporting with potential legal claims, the panel also offer support across a range of topic and activities. These include presenting at the LA's online and in person thematic events, sponsoring and hosting events as well as supporting with fundraising and volunteering. Their involvement across the charity's remit is invaluable. At the beginning of the LA's new financial year the panel have all agreed to provide increased sponsorship levels in 2024/25.

The charity had been the fortunate during the pandemic period to realise bequeathed legacy gifts of significant value. This considerably raised our reserves levels to well beyond our set reserves policy. The Trustees agreed that these reserves would be committed to the LA's advice and information function and ongoing development of outreach services. However, in 2022/23 legacy income of just £3,379 was realised and during the period 2023/24 the charity was in receipt of no legacy income or notifications. The charity's historical data denotes this as atypical. At the time of writing the charity has received 2 legacy notifications with an estimated value of £180K that we anticipate realising (or a proportion thereof) during 2024/25 or at the latest in the first half of the financial period 2025/26. Unrestricted legacy income provides the charity with free reserves funding to allocate to its services and projects to sustain, develop and where at all possible grow.

There have been increased demands on our services especially at the point of discharge, for amputees and their families and the LA is committed to the development of current services and to optimising opportunities for growth. However, income generation was and has continued to be a key challenge during this current period. The LA board and leadership team work closely to balance the needs of the organisation's development strategy while monitoring the prevailing risks. Income and expenditure is monitored on an ongoing basis. The need for LA support and services is never more needed and while we've increased our capacity to deliver we know that we must do more to ensure we're able to reach all those who need our support.

2023/2024 the LA's financial robustness has presented the greatest risk for the charity. We have worked hard to mitigate that risk and ensure we operate within our reserves policy. At the time of writing, monthly expenditure has been reduced significantly with the measures taken early in 2024 having taken effect from March 2024. This has been achieved through the non-replacement of staff who have left the team and a suspension of the LA's StepForward magazine due to the increasingly significant costs. The charity is currently exploring alternative options and income generation opportunities to support the magazine's continuation. StepForward is a publication that is unique in this sector and is valued by LA members and professionals.

At a time in the LA's history when it has never delivered so much to so many, it has been disappointing for these achievements and investments not to have realised the return we'd hoped for. While reporting an operating deficit for the period 2023/24 the Trustees have utilised the charity's previously high reserves levels to support continued service developments. As we progress through the 2024/25 period we are optimistic of sharing an improved financial position in our next report.

Reserves Policy

The Trustees have considered the minimum level of reserve that the Charity ought to hold. Reserves (restricted and unrestricted) are needed to bridge the funding gaps between spending and receiving income. While the country has moved forward beyond the pandemic, new challenges are now prevailing. The impact of the pandemic and an ever-growing cost of living crisis are contributing to an increasingly challenging fundraising environment. The Board has examined the requirement for reserves i.e. those funds not invested in tangible fixed assets or otherwise committed. Reserve policy is in place whereby the funds not committed should be held in reserve and maintained at a level which ensures that Limbless Association's core activity can continue during a period of unforeseen difficulty. This represents three months' (13 weeks) expenditure of £36,000. The Trustees are aware that as at 31 March 2024, this policy was not met, however as at the time of signing this report the reserve policy requirement is met. This policy will be reviewed annually.

Limbless Association

Trustees' Report

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

- Represent, engage and influence at local and national levels, challenging government and devolved assemblies for the betterment of the limb loss community.
- To increase membership, volunteer and supporter numbers nationwide, increasing and improving our reach to those in need of our services.
- To develop our current services to achieve optimum impact, identifying gaps in early intervention provision where the LA can deploy its experience and expertise to develop projects to further support new amputees and its members.
- To raise the Limbless Association's profile as a major champion of the limb loss community across a wide range of stakeholders, existing and new.
- To work collaboratively with other charities and agencies to optimise support and reach, maximising a collective voice within the UK.
- To develop strong and mutually productive relationships with professionals and specialists working in all key areas of medical care, recognising and promoting excellence. This includes supporting (non-financial) research projects we determine as important in evidencing the unmet needs of the limb loss community and have an outcomes focus.
- To prove, improve and account for all areas of our service provision ensuring that we are delivering excellent value to our service users and stakeholders alike and realising outcomes set by our funders and by ourselves.
- To develop, plan and implement an ambitious and diverse income generation strategy that supports the charity's sustainability.

In formulating its objectives, the charity has given due consideration to the Charity Commission's published guidance on the operation of charities for the public benefit.

Statement of trustees' responsibilities

The trustees (who are also the directors of Limbless Association for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Limbless Association

Trustees' Report

Compliance with prevailing laws and regulations

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and 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 published on 16 July 2014.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charitable company on ~~19 December 2024~~ and signed on their behalf by:

David Rose

.....
Mr D M Rose
Chairman and Trustee

Limbless Association

Independent Examiner's Report to the trustees of Limbless Association ('the Company')

I report to the charitable company trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 24 to 39.

Responsibilities and basis of report

As the charity 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 company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

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

Alex Stone

.....
Alex Stone FCCA
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 19 December 2024

Limbless Association

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Other Comprehensive Income)

| | Note | Unrestricted £ | Restricted £ | Total 2024 £ | Total 2023 £ |
|------------------------------------|------|----------------------|-----------------------|-----------------------|-----------------------|
| Income and Endowments from: | | | | | |
| Donations and legacies | 3 | 20,106 | 118,367 | 138,473 | 112,931 |
| Other trading activities | 4 | 101,798 | - | 101,798 | 75,744 |
| Investment income | 5 | 3,332 | - | 3,332 | 4,959 |
| Total income | | <u>125,236</u> | <u>118,367</u> | <u>243,603</u> | <u>193,634</u> |
| Expenditure on: | | | | | |
| Raising funds | 6 | 82,020 | - | 82,020 | 78,320 |
| Charitable activities | 7 | 82,997 | 260,193 | 343,190 | 405,478 |
| Total expenditure | | 165,017 | 260,193 | 425,210 | 483,798 |
| Gains/losses on investment assets | | 76 | - | 76 | (6,096) |
| Net expenditure | | (39,705) | (141,826) | (181,531) | (296,260) |
| Transfers between funds | | (119,966) | 119,966 | - | - |
| Net movement in funds | | (159,671) | (21,860) | (181,531) | (296,260) |
| Reconciliation of funds | | | | | |
| Total funds brought forward | | <u>170,968</u> | <u>124,795</u> | <u>295,763</u> | <u>592,023</u> |
| Total funds carried forward | 16 | <u><u>11,297</u></u> | <u><u>102,935</u></u> | <u><u>114,232</u></u> | <u><u>295,763</u></u> |

All of the charitable company's activities derive from continuing operations during the above two periods.

Limbless Association
(Registration number: 02487661)
Balance Sheet as at 31 March 2024

| | Note | 2024 £ | 2023 £ |
|---|------|-----------------|-----------------|
| Fixed assets | | | |
| Tangible assets | 11 | 8,497 | 14,771 |
| Investments | 12 | 80,397 | 142,945 |
| | | <u>88,894</u> | <u>157,716</u> |
| Current assets | | | |
| Debtors | 13 | 37,596 | 47,800 |
| Cash at bank and in hand | | 18,015 | 119,177 |
| | | 55,611 | 166,977 |
| Creditors: Amounts falling due within one year | 14 | <u>(30,273)</u> | <u>(28,930)</u> |
| Net current assets | | <u>25,338</u> | <u>138,047</u> |
| Net assets | | <u>114,232</u> | <u>295,763</u> |
| Funds of the charitable company: | | | |
| Restricted income funds | | | |
| Restricted funds | 16 | 102,935 | 124,796 |
| Unrestricted income funds | | | |
| Unrestricted funds | | 11,297 | 170,967 |
| Total funds | 16 | <u>114,232</u> | <u>295,763</u> |

For the financial year ending 31 March 2024 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 24 to 39 were approved by the trustees, and authorised for issue on ~~19 December 2024~~..... and signed on their behalf by:

David Rose

.....
Mr D M Rose
Chairman and Trustee

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Charitable company status

The charitable company is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charitable company in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with 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)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Limbless Association meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income and endowments

All income is recognised once the charitable company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charitable company has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charitable company before the charitable company is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charitable company and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charitable company.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

Grants receivable

Grants are recognised when the charitable company has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charitable company has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charitable company's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charitable company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charitable company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

| Asset class | Depreciation method and rate |
|-----------------------|------------------------------|
| Fixtures and fittings | 20% to 33% straight line |
| Computer equipment | 33% straight line |

Fixed asset investments

Fixed asset investments, other than programme related investments, are included at market value at the balance sheet date. Realised gains and losses on investments are calculated as the difference between sales proceeds and their market value at the start of the year, or their subsequent cost, and are charged or credited to the Statement of Financial Activities in the period of disposal.

Unrealised gains and losses represent the movement in market values during the year and are credited or charged to the Statement of Financial Activities based on the market value at the year end.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charitable company will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charitable company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charitable company.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charitable company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charitable company after deducting all of its liabilities.

3 Income from donations and legacies

| | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|----------------------|----------------------------|--------------------------|--------------------|--------------------|
| Donations receivable | 20,106 | 30,000 | 50,106 | 23,647 |
| Legacies | - | - | - | 3,379 |
| Grants receivable | - | 88,367 | 88,367 | 85,905 |
| | <u>20,106</u> | <u>118,367</u> | <u>138,473</u> | <u>112,931</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

4 Income from other trading activities

| | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|--------------------------|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Events and other income | 56,138 | - | 56,138 | 31,416 |
| Membership subscriptions | 40,292 | - | 40,292 | 40,500 |
| Direct marketing income | 5,368 | - | 5,368 | 3,828 |
| | <u>101,798</u> | <u>-</u> | <u>101,798</u> | <u>75,744</u> |

5 Investment income

| | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|--|-------------------------------------|-----------------------------------|-----------------------------|-----------------------------|
| Interest receivable | 720 | - | 720 | 396 |
| Other income from fixed asset investments | 2,612 | - | 2,612 | 4,563 |
| | <u>3,332</u> | <u>-</u> | <u>3,332</u> | <u>4,959</u> |

6 Expenditure on raising funds

| | Allocated support costs £ | Total 2024 £ | Total 2023 £ |
|--|--|-----------------------------|-----------------------------|
| Costs of generating donations and legacies | <u>82,020</u> | <u>82,020</u> | <u>78,320</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

7 Expenditure on charitable activities

| | Activity undertaken directly £ | Activity support costs £ | 2024 £ | 2023 £ |
|---|---|--------------------------------|----------------|----------------|
| Staff costs | 232,159 | 13,159 | 245,318 | 292,565 |
| Rent | - | - | - | 1,917 |
| Direct project costs | 13,684 | - | 13,684 | 11,647 |
| Office costs, repairs and maintenance | - | 2,758 | 2,758 | 3,094 |
| Donations | 1,050 | - | 1,050 | 1,152 |
| Insurance | - | 3,586 | 3,586 | 2,225 |
| Advertising | 8,968 | 6,726 | 15,694 | 15,769 |
| Marketing and communications including Step Forward Publication costs | 13,086 | - | 13,086 | 11,362 |
| Travel and subsistence | 5,816 | 1,543 | 7,359 | 19,197 |
| Telephone | 6,216 | 7,286 | 13,502 | 12,441 |
| Postage and stationery | 1,754 | 4,281 | 6,035 | 6,359 |
| Staff training and recruitment | 1,636 | 818 | 2,454 | - |
| Legal and professional | 796 | 1,195 | 1,991 | 4,041 |
| Depreciation | 3,599 | 3,599 | 7,198 | 9,562 |
| Bank charges | - | 845 | 845 | 1,203 |
| Governance costs (note 8) | - | 8,630 | 8,630 | 12,944 |
| | <u>288,764</u> | <u>54,426</u> | <u>343,190</u> | <u>405,478</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

8 Analysis of governance and support costs

Governance costs

| | Total 2024 £ | Total 2023 £ |
|------------------------------------|-----------------------------|-----------------------------|
| Staff costs | - | 743 |
| Audit and accountancy fees | 5,222 | 9,120 |
| Trustees remuneration and expenses | 486 | - |
| Legal and professional fees | 245 | - |
| Other governance costs | <u>2,677</u> | <u>3,081</u> |
| | <u>8,630</u> | <u>12,944</u> |

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charitable company during the year.

During the year, 1 trustee was reimbursed for reasonable travel expenses totalling £486 (2023: £1,318 to 1 trustee).

10 Staff costs

The aggregate payroll costs were as follows:

| | 2024 £ | 2023 £ |
|--|-------------------|-------------------|
| Staff costs during the year were: | | |
| Wages and salaries | 246,626 | 296,555 |
| Social security costs | 10,202 | 16,389 |
| Pension costs | <u>5,478</u> | <u>6,686</u> |
| | <u>262,306</u> | <u>319,630</u> |

The monthly average number of persons (including senior management / leadership team) employed by the charitable company during the year expressed by head count was as follows:

| | 2024 No | 2023 No |
|----------------------|--------------------|--------------------|
| Administrative staff | <u>16</u> | <u>19</u> |

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the 2 members of staff forming the key management personnel of the charitable company were £74,651 (2023 - £77,320).

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

11 Tangible fixed assets

| | Furniture and equipment £ | Computer equipment £ | Total £ |
|-----------------------|--|-------------------------------------|--------------------|
| Cost | | | |
| At 1 April 2023 | 43,221 | 17,274 | 60,495 |
| Additions | <u>4,524</u> | <u>-</u> | <u>4,524</u> |
| At 31 March 2024 | <u>47,745</u> | <u>17,274</u> | <u>65,019</u> |
| Depreciation | | | |
| At 1 April 2023 | 29,726 | 15,998 | 45,724 |
| Charge for the year | <u>9,549</u> | <u>1,249</u> | <u>10,798</u> |
| At 31 March 2024 | <u>39,275</u> | <u>17,247</u> | <u>56,522</u> |
| Net book value | | | |
| At 31 March 2024 | <u>8,470</u> | <u>27</u> | <u>8,497</u> |
| At 31 March 2023 | <u>13,495</u> | <u>1,276</u> | <u>14,771</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

12 Fixed asset investments

Other investments

| | Unlisted investments £ | Total £ |
|--------------------------|------------------------------|-----------------|
| Cost or Valuation | | |
| At 1 April 2023 | 142,945 | 142,945 |
| Revaluation | 76 | 76 |
| Disposals | <u>(62,624)</u> | <u>(62,624)</u> |
| At 31 March 2024 | <u>80,397</u> | <u>80,397</u> |
| Net book value | | |
| At 31 March 2024 | <u>80,397</u> | <u>80,397</u> |
| At 31 March 2023 | <u>142,945</u> | <u>142,945</u> |

13 Debtors

| | 2024 £ | 2023 £ |
|----------------|---------------|---------------|
| Trade debtors | 23,586 | 32,040 |
| Prepayments | - | 5,760 |
| Accrued income | <u>14,010</u> | <u>10,000</u> |
| | <u>37,596</u> | <u>47,800</u> |

14 Creditors: amounts falling due within one year

| | 2024 £ | 2023 £ |
|------------------------------------|---------------|---------------|
| Trade creditors | 16,523 | 7,822 |
| Other taxation and social security | - | 2,978 |
| Other creditors | 853 | 2,030 |
| Accruals | 10,980 | 12,100 |
| Deferred income | <u>1,917</u> | <u>4,000</u> |
| | <u>30,273</u> | <u>28,930</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

| | 2024 | 2023 |
|--|----------------|----------------|
| | £ | £ |
| Deferred income at 1 April 2023 | 4,000 | 4,000 |
| Resources deferred in the period | 1,917 | 4,000 |
| Amounts released from previous periods | <u>(4,000)</u> | <u>(4,000)</u> |
| Deferred income at year end | <u>1,917</u> | <u>4,000</u> |

The charity has received income from a number of benefactors who have stipulated that the funds are provided on the condition that they are used over a specific period of time.

Grants and donations received which have these conditions attached are held as deferred income until the charity has met the criteria, at which point it is then entitled to recognise this money as income received in the statement of financial activity (SOFA).

15 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

| | 2024 | 2023 |
|----------------------------|--------------|--------------|
| | £ | £ |
| Other | | |
| Within one year | 550 | 550 |
| Between one and five years | <u>802</u> | <u>1,352</u> |
| | <u>1,352</u> | <u>1,902</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

16 Funds

Current year:

| | Balance at 1 April 2023 £ | Incoming resources £ | Resources expended £ | Transfers £ | Other recognised gains/(losses) £ | Balance at 31 March 2024 £ |
|---|---------------------------------|----------------------------|----------------------------|----------------|--|--|
| Unrestricted funds | | | | | | |
| General fund | 170,967 | 125,234 | (165,014) | (119,966) | 76 | 11,297 |
| Restricted | | | | | | |
| Support and Connect Glasgow | 9,581 | - | - | - | - | 9,581 |
| Training to be Amputee | - | 34,897 | (18,703) | - | - | 16,194 |
| Iraqi Project | 61,103 | - | (19,856) | - | - | 41,247 |
| Amputee Carer Transitions | - | 14,010 | - | - | - | 14,010 |
| Amputee Learning Hub | - | 19,860 | (6,535) | - | - | 13,325 |
| Support and Connect Outreach Project | 10,291 | 19,600 | (149,857) | 119,966 | - | - |
| Peer Support Project | 43,821 | 30,000 | (65,243) | - | - | 8,578 |
| Total restricted | <u>124,796</u> | <u>118,367</u> | <u>(260,194)</u> | <u>119,966</u> | <u>-</u> | <u>102,935</u> |
| Total funds | <u>295,763</u> | <u>243,601</u> | <u>(425,208)</u> | <u>-</u> | <u>76</u> | <u>114,232</u> |

Prior year:

| | Balance at 1 April 2022 £ | Incoming resources £ | Resources expended £ | Transfers £ | Other recognised gains/(losses) £ | Balance at 31 March 2023 £ |
|---|------------------------------------|----------------------------|----------------------------|----------------|--|--|
| Unrestricted funds | | | | | | |
| General fund | 366,960 | 99,529 | (170,426) | (119,000) | (6,096) | 170,967 |
| Restricted | | | | | | |
| Support and Connect Glasgow | 9,581 | - | - | - | - | 9,581 |
| Support Connect Hub Project | - | 93,095 | (212,095) | 119,000 | - | - |
| Iraqi Project | 105,576 | - | (44,473) | - | - | 61,103 |
| Support and Connect Outreach Project | 9,281 | 1,010 | - | - | - | 10,291 |
| Peer Support Project | 100,625 | - | (56,804) | - | - | 43,821 |
| Total restricted funds | <u>225,063</u> | <u>94,105</u> | <u>(313,372)</u> | <u>119,000</u> | <u>-</u> | <u>124,796</u> |
| Total funds | <u>592,023</u> | <u>193,634</u> | <u>(483,798)</u> | <u>-</u> | <u>(6,096)</u> | <u>295,763</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

The specific purposes for which the funds are to be applied are as follows:

Support and Connect Glasgow Fund

To support a range of projects that will be developed for the benefit of patients and their families attending the West of Scotland Mobility and Rehabilitation Centre, Glasgow.

Support Connect Hub Project

To provide amputees with a group peer networking opportunity where they can meet with others, to share their experiences and improve their rehabilitation and recovery. The Hub project offers monthly informal drop-ins for information, support and connectivity. The Hub project key aims are to reduce the isolation that amputees experience, improve amputees' knowledge regarding recovery and life after limb loss and introduce amputees to activities and other experiences to improve their well-being and quality of life.

Training to be Amputee Project (place-based in Essex)

An LA Amputee Learning Hub initiative. To develop and deliver a local bespoke learning programme for amputees and their families which helps to empower and support amputees who may be struggling. The programme addresses key topics relevant to those within the early days of their limb loss (and at pre-amputation) with the aim of educating and empowering their rehabilitation pathway and tackling health inequalities for many who are experiencing limb loss.

Legacy - Iraqi Support and Inclusion Project

This legacy gift is restricted to 'supporting Iraqi amputees, where at all possible'. The LA will initially aim to ensure that its services are fully accessible to Iraqi amputees and their families living in the UK, including peer support. We will aim to engage with and learn about this community to understand and scope its specific challenges with a view to determining further support and strategies according to the need identified and aligning with LA objects.

Amputee Carer Transitions

Amputee Carer Transitions (ACT) is a programme dedicated to addressing and meeting the needs of amputee carers. Increasing visibility of this group, improving access to information, support, peer networking and development opportunities. Leading to amputee carers being more informed and more resilient to support their loved ones in their (life) long and challenging rehabilitation.

Amputee Learning Hub

To develop and deliver a national programme of learning for amputees and their families. Peer led activities will be delivered online and in person aiming to improve knowledge of the rehabilitation pathway and address health inequalities. Activities will include the LA's Virtually Speaking thematic sessions and regional Lunch and Learn events.

Support and Connect Outreach Project

To expand Limbless Association outreach support in NI. To develop a Northern Ireland outreach programme based on the model already established in England and Wales and raise awareness of the charity providing amputees and their families with improved access to LA services. A dedicated Outreach Coordinator based in NI has been recruited.

Peer Support Project

The LA's Volunteer Visitor network offers peer mentoring and support to individuals and their families. LA Volunteer Visitors are experienced amputees (of two or more years) who offer to support more recent amputees and those pre-amputation. This national peer-to-peer support provides recent amputees with practical advice and information relating to limb loss from someone with lived experience who can understand the difficulties they are facing.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

Transfers between funds

The transfer of funds of £119,966 to the Support Connect Hub Ireland is a decision made by the trustees to fund its activities from unrestricted reserves.

17 Analysis of net assets between funds

| | Unrestricted funds £ | Restricted funds £ | Total funds at 31 March 2024 £ |
|-------------------------|----------------------------|--------------------------|---|
| Tangible fixed assets | 8,470 | 27 | 8,497 |
| Fixed asset investments | 13,837 | 66,560 | 80,397 |
| Current assets | 19,263 | 36,348 | 55,611 |
| Current liabilities | (30,273) | - | (30,273) |
| Total net assets | <u>11,297</u> | <u>102,935</u> | <u>114,232</u> |

| | Unrestricted funds £ | Restricted funds £ | Total funds at 31 March 2023 £ |
|-------------------------|----------------------------|--------------------------|---|
| Tangible fixed assets | 13,495 | 1,276 | 14,771 |
| Fixed asset investments | 142,945 | - | 142,945 |
| Current assets | 43,457 | 123,520 | 166,977 |
| Current liabilities | (28,930) | - | (28,930) |
| Total net assets | <u>170,967</u> | <u>124,796</u> | <u>295,763</u> |

18 Related party transactions

During the year the charitable company made the following related party transactions:

Judkins Solicitors

(One of the trustees is the owner)

During the year, legal panel donations of £3,983 (2023: £5,000) were received. At the balance sheet date the amount due from Judkins Solicitors was £9,833 (2023 - £15,000).

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2024

19 Prior year Statement of Financial Activities

| | Note | Unrestricted £ | Restricted £ | Total 2023 £ |
|------------------------------------|------|-----------------------|-----------------------|-----------------------|
| Income and Endowments from: | | | | |
| Donations and legacies | 3 | 18,826 | 94,105 | 112,931 |
| Other trading activities | 4 | 75,744 | - | 75,744 |
| Investment income | 5 | 4,959 | - | 4,959 |
| Total income | | <u>99,529</u> | <u>94,105</u> | <u>193,634</u> |
| Expenditure on: | | | | |
| Raising funds | 6 | 78,320 | - | 78,320 |
| Charitable activities | 7 | 92,106 | 313,372 | 405,478 |
| Total expenditure | | 170,426 | 313,372 | 483,798 |
| Gains/losses on investment assets | | <u>(6,096)</u> | <u>-</u> | <u>(6,096)</u> |
| Net expenditure | | (76,993) | (219,267) | (296,260) |
| Transfers between funds | | <u>(119,000)</u> | <u>119,000</u> | <u>-</u> |
| Net movement in funds | | (195,993) | (100,267) | (296,260) |
| Reconciliation of funds | | | | |
| Total funds brought forward | | <u>366,960</u> | <u>225,063</u> | <u>592,023</u> |
| Total funds carried forward | 16 | <u><u>170,967</u></u> | <u><u>124,796</u></u> | <u><u>295,763</u></u> |

LIMBLESS ASSOCIATION

England & Wales - Charity number 803533

Accounts

REGISTERED COMPANY NUMBER: 02487661 (England and Wales)
REGISTERED CHARITY NUMBER: 803533

Trustees' Report and
Unaudited Financial Statements
for the Year Ended 31st March 2023
for
Limbless Association

Hentons
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Limbless Association

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for the Year Ended 31st March 2023

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Limbless Association
Trustees' Report
for the Year Ended 31st March 2023

(For the purposes of Section 8 of the Charities Act 2011 and Directors' Report for the purposes of Section 417 of the Companies Act 2006)

The Trustees present their annual report and financial statements for the year ended 31 March 2023. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) (issued in October 2019).

Review of the financial year 1st April 2022 to 31st March 2023.

The Charity Background

The Limbless Association (LA) is a registered charity that was originally established in 1983. Since then, it has grown to become a leading UK charity for people with limb loss. The LA was incorporated in 1990 and it was granted charitable status in Scotland on 18 April 2011 (Charity registration Nos. 803533 and SCO42256).

The Limbless Association began life as a campaigning organisation whereby it aimed to champion access to better levels of rehabilitation for civilian amputees. The charity was for several years based in south-west London, at Queen Mary's Hospital, Roehampton (The Douglas Bader Rehabilitation Centre). This was the first-ever prosthetic centre in the UK (built in 1915) and is still regarded as a centre-of-excellence for prosthetic treatment and rehabilitation. Driven by the need of growing civilian amputee numbers, the charity's focus developed into that of support provider.

The LA was formed by amputees and continues to this day to be a user led charity with the majority of its trustees, volunteers and several of its staff team having experienced limb loss. This wealth of lived experiences helps inform and shape the charity's aims and services.

We believe in a world where *No Amputee Need Cope Alone*

Losing a limb at any age and for whatever reason is a frightening and potentially isolating experience. While we recognise that clinical services have developed immeasurably during the lifetime of the charity, holistic support *beyond the clinic room* remains inadequate. The hundreds of amputees we support each year are very well cared for in an acute care setting. However, they struggle to navigate the challenges of living life with limb loss particularly in the first few weeks, months and years after amputation. The Limbless Association (LA) provides advice, information, support and connectivity to and for the limb-loss community. The LA aims to support people of all ages and backgrounds through a variety of programmes and services, offering an early intervention approach to individuals of any age, whether they are about to have an amputation, are already living with congenital limb impairment or acquired limb-loss. Lack of information about and along the rehabilitation pathway is emphatically highlighted by our service users and members. We also offer assistance, support and information to carers, family members and friends. We exist to support all amputees and where appropriate will work closely with other UK charities, agencies and services to realise the best possible outcomes for each individual in order to meet their needs and empower them to progress along the rehabilitation pathway.

We provide a national association of friends and contemporaries through the Limbless Association membership, currently free to all amputees and limb impaired persons of 18 years and over. Parents of younger amputees may join as a parent/guardian member. The Limbless Association is recognised across the sector and beyond as a leading civilian limb loss support charity. The LA continues to strengthen its national strategic involvement, aiming to support and champion a collective voice for the UK limb loss community across a range of topics and issues.

The Limbless Association continues to be supported by its members, friends, private donors, funders, Trusts and corporate sponsors. We are enormously grateful for their generosity and support without which we couldn't deliver the vital work we do. The Limbless Association is privileged and humbled to have been so generously remembered with continued legacy and in memoriam donations. We owe a debt of gratitude to all our supporters who enable the charity to continue to develop and offer its services to amputees at no cost. **Thus ensuring that no one is ever without the information and support they need at whatever stage of their limb loss and regardless of their ability to pay, whenever that support is needed. We believe in a world where *no amputee need cope alone.***

Limbless Association

Trustees' Report
for the Year Ended 31st March 2023

Supporting Lives Beyond Limb Loss

Our Aim

To enable people in the United Kingdom of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Our Mission

To support and empower all amputees to lead independent and fulfilled lives.

Our Vision

A world where amputees of all ages are not disadvantaged by their disability and able to achieve rehabilitation and independence in hospital, home, education, employment and the community.

OUR GOALS

- Offer excellent advice, information and support to amputees, their relatives, carers and friends at all stages of limb loss.
- Identify gaps in service provision and develop projects to meet the needs identified.
- Increase membership, volunteer and supporter numbers nationwide to maximise our collective voice.
- Listen to, engage with and influence our stakeholders.
- Increase organisational reach to those in need of LA services.
- Lead on strategic representation and influencing at local and national levels.
- Support medical research in areas of prevention, service improvement and prosthetics.
- Deliver an ambitious programme of activity to grow our income to ensure continuity and development of our services.
- To raise the profile of the charity as a major champion of the limb loss community

OUR VALUES

RESPECT

We treat people as individuals and how we would wish to be treated ourselves

INTEGRITY

We do the right thing, not the easy thing – even if it takes more time and effort

DIVERSITY

The LA embraces, encourages and celebrates diversity and strives to be inclusive in all aspects of its work

ACHIEVEMENT

The LA will support its members, volunteers and staff to enable them to develop and thrive as individuals and as a team encouraging resilience and adaptability

EXCELLENCE

We don't settle for OK; we are determined to ensure quality in all our activities and aim to achieve more

PROFESSIONALISM

Our services and projects will be developed and delivered with high levels of competence, efficiency and quality at their heart

ASPIRING

The LA will be optimistic in its outlook and aspirational in all areas of the support it offers and looks to develop; practical and holistic interventions.

TRUSTWORTHY

We will develop stakeholder relationships and endeavour to be considered a reliable, consistent and competent partner by the limb loss community and our funders.

Limbless Association
Trustees' Report
for the Year Ended 31st March 2023

A message from LA Chair of Trustees, David Rose

In general terms, over the last year life has returned to something like normality. The day to day challenges of our lives beyond limb loss is, I would suggest, back to how it was before the events of 2020 impacted on the world. However, we are very mindful of the need to ensure that the services that we deliver are as flexible as possible. Whereas we are now looking to re-establish some of our face-to-face connect and support hubs, we will still provide the personal support of our Volunteer Visitor programme on a virtual basis.

Our Volunteer Visitor peer mentoring programme provides vital one-to-one support for individuals both pre- and post-amputation who require practical information and emotional support through their limb loss journey. It is therefore essential that this service continues to be as accessible as possible to those people who need it.

As will be shown in the financial report for the year ending on 31 March 2023 our financial position has moved to an operational deficit. We are fortunate to be in a position where we have reserves to meet this deficit, but we are always looking to make the best use of the financial resources available to the charity. 2022/2023 saw income fall compared to the previous year and this is due to several compounding reasons. While no income source is guaranteed, the LA has been the beneficiary of significant legacy gifts over the years and over the last two years we've seen this source considerably reduce. The ongoing cost of living crisis has also impacted income from general donations and we are aware that many of our supporters have been adversely affected. These are incredibly challenging times for individuals, businesses and charities.

Our high reserves levels for two years have also been prohibitive in funding being awarded from some grant making trusts. This income generating opportunity has also become more competitive due to the challenges of donor fundraising. Due to the increased demands on the charity's services as well as the growing project developments expenditure rose as further resourcing was agreed and undertaken across several areas of activity. Investments to support service growth continued relating to HR and capital resourcing including the LA website and digital communications, database, IT and data protection. This is enabling the charity to support increasing numbers of beneficiaries, ensure compliance across our services and continue to build a credible and valued brand.

This financial period ended with the charity reporting a deficit due to this significant commitment to investing in LA services. The deficit is also due to the timing of receipt and expenditure of restricted grant funding income. The LA's Volunteer Visitor project received funding just prior to the onset of the pandemic and initial phase developments had been suspended while the pandemic crisis unfolded and this had meant an underspend on the project in 2020/21 and into 2022. In 2021 through to 2023, progress on this project advanced with the delayed recruitment of the project team. At the end of the financial period 2022/23 despite the deficit, the charity had maintained a reserves position at a level of over 7 months current expenditure.

Our successes achieved during the past year have again principally been achieved by the excellent work of the LA's staff and I would wish to record my appreciation and thanks for their excellent work. A successful charity needs a great staff team under the leadership of our dedicated CEO, enthusiastic and motivated volunteers, and a committed trustee board to ensure good governance. As I reported last year, the LA is fortunate to be still blessed with all three of these key factors.

As in previous years, I would also like this opportunity to express my personal thanks to my fellow trustees for their support in my role of Chair of the charity during the past twelve months.

In November 2023 we celebrated a very significant landmark - the LA's 40th Anniversary! We have seen so much change in the world during these four decades. I have a personal interest in this subject as I experienced my limb loss in 1979, four years prior to the establishment of the then National Association for Limbless Disabled – the Limbless Association's original name.

In 1983, the delivery of prosthetic services in the UK was very different to what we have available today. There were many inadequacies and there was an urgent need for change. Our inaugural chair, the inspirational Sam Gallop, was at the forefront of advocating for the improvements that were so desperately needed at that time. The following year, the government asked Professor Lord Ian McColl to undertake a review of prosthetic services and his subsequent report did change the world for the limb loss community in the UK. The improvements we perhaps now take for granted are thanks, in no small part, to the work of this charity in our early years.

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The LA has continued to be at the forefront of providing direct support to the limb loss and limb difference community during the past forty years and I cannot conceive of a circumstance where this will change as we look to the future. We were founded to meet the otherwise unmet need that people living with limb loss have to face every day of their different lives. During the past year the new Volunteer Visitor Service continues to go from strength to strength. We now have 84 trained, committed and supported VVs with another 15 volunteers currently in the VV recruitment process.

I conclude by acknowledging that we have all had to face some difficult times since 2020. Collectively, we have come through this by working together to meet these challenges. As we celebrate the LA's 40th Anniversary, I can't help but wonder where the past four decades have gone. The work of the LA continues and we need to be here for now and the future to ensure that *no amputee need cope alone* with the multiple and complex challenges they and their families face.

David Rose, Chair of Trustees, Limbless Association

Recognition, condolences and celebration of Sam Gallop MBE – Founding member and inaugural Chair of the Limbless Association

We were extremely saddened to hear of the passing of Sam Gallop in 2023. Sam was an extraordinary man who led an equally extraordinary life. We are eternally grateful for his dedication to the development of the LA and his continued championing of the cause throughout his life. Sam was a RAF spitfire pilot in the Second World War and he experienced the loss of both legs. Sam was concerned that although there was a good support structure available for military service personnel who had experienced limb loss, there was nothing out there for civilian amputees. He was a visionary character and he decided to do something about the lack of any meaningful support structure for civilian amputees away from the hospital environment, and the prosthetic limb centres. So forty years ago the National Association for Limbless Disabled was formed. In those early years, the charity was a campaigning and lobbying organisation, without the service delivery focus of today's LA. Sam was a very effective advocate for change and he lobbied and campaigned in Parliament for improved prosthetic services for the civilian limb loss community. Sam's lived an active and full life reaching the grand age of 101. His was truly a life well lived! The Limbless Association wishes to recognise and celebrate Sam's achievements in the sector and wholeheartedly thank him for his work in supporting living well beyond limb loss.

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Charity Achievements 2022 – 2023

Context

We began the financial period 2022 to 2023 with the ongoing impact of the pandemic and its aftermath still very much in the minds and hearts of all. While personally many were feeling positive about the lifting of restrictions and the return to 'normality', the challenges continued in terms of delayed rehabilitation and NHS backlogs. For many of our community who had been isolating due to their health, they continued to progress with caution. For those who'd been significantly affected by the virus through illness or loss, the challenges to resume life as it was pre-March 2020 would be significant and take time. Having worked closely with NHS centres and hospitals pre-pandemic we were keen to resume our onsite support however, the NHS continued to operate with Covid precautions until March 2023 this included mask wearing and carefully managing patient/visitor numbers. While we were able to connect individually with clinicians in terms of building referrals into our service user pathway, it wasn't possible to resume the LAs Support and Connect Hubs during this period. This was disappointing for our team as we knew how much those we'd supported remotely and virtually wanted to meet and connect again. For those who'd acquired their amputations during the pandemic, as well as little access to rehabilitation services this group had also had no opportunity to meet in person with peers. Rehabilitation services that resumed operated on a one in and one out basis. Having developed and delivered a consistent and valued online support offer throughout the pandemic, the charity continued to support and connect successfully via this medium. Weekly Hub Chats, regular Virtually Speaking thematic events and our new user designed and innovative Training to be an Amputee programme provided multiple opportunities for amputees to access virtual support and connectivity.

After the temporary suspension of the new Volunteer Visitor programme due to the early challenges of the pandemic, the project team were eventually recruited and following a development and planning phase 2022/23 saw developments advance at pace. The charity had embraced remote working and the virtual environment that saw the VV team able to develop online training and development opportunities for over 80 volunteers, a peer support volunteering community that continues to grow. The new services continue to develop and grow as through our outreach programme we extend our service reach to key stakeholders that includes clinicians and professionals working with amputees.

Having relocated our office to the Essex Prosthetics Centre at Mayflower Community Hospital, Billericay 2022/23 saw us settle into our new home and forge ever stronger relationships with centre staff. Coproduction opportunities continue to be explored and supported to ensure that MCH patients have access to practical and emotional support services the LA can offer. Support that exists to help amputees navigate life *beyond the clinic room*. Our onsite Support and Connect Hubs have recommenced and in the summer of 2022 the charity had the exciting new opportunity to run the MCH tea bar – since designated as the LA Kitchen. Here the LA is able to have a visible presence in the MCH reception area where our team offer refreshments, advice and support to those waiting for prosthetics appointments. We're enormously grateful to Sue Patterson, Centre Manager, and her team, for championing this progressive development and to NELFT NHS Foundation Trust. We look forward to building even stronger bonds to ensure to continue our aim of ensuring amputees and their families have access to holistic support - clinical, practical and emotional.

The charity has been fortunate to be in a position to designate reserves to navigate the challenges of the pandemic and support the growing needs of our national community through ongoing expansion and improvement of services. However, it has not been immune to the external challenges and their impact. The increased need for our services due to the limited clinical access during the pandemic and beyond together with the onset of the cost of living crisis, this has without doubt continued to be an incredibly difficult and intensely busy period. Many of those we support face multiple challenges; emotional, physical, mental health, financial. Lives have been changed forever and the building blocks of recovery can seem relentless and unattainable. Those who access our services in the early stages of limb loss (or pre-amputation) are confused, frightened and vulnerable.

Despite the respective challenges faced by many, we have been overwhelmed by the support of the LA community. Our loyal members, our wonderful volunteers and fantastic fundraisers have all played a key role in the progress the charity has made in recent years. We wholeheartedly thank them all. The LA is also very fortunate to have an incredibly loyal and passionate volunteering community, Trustees and staff team who despite the challenges of the crisis have worked with commitment and energy. For their invaluable contribution we're extremely grateful.

OBJECTIVES AND ACTIVITIES

Limbless Association Activity Review 2022/23

Through our multi-stakeholder engagement – service users, members, volunteers, sector professionals - we know that there continues to be a gap in the support available to amputees in the rehabilitation pathway. Those experiencing limb loss must navigate multiple and complex challenges through a rehabilitation process that can be long and overwhelming. The negative impact on physical, emotional and mental health wellbeing is considerable and requires a range of strategies and interventions *beyond the clinic* room to optimise rehabilitation outcomes. Members, service users and their families tell us that there is a lack of information at all stages of the early rehabilitation pathway. The Limbless Association's developing services and projects aim to work collaboratively with clinical teams to fill the gaps where additional non-clinical support is needed to realise optimum rehabilitation outcomes. Central to the LA's work is supporting amputees to rebuild lives in order for individuals and their families to thrive beyond limb loss. The LA is a user led charity with its aims and work being informed and shaped by those with lived experience; our members, volunteers, service users and many of our staff team. We consult, we listen, we respond, we innovate.

Strategic Representation and Engagement

As a user led charity, the Limbless Association has since its inception represented the limb loss community in national and local strategic forums, recognised as the leading civilian charity in the UK supporting those affected by limb loss and limb impairment. It is a privilege for us to build on this heritage and continue to be involved in this important area of work that enables us to represent the collective voice of our members, service users and the wider limb loss community. This work also provides us with the opportunity to ensure that we build relationships with key sector decision makers and influencers.

The charity is a member of and attends the following groups:-

IC2A; Member of the PIP Policy Forum; Rehabilitation and Disability CRG; Prosthetics Review Steering Group; Prosthetics Review Clinical Working Group (Service Specification); East of England Trauma Network; Trauma East Voices; APIL – Alliance for Injured People; Specialised Healthcare Alliance; Chelmsford Area Access Group (CAAG). Community Rehabilitation Alliance England (Chartered Society of Physiotherapists); Cornwall Amputee Pathway Group.

Partnerships

The Limbless Association continues to forge clinical and professional partnerships across the sector. We are building strong relationships with NHS partners in acute care, surgical and rehabilitation settings. We are also fortunate to be supported by private sector providers. The LA Limb Loss Legal Panel ensures the LA community is supported by an incredibly proactive and engaged legal panel of experts. Increased awareness of our services continues to realise a growth in related sector referral partners that include case managers, social prescribers and community navigators.

The benefits of partnership working can be clearly demonstrated through our outreach work with the rehabilitation centres and specifically with our developments at Billericay, Bristol, Manchester, Hull, Cardiff, Swansea, Preston, Leeds, Birmingham, Belfast, Gillingham and Wolverhampton with the delivery of LA Helpdesks and Hubs.

Where there are collaborative opportunities with other charities in our sector, we aim to support these for the benefit of the limb loss community. We also consult with and learn from non-sector charities operating in the field of frontline support in the disability and healthcare sector.

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Research

The LA is keen to support medical research in areas of prevention, service improvement, surgical advancement and prosthetics. We are passionate about the need for patient centred research across the limb loss sector. We are approached by many researchers requiring support, either organisational or member participation, and will always support where we feel it's appropriate and if we're able to do so in terms of those projects that might best serve our community.

The following are projects that we're supporting in 2023/24.

Research projects the LA is currently supporting:

PLACEMENT

Research Lead – Dave Bosanquet, Vascular Consultant, Aneurin Bevan UHB collaborating with Cardiff University.
Aim: Improvement of post operative pain management for amputees.

DUSTER

Research Lead - Ankur Thapar, Vascular Consultant, Basildon Hospital (Mid and South Essex Hospital Trust) in collaboration with Anglia Ruskin University.

Re: Proving efficacy (amputation reduction) of screening programme for vascular patients post initial intervention.

HAMLET

Research Lead – George Smith, Vascular Consultant, Hull University Hospital Trust.

Re: Evaluating Quality of Life Outcomes for Through Knee Amputation compared to Above Knee Amputation.

LA Services and Projects

We aim to ensure that NO AMPUTEE NEED COPE ALONE

Our strategic review and developments in 2017 and reviewed ratification in 2021 have driven the charity's service and project developments of recent years. Our early intervention approach and supporting best lives beyond limb loss remains very much at the centre of our mission. Once discharged from hospital and quite often before, dealing with the practical and emotional impact of limb loss - short, mid and longer term - is a complex and very personal unpredictable journey for the individual and their families. It can be difficult to look and move forward with hope and optimism. Just contemplating a life after amputation can be just too overwhelming. We believe that the LA's services and innovations can offer a comprehensive support solution that compliments the clinical pathway and in so doing supports amputees, their families and the medical teams caring for them. As we progress we aim to be practical, responsive and innovative with our service and resource development to truly reflect and fulfil the needs of those experiencing such life changing circumstances. Four core strands of activity have been identified to support our aims in providing non-clinical support pre-and post-amputation:

> **INFORMING** > **ADVISING** > **SUPPORTING** > **CONNECTING** >

Informing

We are working hard to ensure that we continue to be informed about rehabilitation service provision and developments so that we can guide, signpost and update across a breadth of topic and query. Improving widespread accessibility to important early information is paramount to our strategic and operational aims.

Advising

We are developing our advisory capabilities and capacity by growing our expertise and ensuring professionalism together with protocol is integral to strengthening this vital area of our work.

Supporting

We are developing projects and programmes that will offer practical and holistic support. This is an exciting area of work and we will continue to collaborate with our members and other stakeholders to identify their needs and how our future plans can support them.

Connecting

We will continue to raise awareness of the issues and raise the profile of the LA as a champion of those issues. We will seek multi-stakeholder engagement opportunities and we will continue to develop and deliver our own programme of events aimed at bringing together amputees and sector professionals for shared learning (informing, advising, supporting) and networking opportunities.

OUR SERVICES, SUPPORT AND ACTIVITIES

LA HELP DESK – Advice, Information and Signposting

The LA provides first contact support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We have increased our resourcing of the helpdesk and continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation. With the challenges in social care provision and on-discharge community support we're experiencing increasing numbers of amputees contacting our helpline who present with ever more complex issues. As a small charity with limited resources this is an ongoing challenge in terms of the limitations of our resources and capacity. During this period our team have directly supported almost 3000 amputees and family members. While our support targets new amputees we are also supporting significant numbers of those who are all at varying stages of the limb loss pathway.

LA Information Resources

Lack of information in the early stages of limb loss is a common issue that's raised by amputees and their families. Having awareness of and access to support beyond clinical care is essential to ensure that those affected can be better informed and more holistically supported. The LA produces a range of resources including service specific posters and leaflets that are distributed to all UK rehabilitation centres, vascular and trauma departments. Many of these departments produce their own patient information packs in which LA resources are included. If appropriate to the individual concerned we also signpost to the LA's website which contains a comprehensive dedicated resource area as well as more detailed information about the services we are able to offer. www.limbless-association.org LA literature is also distributed at our outreach Hubs and Helpdesks as well as at the various sector events we attend across each year.

LA SUPPORT AND CONNECT OUTREACH PROJECT

Key aims:

- Reduce the isolation that amputees experience
- Improve amputees' knowledge regarding recovery and life after limb loss
- Build a local and regional peer community.
- Introduce amputees to activities and other experiences to improve their wellbeing and quality of life
- Provide development and employability opportunities for amputees through volunteering pathways and development opportunities.

Key outreach activities:

- Regular in person Hub sessions
- Online Hub Chats
- Virtually Speaking online thematic events
- LA Helpdesks (onsite at rehabilitation centres)
- Referring to LA Services Support
- Signposting to LA resources; website, StepForward magazine, podcasts, social media
- Signposting to local agencies (needs appropriate)
- Welfare calls (one to one support)
- Delivering and attending local and regional engagement opportunities
- Represent the LA at local and regional level (sector and related)

The LA's Support and Connect outreach project was launched in 2018 at Harold Wood Long Term Conditions Centre. In 2019 the project developed further and by early 2020 outreach Hubs in Essex, Bristol, Manchester and Hull were established and team members had been recruited. However, the onset of the pandemic in March 2020 saw the delivery and further development of face to face outreach engagement suspended. This remained the case until the autumn of 2022. At this time the NHS was still operating strict infection control rules however, in some centres the LA was invited back to reestablish outreach activities.

In autumn 2022, the LA was operating Helpdesks in rehab centres in Bristol, Swansea, Preston and Birmingham. New Support and Connect Hubs were launched at non-NHS venues in Cardiff and Corringham, Essex. In early 2023 Helpdesks were established in Manchester and Selly Oak, West Midlands. At the time of writing the LA is delivering helpdesks at centres in Cardiff, Swansea, Preston, Selly Oak, Leeds, Wolverhampton, Gillingham. Support and Connect Hubs are held in Cardiff, Belfast, Billericay, Manchester, Bristol and Corringham. We are in discussions with other centres with the aim of extending the LA's outreach support programme.

The LA has continued to grow this project and now has 7 outreach team members supporting across the UK, including Wales and more recently Northern Ireland. All the team are amputees and bring their lived experience to this vital outreach support role. We must acknowledge and thank National Lottery Awards for All England, Wales and Northern Ireland for their wonderful support of this project that has enabled us to take our support into local communities, thanks to the generosity of the players of the National Lottery. We would also like to thank Essex Fire Service for supporting the LA with venue space at their training centre in Corringham. It's provided a wonderful place to meet for our Essex based members and service users as well as an opportunity to access some invaluable fire safety information.

While our Support and Connect outreach programme resumed gradually over the course of 2022/23, the LA continued to deliver group support online, with weekly Hub Chats and regular Virtually Speaking thematic sessions hosted by the outreach team. The LA also continued to deliver regular online wellbeing sessions that had proven hugely popular during the pandemic, especially where NHS therapeutic support had been suspended.

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Virtually Speaking, launched in 2020 in response to the pandemic restrictions, has become an integral online service beyond its initial funding period and has continued. This platform offers opportunities for sector professionals to be involved in our work and support our members and service users. It has provided our community with access to expert advice across a range of subject. Participants can hear from and engage with sector experts as well as accessing wellbeing sessions all from the comfort of their own homes. Topics delivered during this period included:

- Getting back to driving after amputation. Presented by HertsAbility.
- Nutrition to support recover and rehabilitation. Presented by Dr Lisa Gatenby
- Socket fit solutions. Ugur Tanriverdi and his Unhindr team at Imperial College presented their research project aiming to solve key socket fit challenges for amputees.
- Direct Socket Transfemoral socket solution. Presented by Ossur Academy.
- Prosthetics Service Review update. Delivered by Carolyn Young, NHSE Direct Programme of Care Manager.
- Upper Limb Solutions. Presented by Ottobock.

“Great to have the chance to hear information from a professional with the chance to ask questions and in response be given facts on a professional level. Great to be given this opportunity in a safe and secure platform as well as virtually socialising with other amputees.”

“The Limbless Association gave me the tools to realise there was life after becoming an amputee.”

We're enormously grateful to the professionals and companies who contributed to the Virtually Speaking programme, providing invaluable insight into key topics together with invaluable Q and A opportunities for our community enabling directly access to expert support.

LA Kitchen at MCH Billericay

In the summer of 2022 the LA had the opportunity to run the small tea bar in the reception area of the Essex Prosthetics Centre at Mayflower Community Hospital in Billericay. The Essex based LA team embraced this opportunity to provide refreshments and face to face support amputees and their families while waiting for prosthetics and rehab appointments. So far the LA has supported 380 people with information and advice as well as connecting them to the peer networking events the charity offers. The Kitchen has enabled the LA to have a visible presence at the centre which has also strengthened clinical relationships with the charity and its services. Going forward we will be creating supported volunteering opportunities at the Kitchen so that the MCH patient community and local LA members can access skills and confidence building opportunities in a peer networking environment.

VOLUNTEER VISITOR – LA PEER TO PEER SUPPORT SERVICE

Limb loss brings unique challenges, so sometimes you need to talk to others who have been through similar experiences. That's the premise of the Volunteer Visitor programme – *amputees supporting amputees*.

“I wish I'd had someone like me to talk to about my traumatic experience when I became an amputee.” LA Volunteer Visitor

We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it's this belief that has driven us to further develop the LA's longstanding peer support offer, Volunteer Visitor. The National Lottery Reaching Communities funding enabled us to realise our vision of creating a robust service model of peer support for the limb loss community.

It is also our passion that our volunteers, who support with their lived experience, have access to the good quality training, development and ongoing support in their roles. The funding has enabled us to provide enhanced volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. Some of our volunteers are motivated by having received and benefited from peer support themselves and others by the fact that they didn't but would have found it valuable. LA Volunteer Visitors are supported with a variety of training, development and peer networking opportunities. Due to the level of training and support, our volunteers are able to offer high quality peer mentoring that both patients and professionals can access and trust.

Due to the pandemic and the initial development phase of the project having been delayed we were granted an extension of the project until March 2023. So this financial period saw the LA's final year of developing and delivering the funded programme.

Key Aims and Developments

Aims

- Support more amputees to fulfil their potential
- Learn about peer support as an intervention
- Evidence outcomes and measure the impact
- Develop a robust service model
- Create a comprehensive peer support training package
- Be used to influence national and local policy relating to amputees
- Develop greater connections with the sector
- Help evidence the need for continued investment in the programme

Developments

- A robust service model of amputee peer support
- A safer recruitment process
- Recruitment, induction and training of over 80 Volunteer Visitors
- Comprehensive volunteer development programme with opportunity to achieve the VV Award
- Peer networking and recognition opportunities for volunteers
- VV service specification and service framework
- Comprehensive policies covering all aspects of the service and volunteering programme
- Project monitoring and evaluation tools to measure and report impact of the project – for service users and volunteers
- VV programme integrated into the LA's Service User Pathway
- New VV resources, including posters and flyers, information videos, social media content and assets and stakeholder presentations
- Raised awareness of the VV programme – peers support and volunteering – through continued promotion to key stakeholders and referrers across the UK.

Key Achievements

- 75 fully trained Volunteer Visitors
- 19 prospective Volunteer Visitors
- 9 trained ambassadors
- 631 referrals to the service
- 684 visits have been delivered
- 41% of referrals made directly from health professionals
- 17% of referrals pre-amputation
- 65% of volunteers have achieved the VV award
- 19% of current VV's previously accessed a visit and have since become a VV

Outcomes for service users

- 67% said that they felt less stressed or anxious following their visit
- 78% said that they felt more connected with other amputees
- 74% said they felt less isolated
- 91% said they felt more supported in their limb loss journey

“My volunteer visit coincided with a period where I was feeling relatively low and quietly resigning myself to wheelchair life. The visit and the enthusiasm of my visitor gave me a real “pick me up” just when I needed it and opened my eyes to the possibilities that are there if I continue to push myself.”

All of those surveyed told us that they would recommend the VV programme to other amputees.

Outcomes for volunteers

- 100% said they felt empowered to support others
- 96% said they felt more confident in their everyday life
- 80% said they felt more supported in their own limb loss journey
- 88% said they felt more connected to the limb loss community

“Being a Volunteer Visitor with the LA is an incredibly rewarding and enriching experience. Not only are you helping others who are going through what is often a hugely daunting and traumatic time, but you learn so much yourself, with the opportunity to develop your own skills further due to the excellent training provided by the LA. I'd recommend it to any amputee wanting to use their experience to give something back to others on their journey through limb loss.”

The Volunteer Visitor programme developments have only been possible with the support of the generous funding from the National Lottery Reaching Communities Fund. We're enormously grateful to the National Lottery and its players for their generous support. This funding is truly changing lives and helping the LA to ensure that *no amputee need cope alone*.

The Power of Peer Support: CPD accredited webinar

Webinar title: The power of peer support in the rehabilitation journey

8th November 2022, 9.30am-12.30pm on Zoom

Hosted and facilitated by the LA and VV teams

Guest Speakers: Angie Hobson, Neil Hopper and Helen Harvey

Agenda

Welcome and introductions

Peer support as part of the rehabilitation pathway – Neil Hopper, Consultant Vascular Surgeon Royal Cornwall Hospital

Peer support in a group setting - Helen Harvey, Clinical Manager, Bristol Centre for Enablement

Expanding access to peer support – breakout workshop

A clinician's experience – Angie Hobson, Amputee Specialist Rehabilitation Psychotherapist

Limbless Association and Volunteer Visitor programme

Volunteer Visitor's experience – service user and volunteer case studies

Group Panel discussion

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Attendee overview

- 68 delegates attended the full peer support webinar – All given the option of CPD certificate with 59 delegates opting to request this.
- 14 attended part of the webinar
- A further 54 who were unable to attend in person were sent the post webinar e-mail and copy of the webinar recording
- Those attending the session included Prosthetists, Orthotists, Physios, OT's, Case managers, Solicitors, ward managers, clinical psychologists, nurses and rehab therapists.

Webinar evaluation of learning outcomes:

- 46.8% of attendees indicated the webinar met their expectations and 45.2% confirmed that the webinar exceeded their expectations.
- 66% advised that they had limited or no knowledge of peer support prior to attending the webinar.
- 93.5% concluded that peer support is a valuable intervention in supporting the patient rehabilitation pathway.
- 87% agreed or strongly agreed that the webinar had improved their knowledge of the benefits of peer support.
- 93% strongly agreed that it had improved their knowledge of how peer support can complement clinical services.
- 90% agreed or strongly agreed the webinar improved their understanding of the positive impact that delivering peer support can have for volunteers.

Participant learner feedback:

“I learned the importance of peer support at all stages. Usually, I only come into contact with someone who has suffered limb loss after the event, what was very interesting to me was the support that was offered pre amputation. I also think it is important to be aware of the local services available.”

“This provided an excellent gateway into a world of support for amputee patients that I had very little awareness of, and I will endeavour to signpost patients to this service with the aim of making their journey far more positive.”

“Peer support wasn't something that I had considered before. Having attended the webinar this morning I am now keen to try and see this embedded in our service as something to signpost our clients to and encourage them to access.”

Lives Beyond Limb Loss: The Power of Peer Support

In June 2023 we had the pleasure of holding an end of project celebration which was sponsored and hosted by Evelyn Partners at their London office. The event was attended by a broad spectrum of our supporters and stakeholders that included professionals and clinicians from across the sector joined by the staff team and of course our guests of honour, a number of our Volunteer Visitors. The LA team presented an overview of the project in terms of developments, key outcomes and future plans. The highlight of the event was hearing from the Volunteer Visitor panel. A group of VVs answered questions about their experiences in the programme. Without their relentless dedication and commitment to their volunteering roles, in terms of training and service delivery, the charity could not have achieved such incredible outcomes. Sincerest thanks to all our Volunteer Visitors and congratulations on their individual and collective achievements. We're enormously grateful to Evelyn Partners without whom such a fitting celebration of this lifechanging project would simply not have been possible. A wonderful afternoon of celebrating lives beyond limb loss.

Volunteer Visitor and LA Chair of Trustees David Rose closed the event and reflected on his involvement in launching the original VV programme over 25 years ago. He believes it's as important as it's ever been for amputees to have access to high quality peer support. It's also vital that peer support volunteers are fully trained and supported. **“It's natural to feel lost in the early days of limb loss. That's why the LA's Volunteer Visitor service exists, providing support and advice to help amputees move forward. For our Volunteer Visitors it's a very rewarding activity, as it's a chance to give something back.”**

Amputee Learning Hub - Training to be an amputee (TTBAA)

Why is Training To Be An Amputee needed? Whether you or a loved one has experienced limb loss or is about to, it can be frightening, overwhelming and confusing in equal measure. Each year here at the Limbless Association, our team support many amputees and their families to navigate the multiple and complex challenges of limb loss, here and now as well as looking to the future. As a user-led charity, we know how tough this can be. Everything we do is informed and shaped by our members, volunteers and service user voices. Our community have told us that there needs to be clearer, comprehensive and structured support and information to support the individual and their loved ones, especially in the early days and months following amputation (and pre-amputation). Therefore we've listened and developed the *Training To Be An Amputee* programme. We believe that being better-informed leads to improved recovery and rehabilitation outcomes.

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"Nobody trains to be an amputee" LA Outreach Manager, Clifton Henry

In 2022, the LA applied for and received funding from the National Lottery's Awards for All programme towards an eight-week training and support programme for newer amputees. *Training To Be An Amputee* (TTBAA) is a unique programme, developed by the LA in collaboration with those with lived experience of limb loss and sector professionals. The online programme of support sessions aimed to provide information, help and guidance about the recovery and rehabilitation pathway for amputees.

TTBAA was delivered over 8x 2.5 hour sessions, delivered weekly over a Monday lunchtime. The delivery commenced in February 2023, with a two week Easter break between weeks 6 and 7. Sessions were delivered via Zoom with attendees encouraged to register prior to the session. The programme outline was as follows.

TTBAA Programme content

- Session 1 - Introduction to 'Training To Be An Amputee'
- Session 2 - Welfare Rights, Entitlements and Legal Advice
- Session 3 - Coming Home
- Session 4 - Mental Health & Wellbeing
- Session 5 - Limb Fitting Centre & What to expect
- Session 6 - Physical Wellbeing & Nutrition
- Session 7 - Lives Beyond Limb Loss
- Session 8 -Round Up & Reflections

Learning Outcomes

Session 1: An understanding of support services available and the aims of the programme. Connect with other amputees and their families going through similar experiences.

Session 2: To gain an understanding of benefits available as well as other rights and entitlements for those living with a disability. The importance of accessing expert legal advice in the event of a potential claim and the free support available.

Session 3: To understand the services available that will support improved accessibility and mobility.

Session 4: To understand the emotional challenges as well as the strategies to improve and maintain good mental health and wellbeing. Learn coping mechanisms for loneliness, motivation and body confidence.

Session 5: To gain an understanding of the rehabilitation pathway, the limb fitting process and its complexities. How to develop clear lines of communication with your centre, prosthetist & physiotherapist to promote mutual trust and understanding to achieve the best rehabilitation outcomes.

Session 6: To better understand the importance of nutrition in the healing process and what foods can support this. Experience an introduction to a tailored accessible exercise programme for all abilities to improve physical wellbeing and conditioning despite early mobility challenges.

Session 7: To improve confidence and understanding across a range of potential and perceived everyday challenges. Whether in the workplace, in the community or venturing further afield, gain practical tips for preparing to embrace a fulfilled life beyond limb loss.

Session 8: Group reflection discussions for project monitoring and self-assessment. Determining the impact.

Monitoring/evaluation methods

We asked service users to complete a self-assessment form at the beginning and the end of intervention. We issued two different self-assessment forms, one for amputees/those who were at pre-amputation stage and a self-assessment form for family, friends, carers. Formal feedback methods enable us to gather evidence in terms of the difference our projects and services make as well as informing our learning for future developments and improvements.

An average of 35 amputees attended each session along with family members and sector professionals. Key outcomes measures:

89% felt well informed about amputation

100% felt well informed about recovery and what comes next

78% felt well informed about day to day life with limb loss

70% felt well informed about the services and support available

60% felt more confident about their rehabilitation journey

39% felt less isolated

42% advised they were experiencing less stress/anxiety in relation to their limb loss

67% felt supported in their limb loss journey

TTBAA Participant feedback

“An invaluable programme where you can pick what subjects are of the most interest individually with the convenience of being able to participate online and interact with other amputees.”

“I am seeking an elective below knee amputation due to a mix of underlying issues and was attracted to this course to understand more about what life is like post amputation. It delivered more than I expected and has given me much more information than I had hoped for. It's also given the opportunity to interact with others in similar situations which I am so thankful for.”

“The sessions are relative and informative no matter what stage you on in your journey.”

“It's often knowing about the information that's half the battle. As an amputee you know things that the professional clinicians couldn't possibly understand because they're not an amputee.”

“A programme designed for not only prospective/new amputees to guide them through many of the new life challenges that they are likely to face and build up their self-confidence to succeed, but for existing amputees, to pick useful tips and signposting them to new or additional sources of help and support.”

ACCESS TO LEGAL ADVICE - The LA Legal Panel

The Limbless Association established the Limb Loss Legal Panel; a consortium of leading law firms in the UK, specialising in personal injury, clinical negligence and legal cases where catastrophic injury and amputation occur. Its aim is to provide Limbless Association members and service users with the highest quality legal advice, on a free initial-consultation basis. We continue to promote the importance of early and expert advice as well as highlighting freedom of choice.

We wish to thank our panel for the support they have offered our service users and the charity throughout 2022/23. As well as their generous sponsorship, the panel members individually support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful. <https://limbless-association.org/legal-panel/>

The LA legal panel support the outreach team at Hub sessions in their areas and we thank them all for their time, compassion and expertise to support those experiencing the challenges and trauma in the early days of limb loss.

Bolt Burdon Kemp LLP (BBK)

Wheelchair Rugby and Wheelchair Cricket Experience Day - 30th September 2022: The Limbless Association hosted a Wheelchair Rugby and Cricket taster experience, network and fun day on 30th September 2022 at The Brentwood Centre. The event was generously sponsored and supported by Bolt Burdon-Kemp LLP, members of the Limbless Association's (LA) Limb Loss Legal Panel.

It was the first LA large event the LA had hosted post-pandemic. LA members, service users and supporters were invited to attend a fun-packed day of activities, with the opportunity to learn new skills, to make new friends and to network with peers in the community. Participants were given the opportunity to be guided by experts in the basics of wheelchair rugby and wheelchair cricket, as well as trying out sports wheelchairs. The event was supported by Great British Wheelchair Rugby and Essex Disability Cricket and fantastic day of activities and peer networking was enjoyed by all. A huge thank you to the BBK team for their sponsorship and support on the day. Nothing was too much trouble for our guest participants.

Fieldfisher

For several years Fieldfisher have supported the charity to host central London Hubs for members and service users. Their wonderful venue space overlooking the Thames provides a great opportunity for peer networking and support. Sincerest thanks to Jennifer Buchanan and the Fieldfisher team for ensuring each session sees LA Hub guests receive the warmest of welcomes. Opportunities to connect, take part in a wellbeing session followed by coffee and cake in such lovely surroundings is a real treat.

HEALTH AND WELLBEING

Here at the LA we believe in a holistic approach to achieving our charity mission and we will always promote and champion the importance of being active for improved health and wellbeing. Physical activity, sports and fitness plays an important role in the recovery and rehabilitation of those that have experienced limb loss. We understand from our members and service users that improved physical health can in turn improve levels of confidence, self-esteem and mental health. It is well documented that physical and mental health are intrinsically linked and we will continue to promote this ethos and explore ways in which we can further develop our offer in this area to support and inform the wider concepts of health and wellbeing. We continue to promote and cover a range of health and wellbeing initiatives will do this by working with and signposting to respective charities and organisations. We hold regular online Hub Chats – Wellbeing Plus, cover wellbeing topics in our Virtually Speaking thematics and our quarterly magazine StepForward has covered many related topics for example, The Importance of Selfcare. As we begin to deliver support Hubs back in the community, wellbeing and relaxation taster sessions are a firm feature at these events.

LIMBLESS ASSOCIATION MEMBERSHIP

Membership of the LA continues to be free for all amputees as we believe that there should be no barrier to benefiting from being part of our community. Amputees join the LA at varying stages of their limb loss pathway. With a growing team, increased numbers of volunteers together with project and brand developments the LA is increasingly more visible. Amputees, their families and professionals are finding out about our services via the internet, the LA's magazine StepForward, the engagement activities of the LA team and word of mouth. Due to this membership numbers are growing and stand at around 2000. We are extremely grateful to those members who make regular donations to the charity and we hereby extend our warmest thanks. Growing LA membership remains a key aim to in turn grow our collective voice. We will also always ensure that we are truly representing our member's views by consulting regularly and widely.

Our members voices shape and influence our services:

"As an amputee, the rehabilitation doesn't stop - it just changes over time. As amputees we have to constantly adjust and we have different needs over that timeframe."

"I didn't know much about amputees besides Paralympics before my amputation. I think in hospital there needs to be more information provided around rehab and more community based or amputee gatherings would be helpful."

"I was expecting the possibility of an amputation and clinical advice I was given was good. On discharge I really felt I was cast adrift and left to my own devices how to proceed. There was nobody in a supervising role for my ongoing progress. There was no information pack or advice. I proceeded with advice from friends, family, my own will power and the LA."

Key needs identified and the problems our work aims to solve:

1. Lack of information pre and post-amputation.
2. Peer to peer support was identified as very important to amputees as they begin their limb loss journey.
3. Local advice and support needed. A greater geographic presence from the charity and its services.

The solutions the LA is developing:

1. Information resources in rehabilitation centres and hospitals.
2. The LA has an experienced and highly resourced advice and information team ready to support amputees and their families to navigate a range of queries and topics.
3. Building strong key stakeholder relationships to integrate our services into the rehabilitation pathway.
4. The LA's new online support programme Training To Be An Amputee offers a comprehensive training course that covers important matters that impact the onward rehabilitation of individuals and their families; welfare rights, peer support, living independently, health and wellbeing, the rehabilitation pathway (what to expect) and living life well beyond limb loss.
5. Growing a robust model of peer support providing a high quality and credible peer support offer. The investment in the Volunteer Visitor programme will realise greater access to peer support for amputees and training and development opportunities for our volunteers.
6. Our Support and Connect outreach programme has been developed to support greater access to LA services across the country. We now have 7 team members, all amputees, who are located nationally, in England, Wales and Northern Ireland.

Limbless Association

Trustees' Report for the Year Ended 31st March 2023

LIVES BEYOND LIMB LOSS PROGRAMME

The LA was excited to finally be able to reintroduce its annual O2 climb and involvement in the Superhero Tri. After a break of 3 years this was a wonderful opportunity to reconnect with our members and volunteers and for peer networking, coming together to take on challenges aimed at supporting lives beyond limb loss. Having goals, however big or small, is important in supporting rehabilitation progress. These opportunities bring our community together to take on challenges they've never engaged in before or thought wouldn't be possible after limb loss. Participating with peers and with a focus on what is possible, personal achievements are realised and wonderful experiences and memories are made. We are incredibly grateful to those who've used these opportunities to raise funds for the LA. Heartfelt thanks to you all.

LA YOUNG AMBASSADORS PROGRAMME

This project is in the early stages of development. The LA has a growing number of younger amputees and we want to explore and understand how we can support their specific needs. We now have two young Trustees and two Young Ambassadors who represent us at a variety of engagement events. This young team, supported by our Support and Connect project, have begun to engage with the LA's younger members online in our new initiative 'Virtually Speaking about...Young Lives Beyond Limb Loss. In April 2023 legal panel member Bolt Burdon Kemp hosted an amazing information and social evening for the LA's young members. Peer networking and support was at the heart of the evening with new friends made and peer learning outcomes.

COMMUNICATIONS

The Limbless Association has continued to invest in digital communications and marketing and this has been vital in continuing to raise the profile of the charity and its work during the last couple of years. The new LA website continues to receive positive feedback from service users, members and professionals who tell us that our services, support and events are clearly communicated and accessible. There are a wealth of resources including blogs, podcasts, video content and a dedicated sector resource area. The LA now runs a busy programme of events and our Events Calendar is proving a popular page for stakeholders to keep up to date about 'what's on' at the LA.

<https://limbless-association.org/events-calendar/>

StepForward, the LA's quarterly magazine, remains a vital communications tool to enable us to engage with a diverse and growing stakeholder base. The magazine is distributed to our members, hospitals, DSC's, physiotherapists, OT's, consultants, prosthetic companies and manufacturers. Our members and new services users tell us that through the magazine they feel 'supported and connected' with the wider community. With each issue we aim to profile individuals succeeding beyond adversity and highlight key sector topics and research. The publication also raises awareness of any developments and issues affecting the sector as well as promoting our fundraisers, supporters and volunteers. The magazine is also a useful resource for the LA to update about its charitable activities, to an increasingly diverse audience.

In terms of sustaining the magazine, this continues to be a concern. It's a costly publication whereby costs are no longer covered by advertising revenue. The printed version is an important information and marketing tool that has a significant reach – 4000 circulation. While taking it online removes the print costs there are still production costs that constitute 75% of the overall costs. We would also need to consider how we continue to extend our reach to those that aren't digitally engaged. Thank you to those of you who have contributed to the magazine and we are immensely grateful for your support. Thank you to all StepForward advertisers who in placing their adverts are supporting our beneficiaries to connect with their peers and the sector on a national scale. We are enormously grateful to them.

Limbless Association

Trustees' Report for the Year Ended 31st March 2023

ENGAGEMENT

In 2022/23 some of the ongoing challenges to keep people safe beyond the pandemic restrictions remained. However, we were delighted to finally be able to engage with stakeholders in person at Naidex in March 2022, Dorset Otho Conference June 2022, Hugh James Trauma Conference November 2022 and the BACPAR Conference and Exhibition in November 2022. All provided presenting and/or exhibiting opportunities for the LA to meet a range of stakeholders, existing and new. Building relationships with our stakeholders continues to be an integral part of our work. Attending and connecting in person provides increased opportunities to build stakeholder bonds and to grow the charity's visibility.

Prosthetic and Orthotics Students Awards

The Limbless Association again recognised excellence by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. The charity was delighted to again sponsor student awards in 2022. David Rose, Chair of Trustees, and his wife Susan Rose attended to present these important 'next generation awards'.

David Rose, Chair of the LA:

"The Limbless Association is delighted to offer our support of these excellent students at the university. These young people represent the future of prosthetic and orthotic services to the limb loss community across the UK. It is particularly satisfying to witness such inspiring examples of student excellence at a time when improvements in prosthetic technology are available to the wider patient community and are enabling very effective levels of rehabilitation. However, the best prosthetic equipment can only work when delivered by a team of rehabilitation professionals who understand the unique needs of each amputee. The prosthetist is at the very heart of this process and it's reassuring to know that such outstanding students are joining the profession."

Roy Bowers, Course Director, BSc (Hons) Prosthetics and Orthotics, University of Strathclyde:

"On behalf of the National Centre for Prosthetics and Orthotics, I would like to express my sincere thanks to the Limbless Association for the prizes awarded for best performance by a first year student and for best performance by a graduating student. To have their hard work and achievements recognised in this way by an organisation that represents service users is a fantastic motivation for our students, and a boost to their self-confidence is obvious to all of us teaching on the programme."

Thank you to Limb Loss Legal Panel and corporate supporters

OUR CORPORATE SUPPORTERS

Anthony Gold Solicitors
Bolt Burdon Kemp
Fieldfisher
Stephensons Solicitors LLP
Judkins Solicitors
Slater and Gordon Group
Enable Law
Hudgell Solicitors
Hugh James
Evelyn Partners
Ottobock
Dorset Orthopaedic

Financial review and aims 2022/2023

There can no doubt that for individuals, charities and businesses these continue to be incredibly challenging times. 2022/2023 saw a significant fall in the LA's income compared to the previous two years year. This was due to several factors. Community and traditional donor fundraising was limited during the pandemic and just as we were able to relaunch our activities on the ground, the cost of living crisis compounded the challenges. The charity has been fortunate during the pandemic period to realise bequeathed legacy gifts of significant value. This considerably raised our reserves levels and enabled us to maintain and in some areas continue to develop services at a time when others were contracting. However, in 2022/23 legacy income reduced and at the time of writing had continued to do so. Unrestricted legacy funding provides the charity with free reserves funding to allocate to its services and projects to sustain and where possible grow.

The free reserves levels supported the growth of the Advice and Information and Outreach projects, both of which had received no direct project funding during the crisis. However, the full reserves level is often considered by funders and the LA's high reserves levels in 2022/23 was often quoted as a barrier to our success in several of our grant funding applications during that period. As many funders base their decisions on the information accessed in the latest filed accounts they quite often don't consider current financial positions. Therefore, our grant funding levels reduced in the same period due to our published high free reserves position.

As rehabilitation services continued to reestablish post pandemic, there were increased demands on our services. The LA continued to invest in the projects it had developed and these were being increasingly valued by patients and clinicians. The charity maintained ongoing investments to support service growth and infrastructure relating to fundraising, HR, capital resourcing including the LA website and digital communications, database, IT and data protection. This is strengthening the charity's compliance to credibly support increasing numbers of beneficiaries. The initial delay in activities commencing the new Volunteer Visitor project (delayed launch due to the pandemic) together with the timing of receiving funds, resulted in significant project funding levels being carried forward into 2022/23. As project delivery gathered pace towards the end of the funding cycle of the project a significant amount of progress and therefore, expenditure occurred during the last 18 months of the project. The LA ended the period with a significant operational deficit for these reasons however, due to the high level of funds carried forward the LA carried forward funds equal to c. 7 months operating costs.

Income generation was and has continued to be a key challenge during this unprecedented period. The LA board and leadership team work closely to balance the needs of the organisation's development strategy while monitoring the prevailing risks. Expenditure is monitored on an ongoing basis. It was recognised that income generation would continue to be a challenge in the aftermath of the crisis and continued vigilance would be needed. The need for LA support and services is never more needed and while we've increased our capacity to deliver we know that we must to do more to ensure we're able to reach all those who need our support. As well as investing in services the charity has also invested in fundraising resource in this period.

Reserves Policy

The Trustees have considered the minimum level of free reserves that the Charity ought to hold. Reserves are needed to bridge the funding gaps between spending and receiving income. While the country has moved forward beyond the pandemic, new challenges are now prevailing. The impact of the pandemic and an ever growing cost of living crisis are contributing to an increasingly challenging fundraising environment. Therefore, the Trustees will aim to ensure that reserve levels are maintained between 3 to 6 months expenditure. At the year ending 2023 the LA held free reserves of approx. 7 months estimated expenditure.

Limbless Association

Trustees' Report
for the Year Ended 31st March 2023

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

- Represent, engage and influence at local and national levels, challenging government and devolved assemblies for the betterment of the limb loss community.
- To increase membership, volunteer and supporter numbers nationwide, increasing and improving our reach to those in need of our services.
- To develop our current services to achieve optimum impact, identifying gaps in early intervention provision where the LA can deploy its experience and expertise to develop projects to further support new amputees and its members.
- To raise the Limbless Association's profile as a major champion of the limb loss community across a wide range of stakeholders, existing and new.
- To work collaboratively with other charities and agencies to optimise support and reach, maximising a collective voice within the UK.
- To develop strong and mutually productive relationships with professionals and specialists working in all key areas of medical care, recognising and promoting excellence.
- To prove, improve and account for all areas of our service provision ensuring that we are delivering excellent value to our service users and stakeholders alike and realising outcomes set by our funders and by ourselves.
- To develop, plan and implement an ambitious and diverse income generation strategy that supports the charity's sustainability.

In formulating its objectives, the charity has given due consideration to the Charity Commission's published guidance on the operation of charities for the public benefit.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also the directors of Limbless Association for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

Limbless Association

Trustees' Report
for the Year Ended 31st March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02487661 (England and Wales)

Registered Charity number

803533

Registered office

Mayflower Community Hospital
Blunts Wall Road
Billericay
CM12 9SA

Trustees

D M Rose Retired – Chair of Trustees
M Adam Financial Consultant
Ms E R Dove Journalist and Author
P J Houghton Access Officer
P A Judkins Legal Adviser
A W Meyer Clinical Services Manager

Company Secretary

Ms D J Bent – CEO

Independent Examiner

R. J. Sears FCCA
Hentons
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

While we have aimed to include all our sponsors here, we apologise in advance for any omissions. If that's the case, please contact us and you'll get a special mention in our next e-newsletter and on our website.

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

Approved by order of the board of trustees on 29th. January 2024 and signed on its behalf by:

David Rose

.....
D M Rose - Trustee

Independent Examiner's Report to the Trustees of
Limbless Association

Independent examiner's report to the trustees of Limbless Association ('the Company')

I report to the trustees (who are also Directors for the purpose of company law) on my examination of the financial statements of Limbless Association ('the charitable company') for the year ended 31st March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charitable company you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

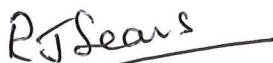
Having satisfied myself that the financial statements of the charitable company are not required to be audited under Part 16 of the Act and are eligible for independent examination, I report in respect of my examination of the charitable company's financial statements carried out under Section 145 of the Charities Act 2011 ('the 2011 Act') and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in respect of the charitable company as required by Section 386 of the 2006 Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the financial statements give a true and fair view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.



Ralph Sears FCCA
Hentons
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Date: 29th JANUARY 2024

Limbless Association

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31st March 2023

| | Notes | Unrestricted funds £ | Restricted funds £ | 31.3.23 Total funds £ | 31.3.22 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Voluntary income | 3 | 18,826 | 94,105 | 112,931 | 400,214 |
| Activities for generating funds | 4 | 75,744 | - | 75,744 | 81,219 |
| Investment income | 5 | <u>4,959</u> | <u>-</u> | <u>4,959</u> | <u>3,149</u> |
| Total | | <u>99,529</u> | <u>94,105</u> | <u>193,634</u> | <u>484,582</u> |
| EXPENDITURE ON | | | | | |
| Raising funds | 6 | 78,320 | - | 78,320 | 87,977 |
| Charitable activities | 7 | | | | |
| Charitable activities | | <u>92,106</u> | <u>313,372</u> | <u>405,478</u> | <u>424,136</u> |
| Total Expenditure | | <u>170,426</u> | <u>313,372</u> | <u>483,798</u> | <u>512,113</u> |
| Net Loss on investments | | <u>(6,096)</u> | <u>-</u> | <u>(6,096)</u> | <u>469</u> |
| NET EXPENDITURE FOR YEAR | | (76,993) | (219,267) | (296,260) | (27,062) |
| Transfers between funds | 18 | <u>(119,000)</u> | <u>119,000</u> | <u>-</u> | <u>-</u> |
| Net movement in funds | | (195,993) | (100,267) | (296,260) | (27,062) |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>366,960</u> | <u>225,063</u> | <u>592,023</u> | <u>619,085</u> |
| TOTAL FUNDS CARRIED FORWARD | | <u><u>170,967</u></u> | <u><u>124,796</u></u> | <u><u>295,763</u></u> | <u><u>592,023</u></u> |

CONTINUING OPERATIONS

The Statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derived from continuing activities.

The Statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

The notes form part of these financial statements

Limbless Association (Registered number: 02487661)

| <u>Balance Sheet</u> | | | | | |
|--|-------|----------------------------|--------------------------|--|--------------------------------|
| <u>31st March 2023</u> | | | | | |
| | Notes | Unrestricted funds £ | Restricted funds £ | 31.3.23 Total funds £ | 31.3.22 Total funds £ |
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 13,495 | 1,276 | 14,771 | 27,108 |
| Investments | 15 | <u>142,945</u> | <u>-</u> | <u>142,945</u> | <u>149,041</u> |
| | | 156,440 | 1,276 | 157,716 | 176,149 |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 37,800 | 10,000 | 47,800 | 70,655 |
| Cash at bank and in hand | | <u>5,657</u> | <u>113,520</u> | <u>119,177</u> | <u>386,650</u> |
| | | 43,457 | 123,520 | 166,977 | 457,305 |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | <u>(28,930)</u> | <u>-</u> | <u>(28,930)</u> | <u>(41,431)</u> |
| NET CURRENT ASSETS | | <u>14,527</u> | <u>123,520</u> | <u>138,047</u> | <u>415,874</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>170,967</u> | <u>124,796</u> | <u>295,763</u> | <u>592,023</u> |
| NET ASSETS | | | | | |
| | | <u>170,967</u> | <u>124,796</u> | <u>295,763</u> | <u>592,023</u> |
| FUNDS | | | | | |
| Unrestricted funds | 19 | | | 170,967 | 366,960 |
| Restricted funds | | | | <u>124,796</u> | <u>225,063</u> |
| TOTAL FUNDS | | | | <u>295,763</u> | <u>592,023</u> |

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

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

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

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

David Rose
.....
D M Rose - Trustee

The notes form part of these financial statements

Limbless Association

Notes to the Financial Statements for the Year Ended 31st March 2023

1. CHARITY INFORMATION

Limbless Association is a private company limited by guarantee incorporated in England and Wales. The registered office is Mayflower Community Hospital, Blunts Wall Road, Billericay, CM12 9SA.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been prepared under the historical cost convention and are in accordance with 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) (Issued October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity constitutes a public entity as defined by FRS102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest pound.

Going concern

At the time of approving the financial statements the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees have adopted the going concern basis for the preparation of the financial statements.

On the date of the financial statements approval, there is great uncertainty surrounding the global economy and impact of the conflicts in Ukraine and the Middle East. The trustees consider the charity to be sufficiently robust that its operations will not be significantly affected by the continued uncertainty from these events. The trustees are continuously monitoring the charity's investment portfolio and cost base for any adverse movements in value and costs and will take action wherever necessary to protect the charity's stakeholders interests should the period of uncertainty continue for longer than expected.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected and if it 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.

2. ACCOUNTING POLICIES - continued

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

- | | |
|-------------------------|--------------------------|
| - Fixtures and fittings | 20% to 33% straight line |
| - Computer equipment | 33% straight line |

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expended as incurred.

Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Taxation

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

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

2. ACCOUNTING POLICIES - continued

Pension contributions

The charity operates a defined contribution pension plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payment obligations.

The contributions are recognised as an expense in the SOFA when they fall due. Amounts not paid are shown in accruals as a liability in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

| | 31.3.23 | 31.3.22 |
|-----------|----------------|----------------|
| | £ | £ |
| Donations | 23,647 | 22,918 |
| Legacies | 3,379 | 227,186 |
| Grants | <u>85,905</u> | <u>150,110</u> |
| | <u>112,931</u> | <u>400,214</u> |

4. ACTIVITIES FOR GENERATING FUNDS

| | 31.3.23 | 31.3.22 |
|-------------------------|---------------|---------------|
| | £ | £ |
| Legal panel | 40,500 | 40,500 |
| Events and other income | 31,416 | 29,045 |
| Advertising income | <u>3,828</u> | <u>11,674</u> |
| | <u>75,744</u> | <u>81,219</u> |

5. INVESTMENT INCOME

| | 31.3.23 | 31.3.22 |
|----------------------------|--------------|--------------|
| | £ | £ |
| CAF Income and growth fund | 4,563 | 3,120 |
| Interest receivable | <u>396</u> | <u>29</u> |
| | <u>4,959</u> | <u>3,149</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

6. RAISING FUNDS

Raising donations and legacies

| | | |
|--|----------------------|----------------------|
| | 31.3.23 | 31.3.22 |
| | £ | £ |
| Staff costs | 28,065 | 21,525 |
| Miscellaneous office costs | 520 | 306 |
| Rent, rates and water | 479 | 4,691 |
| Advertising | 6,758 | 8,445 |
| Telephone | 1,301 | 1,297 |
| Events and fundraising costs including Step forward printing costs | 27,488 | 36,644 |
| Website costs | 3,137 | 4,311 |
| Light and heat | - | 312 |
| Project travel, accommodation and subsistence | 1,853 | 1,892 |
| Printing, postage and stationery | 2,718 | 3,066 |
| Legal and professional | 1,220 | 1,183 |
| Depreciation | <u>4,781</u> | <u>4,305</u> |
| | <u>78,320</u> | <u>87,977</u> |

7. CHARITABLE ACTIVITIES COSTS

| | Direct Costs (see note 8) £ | Support costs £ | Totals £ |
|-----------------------|--------------------------------------|-----------------------|-----------------------|
| Charitable activities | <u>348,045</u> | <u>57,433</u> | <u>405,478</u> |

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

| | | |
|---|-----------------------|-----------------------|
| | 31.3.23 | 31.3.22 |
| | £ | £ |
| Staff costs | 280,952 | 259,627 |
| Rent | 719 | 7,505 |
| Postage and stationery | 2,061 | 2,311 |
| Advertising | 9,011 | 11,260 |
| Project travel, accommodation and subsistence | 17,330 | 15,230 |
| Marketing and Communication costs including Step forward publications costs | 11,362 | 21,071 |
| Legal and professional | 2,507 | 12,976 |
| Direct project costs | 11,647 | 8,444 |
| Telephone | 6,523 | 8,890 |
| Donations | 1,152 | 625 |
| Depreciation | 4,781 | 4,306 |
| | <u>348,045</u> | <u>352,245</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

9. SUPPORT COSTS

| | Other £ | Governance costs £ | Totals £ |
|-----------------------|---------------|--------------------------|---------------|
| Charitable activities | <u>44,489</u> | <u>12,944</u> | <u>57,433</u> |

Governance costs includes Independent Examination fees of £9,120 (includes 2022 under provision £3,020), (2022 - £4,900).

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

Other

| | 31.3.23 Charitable activities £ | 31.3.22 Total activities £ |
|---------------------------------------|--|-------------------------------------|
| Staff costs | 11,613 | 13,626 |
| Rent | 1,198 | 11,728 |
| Light and heat | - | 780 |
| Telephone | 5,918 | 7,477 |
| Postage and stationery | 4,298 | 5,239 |
| Legal and professional | 1,534 | 5,073 |
| Insurance | 2,225 | 2,152 |
| Travelling | 1,867 | 2,103 |
| Advertising and website | 6,758 | 8,445 |
| Office costs, repairs and maintenance | 3,094 | 1,387 |
| Bank charges | 1,203 | 488 |
| Depreciation Computer equipment | <u>4,781</u> | <u>4,305</u> |
| | <u>44,489</u> | <u>62,803</u> |

Governance costs

| | 31.3.23 Charitable activities £ | 31.3.22 Total activities £ |
|----------------------------------|--|-------------------------------------|
| Staff costs | 743 | 1,797 |
| Printing, postage and stationery | 1,445 | 1,811 |
| Legal and professional | 9,120 | 5,188 |
| Events, meetings and conferences | <u>1,636</u> | <u>292</u> |
| | <u>12,944</u> | <u>9,088</u> |

10. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

| | 31.3.23 £ | 31.3.22 £ |
|-----------------------------|---------------|---------------|
| Depreciation - owned assets | <u>14,344</u> | <u>12,917</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

11. TRUSTEES' REMUNERATION AND BENEFITS

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2022 - Nil).

Trustees' expenses

Trustees received a total of £1,318 (2022 - £362) in reimbursed travel and accommodation expenses within the year. The number of Trustees who were paid expenses was 1 (2022 - 2).

12. STAFF COSTS

| | 31.3.23 | 31.3.22 |
|-----------------------|-----------------------|-----------------------|
| | £ | £ |
| Wages and salaries | 296,555 | 269,506 |
| Social security | 16,389 | 14,959 |
| Pension contributions | <u>6,686</u> | <u>6,722</u> |
| | <u>319,630</u> | <u>291,187</u> |

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

| | 31.3.23 | 31.3.22 |
|----------------------|------------------|------------------|
| Administrative staff | <u>13</u> | <u>16</u> |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|----------------------------|--------------------------|-----------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Voluntary income | 75,495 | 324,719 | 400,214 |
| Activities for generating funds | 81,219 | - | 81,219 |
| Investment income | <u>3,149</u> | <u>-</u> | <u>3,149</u> |
| Total | <u>159,863</u> | <u>324,719</u> | <u>484,582</u> |
| EXPENDITURE ON | | | |
| Raising funds | 87,977 | - | 87,977 |
| Charitable activities | <u>130,813</u> | <u>293,323</u> | <u>424,136</u> |
| Total | <u>218,790</u> | <u>293,323</u> | <u>512,113</u> |
| Net gains on investments | <u>469</u> | <u>-</u> | <u>469</u> |
| NET INCOME/(EXPENDITURE) | (58,458) | 31,396 | (27,062) |
| Transfers between funds | <u>(75,606)</u> | <u>75,606</u> | <u>-</u> |
| Net movement in funds | (134,064) | 107,002 | (27,062) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | <u>501,024</u> | <u>118,061</u> | <u>619,085</u> |
| TOTAL FUNDS CARRIED FORWARD | <u>366,960</u> | <u>225,063</u> | <u>592,023</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

14. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------|----------------------------------|----------------------------|---------------|
| COST | | | |
| At 1st April 2022 | 41,214 | 17,274 | 58,488 |
| Additions | <u>2,007</u> | <u>-</u> | <u>2,007</u> |
| At 31st March 2023 | <u>43,221</u> | <u>17,274</u> | <u>60,495</u> |
| DEPRECIATION | | | |
| At 1st April 2022 | 21,082 | 10,298 | 31,380 |
| Charge for year | <u>8,644</u> | <u>5,700</u> | <u>14,344</u> |
| At 31st March 2023 | <u>29,726</u> | <u>15,998</u> | <u>45,724</u> |
| NET BOOK VALUE | | | |
| At 31st March 2023 | <u>13,495</u> | <u>1,276</u> | <u>14,771</u> |
| At 31st March 2022 | <u>20,132</u> | <u>6,976</u> | <u>27,108</u> |

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-----------------------|----------------------------|
| MARKET VALUE | |
| At 1st April 2022 | 149,041 |
| Revaluations | <u>(6,096)</u> |
| At 31st March 2023 | <u>142,945</u> |
| NET BOOK VALUE | |
| At 31st March 2023 | <u>142,945</u> |
| At 31st March 2022 | <u>149,041</u> |

There were no investment assets outside the UK.

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

15. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31st March 2023 is represented by:

| | Listed investments £ |
|-------------------|-------------------------------------|
| Valuation in 2023 | (6,096) |
| Valuation in 2022 | 469 |
| Valuation in 2021 | 7,205 |
| Cost | <u>141,367</u> |
| | <u><u>142,945</u></u> |

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.23 £ | 31.3.22 £ |
|--------------------------------|----------------------|----------------------|
| Trade debtors | 32,040 | 26,975 |
| Prepayments and accrued income | <u>15,760</u> | <u>43,680</u> |
| | <u><u>47,800</u></u> | <u><u>70,655</u></u> |

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.23 £ | 31.3.22 £ |
|---------------------------------|----------------------|----------------------|
| Trade creditors | 7,822 | 23,584 |
| Social security and other taxes | 2,978 | 3,847 |
| Other creditors | 2,030 | - |
| Accruals and deferred income | <u>16,100</u> | <u>14,000</u> |
| | <u><u>28,930</u></u> | <u><u>41,431</u></u> |

Deferred income

The charity has received income from a number of benefactors who have stipulated that the funds are provided on the condition that they are used over a specified period of time.

Grants and donations received which have these conditions attached are held as deferred income until the charity has met the criteria, at which point it is then entitled to recognise this money as income received in the statement of financial activity (SOFA).

The movement on deferred income was as follows:

| | 31.3.23 £ | 31.3.22 £ |
|--|----------------------|----------------------|
| Brought forward as at 1st April | 4,000 | 4,000 |
| Deferred income recognised | 4,000 | 4,000 |
| Deferred income released | <u>(4,000)</u> | <u>(4,000)</u> |
| Balance carried forward as at 31st March | <u><u>4,000</u></u> | <u><u>4,000</u></u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

| | 31.3.23 | 31.3.22 |
|----------------------------|---------------------|---------------------|
| | £ | £ |
| Within one year | 956 | 956 |
| Between one and five years | 2,778 | 3,319 |
| In more than five years | <u>2,597</u> | <u>3,427</u> |
| | <u>6,331</u> | <u>7,702</u> |

19. MOVEMENT IN FUNDS

| | At 1.4.22 | Net movement in funds | Transfers between funds | At 31.3.23 |
|---------------------------------------|-----------------------|-------------------------|-------------------------|-----------------------|
| | £ | £ | £ | £ |
| Unrestricted funds | | | | |
| General fund | 366,960 | (76,993) | (119,000) | 170,967 |
| Restricted funds | | | | |
| Support and Connect Glasgow | 9,581 | - | - | 9,581 |
| Support Connect Hub Project | | (119,000) | 119,000 | - |
| Peer Support Project | 100,625 | (56,804) | - | 43,821 |
| Iraqi Project | 105,576 | (44,473) | - | 61,103 |
| Support Connect Hub Project - Ireland | <u>9,281</u> | <u>1,010</u> | - | <u>10,291</u> |
| | <u>225,063</u> | <u>(219,267)</u> | <u>119,000</u> | <u>124,796</u> |
| TOTAL FUNDS | <u>592,023</u> | <u>(296,260)</u> | <u>-</u> | <u>295,763</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

19. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 99,529 | (170,426) | (6,096) | (76,993) |
| Restricted funds | | | | |
| Support Connect Hub Project | 17,300 | (136,300) | - | (119,000) |
| Peer Support Project | 66,805 | (123,609) | - | (56,804) |
| Iraqi Project | - | (44,473) | - | (44,473) |
| Support Connect Hub Project - Ireland | <u>10,000</u> | <u>(8,990)</u> | - | <u>1,010</u> |
| | <u>94,105</u> | <u>(313,372)</u> | - | <u>(219,267)</u> |
| TOTAL FUNDS | <u>193,634</u> | <u>(483,798)</u> | <u>(6,096)</u> | <u>(296,260)</u> |

Comparatives for movement in funds

| | At 1.4.22 £ | Net movement in funds £ | Transfers between funds £ | At 31.3.23 £ |
|---------------------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| Unrestricted funds | | | | |
| General fund | 501,024 | (58,458) | (75,606) | 366,960 |
| Restricted funds | | | | |
| Support and Connect Glasgow | 9,581 | - | - | 9,581 |
| Limbless Association Children's Fund | 4,305 | (4,305) | - | - |
| Iraqi Project | - | 123,732 | (18,156) | 105,576 |
| Support Connect Hub Project – Ireland | - | 9,281 | - | 9,281 |
| Support Connect Hub Project | 15,362 | (109,124) | 93,762 | - |
| Peer Support Project | 87,644 | 12,981 | - | 100,625 |
| Virtual Speaking | <u>1,169</u> | <u>(1,169)</u> | - | - |
| | <u>118,061</u> | <u>31,396</u> | <u>75,606</u> | <u>225,063</u> |
| TOTAL FUNDS | <u>619,085</u> | <u>(27,062)</u> | <u>-</u> | <u>592,023</u> |

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

19. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|--|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 159,863 | (218,790) | 469 | (58,458) |
| Restricted funds | | | | |
| Limbless Association Children's Fund | - | (4,305) | - | (4,305) |
| Support Connect Hub Project | 10,800 | (119,924) | - | (109,124) |
| Peer Support Project | 140,831 | (127,850) | - | 12,981 |
| Virtual Speaking | - | (1,169) | - | (1,169) |
| Iraqi Project | 163,807 | (40,075) | - | 123,732 |
| Support connect Hub Project – N. Ireland | <u>9,281</u> | <u>-</u> | <u>-</u> | <u>9,281</u> |
| | <u>324,719</u> | <u>(293,323)</u> | <u>-</u> | <u>31,396</u> |
| TOTAL FUNDS | <u>484,582</u> | <u>(512,113)</u> | <u>469</u> | <u>(27,062)</u> |

Restricted Funds:-

Limbless Association Children's Fund

Money was received from a Children's Charity which closed and wishes to remain anonymous. The money is restricted for the use of amputee children.

Support and Connect Glasgow Fund

To support a range of projects that will be developed for the benefit of patients and their families attending The West of Scotland Mobility and Rehabilitation Centre, Glasgow.

Support Connect Hub project

To provide amputees with a group peer networking opportunity where they can meet with others, to share their experiences and improve their rehabilitation and recovery. The Hub project offers monthly informal drop-ins for information, support and connectivity. The Hub project key aims are to reduce the isolation that amputees experience, improve amputees' knowledge regarding recovery and life after limb loss and introduce amputees to activities and other experiences to improve their well-being and quality of life.

Peer Support project

The LA's Volunteer Visitor network offers peer mentoring and support to individuals and their families. LA Volunteer Visitors are experienced amputees (of two or more years) who offer to support more recent amputees and those pre-amputation. This national peer-to-peer support project provides recent amputees with practical advice and information relating to limb loss from someone with lived experience who can understand the difficulties they are facing.

Virtual Speaking project

The Support and Connect Virtually Speaking project is a virtual outreach project that was developed due to the onset of the pandemic's restrictions. With members having to isolate and shield, it was necessary for the charity to offer online group peer support opportunities to ensure that our community was able to access a range of support, advice, information and connectivity; to reduce social isolation, inform, advise and empower, improve health and wellbeing.

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

19. MOVEMENT IN FUNDS - continued

In August 2020, the Limbless Association was awarded £45,161 by the Coronavirus Community Support Fund (DCMS) administered by the National Lottery Community Fund, to develop and launch Virtually Speaking, a series of online engagement activities for amputees during COVID-19. The funding was time limited to support the project for a period of 7 months.

Legacy - Iraqi Support and Inclusion Project

This legacy gift is restricted to 'supporting Iraqi amputees, where at all possible'. The LA will initially aim to ensure that its services are fully accessible to Iraqi amputees and their families living in the UK, including peer support. We will aim to engage with and learn about this community to understand and scope its specific challenges with a view to determining further support and strategies according to the need identified and aligning with LA objects.

Support Connect Outreach Project - Northern Ireland

To expand Limbless Association outreach support in NI. To develop a Northern Ireland outreach programme based on the model already established in England and Wales and raise awareness of the charity providing amputees and their families with improved access to LA services. A dedicated Outreach Coordinator based in NI has been recruited.

Transfers between funds

The transfer of funds of £119,000 to the Support Connect Hub Project is a decision made by the trustees to fund its activities from unrestricted reserves.

20. RELATED PARTY DISCLOSURES

During the year, the following related party transactions took place in which the trustee, P. A. Judkins was also a member of the entity's key management personnel:

| | 31.3.23 | 31.3.22 |
|--------------------------------|---------|---------|
| | £ | £ |
| Legal panel donations received | 5,000 | 5,000 |
| Trade receivables | 15,000 | 10,000 |

21. FINANCIAL INSTRUMENTS

| | 31.3.23 | 31.3.22 |
|--|----------------|----------------|
| | £ | £ |
| Financial assets | | |
| Financial assets measured at fair value through the statement of financial activity (SOFA) | <u>142,944</u> | <u>149,041</u> |

LIMBLESS ASSOCIATION

England & Wales - Charity number 803533

Accounts

REGISTERED COMPANY NUMBER: 02487661 (England and Wales)
REGISTERED CHARITY NUMBER: 803533

Trustees' Report and
Unaudited Financial Statements
for the Year Ended 31st March 2022
for
Limbless Association

Hentons
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Limbless Association

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for the Year Ended 31st March 2022

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Limbless Association
Trustees' Report
for the Year Ended 31st March 2022

(For the purposes of Section 8 of the Charities Act 2011 and Directors' Report for the purposes of Section 417 of the Companies Act 2006)

The Trustees present their annual report and financial statements for the year ended 31 March 2022. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) (issued in October 2019).

Review of the financial year 1st April 2021 to 31st March 2022.

The Charity Background

The Limbless Association (LA) is a registered charity that was originally established in 1983. Since then, it has grown to become a leading UK charity for people with limb loss. The LA was incorporated in 1990 and it was granted charitable status in Scotland on 18 April 2011 (Charity registration Nos. 803533 and SCO42256).

The Limbless Association began life as a campaigning organisation whereby it aimed to champion access to better levels of rehabilitation for civilian amputees. The charity was for several years based in south-west London, at Queen Mary's Hospital, Roehampton (The Douglas Bader Rehabilitation Centre). This was the first-ever prosthetic centre in the UK (built in 1915) and is still regarded as a centre-of-excellence for prosthetic treatment and rehabilitation. Driven by the need of growing civilian amputee numbers, the charity's focus developed into that of support provider.

The LA was formed by amputees and continues to this day to be a user led charity with the majority of its trustees, volunteers and several of its staff team having experienced limb loss. This wealth of lived experiences helps inform and shape the charity's aims and services.

We believe in a world where *No Amputee Need Cope Alone*

Losing a limb at any age and for whatever reason is a frightening and isolation experience. While we recognise that clinical services have developed immeasurably during the lifetime of the charity, holistic support beyond the clinic room remains inadequate. The hundreds of amputees we support each year are very well cared for in an acute care setting. However, they struggle to navigate the challenges of living life with limb loss particularly in the first few weeks, months and years of amputation. The Limbless Association (LA) provides advice, information, support and connectivity to and for the limb-loss community. The LA aims to support people of all ages and backgrounds through a variety of programmes and services, offering an early intervention approach to individuals of any age, whether they are about to have an amputation, are already living with congenital limb impairment or acquired limb-loss. Lack of information about and along the rehabilitation pathway is emphatically highlighted by our service users and members. We also offer assistance, support and information to carers, family members and friends. We exist to support all amputees and where appropriate will work closely with other UK charities, agencies and services to realise the best possible outcomes for each individual in order to meet their needs and empower them to progress along the rehabilitation pathway.

We provide a national association of friends and contemporaries through the Limbless Association membership, currently free to all amputees and limb impaired persons of 18 years and over. Parents of younger amputees may join as a parent/guardian member. The Limbless Association is recognised across the sector and beyond as a leading civilian limb loss support charity. The LA continues to strengthen its national strategic involvement, aiming to support and champion a collective voice for the UK limb loss community across a range of topics and issues.

The Limbless Association continues to be supported by its members, friends, private donors, funders, trusts and corporate sponsors. We are enormously grateful for their generosity and support without which we couldn't deliver the vital work we do. The Limbless Association is privileged and humbled to continue to be so generously remembered with continued legacy and in memoriam donations. We owe a debt of gratitude to all our supporters who enable the charity to continue to develop and offer its services to amputees at no cost to the beneficiary. **Thus ensuring that no one is ever without the information and support they need at whatever stage of their limb loss and regardless of their ability to pay, whenever that support is needed. We believe in a world where no amputee need cope alone.**

Limbless Association
Trustees' Report
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Supporting Lives Beyond Limb Loss

Our Aim

To enable people in the United Kingdom of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Our Mission

To support and empower all amputees to lead independent and fulfilled lives.

Our Vision

A world where amputees of all ages are not disadvantaged by their disability and able to achieve rehabilitation and independence in hospital, home, education, employment and the community.

OUR GOALS

- Offer excellent advice, information and support to amputees, their relatives, carers and friends at all stages of limb loss.
- Identify gaps in service provision and develop projects to meet the needs identified.
- Increase membership, volunteer and supporter numbers nationwide to maximise our collective voice.
- Listen to, engage with and influence our stakeholders.
- Increase organisational reach to those in need of LA services.
- Lead on strategic representation and influencing at local and national levels.
- Support medical research in areas of prevention, service improvement and prosthetics.
- Deliver an ambitious programme of activity to grow our income to ensure continuity and development of our services.
- To raise the profile of the charity as a major champion of the limb loss community

OUR VALUES

RESPECT

We treat people as individuals and how we would wish to be treated ourselves

INTEGRITY

We do the right thing, not the easy thing - even if it takes more time and effort

DIVERSITY

The LA embraces, encourages and celebrates diversity and strives to be inclusive in all aspects of its work

ACHIEVEMENT

The LA will support its members, volunteers and staff to enable them to develop and thrive as individuals and as a team encouraging resilience and adaptability

EXCELLENCE

We don't settle for OK; we are determined to ensure quality in all our activities and aim to achieve more

PROFESSIONALISM

Our services and projects will be developed and delivered with high levels of competence, efficiency and quality at their heart

ASPIRING

The LA will be optimistic in its outlook and aspirational in all areas of the support it offers and looks to develop; practical and holistic interventions.

TRUSTWORTHY

We will develop stakeholder relationships and endeavour to be considered a reliable, consistent and competent partner by the limb loss community and our funders.

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A message from LA Chair of Trustees, David Rose

Today, the world has significantly recovered from the recent challenges that caused such an impact on all of our lives. Here at the LA we have adapted and changed in the delivery of our services and by any reasonable measure, we have succeeded! As will be shown in the financial report for the year ending on 31 March 2022, our financial position continues to be very strong. This has again principally been achieved by the excellent work of the LA's staff and I would wish to record my appreciation and thanks for their stellar work. A successful charity needs a great staff team under the leadership of our dedicated CEO, enthusiastic and motivated volunteers, and a committed Trustee Board. The LA is fortunate to be still blessed with all these key factors.

I would also like this opportunity to express my personal thanks to my fellow trustees for their support in my role of Chair of the charity during the past twelve months. During this past year we have continued to adapt in the delivery of our services. One of the most significant developments has been the new Volunteer Visitor Service that was officially launched on 2nd November 2021, which happily coincided with the 38th anniversary of our charity's founding! The initial cohort of forty volunteers completed the extensive induction training programme that included a further six months of training support as they settled into their new roles. And beyond that, supervision support is now in place that will identify any additional development needs that might arise. Further cohorts of new volunteers are being recruited and we can be truly proud of the progress made during this past year.

The home page of the LA's website spells out the important message that "No Amputee Need Cope Alone". And we mean it! The vital funding that we have received from the National Lottery Communities Fund has enabled us to re-establish and significantly develop this essential service. Our Volunteer Visitor peer mentoring programme provides vital one-to-one support for individuals both pre and post-amputation who require practical information and emotional support through their limb loss journey. I've collected many quotes over the years that confirm my view of the value of peer-to-peer support and I will share one of these with you: "Often, the best person to support you during your limb loss journey is someone who has been through the same journey as you." I know from my own experience of life changing injury and the resultant traumatic limb loss that occurred that coping alone, despite the support of family and friends, was a huge challenge when I look back to those early years. This was before the LA was in existence.

Our Volunteer Visitor support continues to be delivered by phone and virtually, although hopefully in-person support at our outreach Hubs will be possible soon. Our Support and Connect Hub initiative continues to provide a vital point of contact to the limb loss community. We've taken our Support & Connect Hubs online as part of our Virtually Speaking Project and there has been an exciting calendar of events and activities that you can enjoy without leaving your home! I had the privilege of attending a recent event where some incredible developments relating to research into socket comfort were outlined. And it should also be noted that the LA is committed to supporting research that will directly improve the lives of people living with limb loss.

There is also a lot of other work that goes on behind the scenes. The LA is unquestionably the leading civilian charity working to meet the needs of amputees in the UK and this means that we are called upon to strategically engage with many specialist working groups and advisory boards. As our reputation continues to grow we will ensure that we play our part in representing our 'stakeholders' as we advocate for improved services and access to the often vital additional support that is part of the rehabilitation process. Collectively, we have come through the recent difficult times by working together to meet these challenges. The LA is very well placed to now deliver the exciting range of services that in recent years we have worked so hard to develop and I for one will celebrate this achievement!

Thank you to our members, volunteers, fundraisers and funders for supporting our work and ultimately our beneficiaries to live their best lives beyond limb loss.

David Rose, Chair of Trustees, Limbless Association

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Charity Achievements 2021 – 2022

Context

We began this reporting period just as the country was coming to the end of its third lockdown that began in January 2021. At the end of March 2021 a programme of lockdown easing began and it was to be a slow process to resume activities that had been on hold during the two year pandemic crisis. The LA's new financial year was welcomed but with continued concerns for our community as the government's roadmap out of the pandemic continued to progress. With the full lifting of restrictions in July 2021, it wasn't until the autumn that in-person activities recommenced, after having been suspended for 18 months. The crisis of the last couple of years had presented many challenges but the LA took a responsive and proactive approach to adapting and also growing its services throughout this period. It is a real testament to the dedication and resilience of the Trustees, volunteers and staff team that so much progress was made during such a difficult time for everyone professionally and personally. We're incredibly grateful to all who've made ongoing commitments above and beyond to ensure that we're meeting our aims and advancing our mission.

After a year of reduced NHS rehabilitation services in 2020 to 2021 and with many prosthetics centres still unable to operate at capacity as restrictions for the general public eased, many amputees were facing mobility and mental health challenges that were negatively impacting their rehabilitation progress. With these additional challenges at an already extremely traumatic time the charity's helpline was busier than ever and in 2021/22 we built further capacity into this service. Our in-person regional outreach project, Support and Connect, remained suspended due to the ongoing NHS restrictions. However, the adapted online outreach initiative Virtually Speaking enabled the LA to continue to reach out and support members and service users from across the UK. The enhanced peer support programme, Volunteer Visitors, now had a project team in place and by March 2022 much progress had been made in realising some key developments of the project. While the impact of the pandemic was still being felt and life was still far from normal, the LA team were extremely positive about the year ahead.

For several years prior to the pandemic the LA had been developing a strong collaborative relationship with the then Harold Wood Long Term Conditions Centre, the Essex prosthetics rehabilitation service. During the pandemic this service relocated to Billericay in mid-Essex and the charity was offered space to relocate and provide holistic support to centre patients. We embraced this exciting opportunity and in early 2022 we took residence. In the true spirit of co-production, the charity was now placed to work collaboratively with the clinical team at the rehabilitation centre to ensure that service users could be holistically supported. The newly refurbished Billericay site, Mayflower Community Hospital, is an excellent facility and the charity felt privileged to be at the heart of the amputee rehabilitation pathway and to call MCH its new home. This now provides much scope for collaboration and learning to better meet the needs of the patient group and their families. We owe a debt of gratitude to Sue Patterson, Centre Manager, and her team, for championing this innovative and progressive development and to NELFT NHS Foundation Trust. We look forward to building even stronger bonds to ensure we continue our aim of ensuring amputees and their families have access to holistic support - clinical, practical and emotional.

The Limbless Association has navigated the pandemic with much positivity and resolve. The charity has been fortunate to continue to grow its services and develop new projects despite the adversities faced. However, it has not been immune to the challenges and their impact. This has without doubt continued to be an incredibly difficult and intensely busy period. As the country was once again navigating its way out of the pandemic restrictions, many of our service users and members continued to be apprehensive especially those who'd been shielding during the crisis. The welfare of our user stakeholders and our staff team is paramount so progressing services in-person in the community was approached with caution. As much of our community work pre-pandemic was delivered in NHS rehabilitation centres, with the NHS continuing to operate under tight infection control measures, we recognised it would be some time before these activities resumed.

Despite the respective challenges faced by many, we have been overwhelmed by the support of the LA community. Our loyal members, our wonderful volunteers and fantastic fundraisers have all played a key role in the progress the charity has made in recent years. We wholeheartedly thank them all. The LA is also very fortunate to have an incredibly loyal and passionate team, Trustees and staff, who despite the challenges of the crisis have worked with commitment and energy. For their invaluable contribution we're extremely grateful.

We would also like to take this opportunity to remember those who we lost during this period. Several LA members succumbed to the virus and this was incredibly heart breaking to hear. We send our condolences to their families and friends and we thank them for being a part of our very special community and the role they played. Thank you.

Limbless Association
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OBJECTIVES AND ACTIVITIES

Limbless Association Activity Review 2021/22

Through our multi-stakeholder engagement - service users, members, volunteers, sector professionals - we know that there continues to be a gap in the support available to amputees in the rehabilitation pathway. Those experiencing limb loss must navigate multiple and complex challenges through a rehabilitation process that can be long and overwhelming. The negative impact on physical, emotional and mental health wellbeing is considerable and requires a range of strategies and interventions beyond the clinic room to optimise rehabilitation outcomes. Members, service users and their families tell us that there is a lack of information at all stages of the early rehabilitation pathway. The Limbless Associations developing services and projects aim to work collaboratively with clinical teams to fill the gaps where additional non-clinical support is needed. Central to the LA's work is supporting amputees to rebuild lives in order for individuals and their families to thrive beyond limb loss. The LA is a user led charity with its aims and work being informed and shaped by those with lived experience; our members, volunteers, service users and many of our staff team. We consult, we listen, we're responsive and we innovate.

Strategic Representation and Engagement

As a user led charity, the Limbless Association has since its inception represented the limb loss community in national and local strategic forums, is recognised as a leading civilian limb loss charity in the UK supporting those affected by limb loss and limb impairment. It is a privilege for us to build on this heritage and continue to be involved in this important area of work that enables us to represent the collective voice of our members, service users and the wider limb loss community. This work also provides us with the opportunity to ensure that we build relationships with key sector decision makers and influencers.

The charity is a member of and attends the following groups:-

Westminster Cross Party Limb Loss Group; IC2A; Member of the PIP Policy Forum; Rehabilitation and Disability CRG; Prosthetics Review Steering Group; Prosthetics Review Clinical Working Group (Service Specification); East of England Trauma Network; Trauma East Voices; APIL - Alliance for Injured People; Specialised Healthcare Alliance; Chelmsford Area Access Group (CAAG). Community Rehabilitation Alliance England (Chartered Society of Physiotherapists); Cornwall Amputee Pathway Group.

Partnerships

The Limbless Association continues to forge clinical and professional partnerships across the sector. We are building strong relationships with NHS partners in acute care, surgical and rehabilitation settings. We are fortunate to be supported by an incredibly proactive and engaged legal panel of experts while increased awareness of our services is realising a growth in referral partners that include case managers, social prescribers and community navigators.

The benefits of partnership working can be clearly demonstrated through our outreach work with the rehabilitation centres and specifically with our developments at Billericay, Bristol, Manchester and Hull, with other centre collaborations planned for 2022/23 across the UK.

Where there are collaborative opportunities with other charities in our sector, we aim to support these for the benefit of the limb loss community. Several years ago the LA, LimbPower and Steps jointly identified the need to do more to support young lives affected by limb loss. The I CAN camp initiative was launched with LimbPower as the organising lead. The Limbless Association continues to support the I CAN camps with sponsorship. The camps offer an inclusive activity experience that brings families together to offer peer support and peer learning opportunities for young people, their siblings and parents. The project was suspended during the pandemic with plans to relaunch from autumn 2022.

Research

The LA is keen to support medical research in areas of prevention, service improvement, surgical advancement and prosthetics. We are passionate about the need for patient centred research across the limb loss sector. We are approached by many researchers requiring support, either organisational or member participation, and will always support with member involvement where we feel it's appropriate and if we're able to do so.

LA Services, Projects and Support

We aim to ensure that NO AMPUTEE NEED COPE ALONE

Our strategic review and developments in 2017 have driven the charity's service and project developments of recent years. Our early intervention approach remains very much at the centre of our refreshed strategy. Once discharged from hospital and quite often before, dealing with the practical and emotional impact of limb loss - short, mid and longer term - is a complex and very personal unpredictable journey for the individual and their families. It can be difficult to look and move forward with hope and optimism. Just contemplating a life after amputation can be just too overwhelming. We believe that the LA's services can offer a comprehensive support solution that compliments the clinical pathway and in so doing supports amputees, their families and the medical teams caring for them. As we progress we aim to be practical, responsive and innovative with our service and resource development to truly reflect and fulfil the needs of those experiencing such life changing circumstances. Four core strands of activity have been identified to support our aims in providing non-clinical support pre-and post-amputation:

> **INFORMING** > **ADVISING** > **SUPPORTING** > **CONNECTING** >

Informing

We are working hard to ensure that we continue to be informed about rehabilitation service provision and developments so that we can guide, signpost and update across a breadth of topic and query. Improving widespread accessibility to important early information is paramount to our strategic and operational aims.

Advising

We are developing our advisory capabilities and capacity by growing our expertise and ensuring professionalism together with protocol is integral to strengthening this vital area of our work.

Supporting

We are developing projects and programmes that will offer practical and holistic support. This is an exciting area of work and we will continue to collaborate with our members and other stakeholders to identify their needs and how our future plans can support them.

Connecting

We will continue to raise awareness of the issues and raise the profile of the LA as a champion of those issues. We will seek multi-stakeholder engagement opportunities and we will continue to develop and deliver our own programme of events aimed at bringing together amputees and sector professionals for shared learning (informing, advising, supporting) and networking opportunities.

OUR SERVICES, SUPPORT AND ACTIVITIES

LA HELP DESK - Advice, Information and Signposting

The LA provides first contact support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We have increased our resourcing of the helpdesk and continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation. We support over 2,500 amputees a year who are all at varying stages of the limb loss pathway.

LA Information resource pack

With limited access to clinical services and directly with patients due to the Covid measures, we have seen increased requests from clinicians for LA information packs. This continues to be the case and requests are growing. Lack of information in the early stages of limb loss is a common issue that's raised and having awareness of and access to the wider support that's available is essential to ensure amputees and their families can be better informed and holistically supported. The packs contain an introductory letter from the LA's respective outreach team member, information about all LA services and copies of the LA's magazine StepForward, the latter containing a wide range of sector features and user stories of inspiration and hope.

Limbless Association

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LA SUPPORT AND CONNECT OUTREACH PROJECT

Key aims

- Reduce the isolation that amputees experience
- Improve amputees' knowledge regarding recovery and life after limb loss
- Build a local and regional peer community.
- Introduce amputees to activities and other experiences to improve their wellbeing and quality of life
- Provide development and employability opportunities for amputees

Key outreach activities:

- Regular in person Hub sessions
- Online Hub Chats
- Virtually Speaking online thematic events
- LA support desks
- Welfare calls (one to one support)
- Delivering and attending local and regional engagement
- Represent the LA at local and regional level (sector and related)

While for much of this period, the outreach team continued to support online and by phone, there was also considerable progress made in terms of planning for the return of the team delivering face to face support. The weekly Support and Connect online Hub Chats and the bi-weekly Virtually Speaking thematic events continued with the LA's online community strengthening.

Support and Connect was launched in 2018 at Harold Wood Long Term Conditions Centre. In 2019 the project developed further and by early 2020 outreach Hubs in Essex, Bristol, Manchester and Hull were established and team members had been recruited. The LA has continued to grow this project and now has 7 outreach team members supporting across the UK, including Wales and more recently Northern Ireland. All the team are amputees and bring their lived experience to this vital outreach support role and project.

The Virtually Speaking online support project has also kept us informed of the challenges endured by our community. Most of these are outside of our control (e.g. fewer prosthetic appointments available), but on many occasions we have been able to intervene and provide support prior to challenges escalating. We have also encouraged our community to maintain their health and wellbeing, supporting with mobility and movement with a range of specialist support; accessible yoga and relaxation sessions, targeted wellbeing programmes, Hull University Keep Moving programme.

Virtually Speaking, launched in 2020 in response to the pandemic restrictions, has become an integral online service beyond its initial funding period and has continued into 2021/22. The platform continues to offer opportunities for sector professionals to be involved in our work and support our members and service users. It has provided our community with access to expert advice across a range of subject. The thematic events have provided opportunities for a range of relevant topics to be presented to support greater understanding. Our Outreach Coordinators, all amputees themselves, have supported the Virtually Speaking programme delivery, hosting sessions and signposting people to the programme. 94% of our online community expressed a desire to continue to meet virtually and we're delighted we've been able to continue this important supporting and connecting opportunity. Participants can hear from and engage with sector experts as well as accessing wellbeing sessions all from the comfort of their own homes. Topics delivered for this period have included pain management, wheelchairs (personal budgets), improving sleep for better health and accessible exercise sessions (Keep Moving), Motability and Disabled Ramblers.

"Great to have the chance to hear information from a professional with the chance to ask questions and in response be given facts on a professional level. Great to be given this opportunity in a safe and secure platform as well as virtually socialising with other amputees."

"The Limbless Association gave me the tools to realise there was life after becoming an amputee."

We're also hugely grateful to the Trusts and funders across the country who have generously awarded grants to support the successful delivery of the project so far. Thank you to you all.

Limbless Association

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VOLUNTEER VISITOR - LA PEER TO PEER SUPPORT SERVICE

Limb loss brings unique challenges, so sometimes you need to talk to others who have been through similar experiences. That's the premise of the Volunteer Visitor programme - **amputees supporting amputees**.

"I wish I'd had someone like me to talk to about my traumatic experience when I became an amputee." LA Volunteer Visitor

We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it's this belief that has driven us to further develop the LA's longstanding peer support offer. The National Lottery Reaching Communities funding has enabled us to realise our vision of creating a robust service model of peer support for the limb loss community. It is also our passion that our volunteers, who support with their lived experience, have access to the good quality training, development and ongoing support in their roles. The funding has enabled us to provide volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. LA Volunteer Visitors are supported with a variety of training and development opportunities as the project aims to support their onward rehabilitation too.

Throughout 2021/22 project developments aimed to:

- Grow and develop a newly recruited VV project team
- Develop a robust service model of amputee peer support.
- Develop safer recruitment process, recruiting and training new volunteers.
- Promote and raise awareness of the VV programme, building relationships with key stakeholders and referrers to increase visibility of and accessibility to the service.
- Promote and encourage engagement with the volunteering opportunities the VV programme provides.

Project activities during this period included:

- Further researching peer support concepts and programmes to inform the development of a good practice model of peer mentoring.
- Developing a new Volunteer Visitor volunteer recruitment process, ensuring a robust, fair and transparent process and adhering to good practice principles for safer recruitment. The recruitment process includes attendance at a VV Information Session, completion of an application form, an informal interview, references and completion of an Enhanced level DBS check.
- Designing a service user pathway and developing a full service specification, intended for sector professionals and key stakeholders. This outlines the overall framework for the service for everyone involved; whether they be accessing, delivering or signposting to the service.
- Developing a comprehensive induction and training programme for Volunteer Visitors.
- Producing policies and documentation, including codes of conduct, visit protocols and volunteer agreements.
- Developing new VV resources, including fliers, stakeholder presentations and other promotional resources.
- Creating content and marketing the volunteering role through all marketing channels. This included exhibiting at the virtual National Volunteer Expo, to launch the first round of volunteer recruitment.
- Recognising, celebrating and thanking LA volunteers during Volunteers Week.

Key engagement events:

- BAPO conference 2021 - To support the re-launch of the Volunteer Visitor programme, the Limbless Association exhibited at the British Association of Prosthetists and Orthotists virtual conference on 8-9th October. This included a presentation opportunity.
- As the charity turned 38, November 2021 saw the official launch of the new Volunteer Visitor service which a virtual professionals stakeholder information event.
- Hugh James Annual Trauma Conference - The VV team presented at the Hugh James Trauma conference in November 2021, joining the Live Q & A panel with over 500 attendees participating in the conference.
- BACPAR conference - As a result of having presented the VV programme at the Amputation Speciality Interest Group earlier in the year, the VV team were invited to present at the BACPAR conference in Manchester on 1st and 2nd December. In addition to the speaker slot, the outreach team we also hosted an exhibition stand at the event to promote the LA's services. Over 100 professionals 'checked in' to the LA stand with the vast majority stating they would like to receive future LA newsletters and further details of the VV service.

Limbless Association

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In the first six months of launching the programme we delivered over 140 visits and had recruited and trained 40 Volunteer Visitors. Recruitment was ongoing and new training cohorts planned for spring 2022.

Feedback from service users on peer support visits received during this time indicates that:

- 96% of service users felt more connected with the limb loss community.
- 84% became more informed about their amputation and recovery.
- 77% felt less isolated.
- 67% felt that any stress and anxiety they had as a result of their amputation had reduced.
- 68% felt more empowered to manage day to day life with limb loss.
- 80% became more aware of the services and support available to them as an amputee

All of those surveyed told us that they would recommend the VV programme to other amputees.

The Volunteer Visitor programme developments have only been possible with the support of funding from the National Lottery Reaching Communities Fund. We're enormously grateful to the National Lottery and its players for their generous support. This funding is truly changing lives and helping the LA to ensure that *no amputee need cope alone*.

Volunteer Visitor David Rose and LA Chair of Trustees: **"It's natural to feel lost in the early days of limb loss. That's why the LA's Volunteer Visitor service exists, providing support and advice to help amputees move forward. For our Volunteer Visitors it's a very rewarding activity, as it's a chance to give something back."**

ACCESS TO LEGAL ADVICE - The LA Legal Panel

The Limbless Association established the Limb Loss Legal Panel; a consortium of leading law firms in the UK, specialising in personal injury, clinical negligence and legal cases where catastrophic injury and amputation occur. Its aim is to provide Limbless Association members and service users with the highest quality legal advice, on a free initial-consultation basis. We continue to promote the importance of early and expert advice as well as highlighting freedom of choice.

We wish to thank our panel for the support they have offered our service users and the charity throughout 2021/22. As well as their generous sponsorship, the panel members individually support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful. <https://limbless-association.org/legal-panel/>

Bolt Burdon Kemp LLP (BBK)

In October 2021 our friends at Bolt Burdon Kemp solicitors decided to take on the challenge of a lifetime by completing an epic 4x4x48 fundraising challenge to raise funds to support the work of the LA.

BBK is a member of our Legal Panel and its team have proven that they are enthusiastic fundraisers for the LA. An intrepid group of 18 colleagues had set themselves the challenge of running or walking 4 miles every 4 hours for 48 hours, travelling a total of 48 miles (77 kilometres) in only two days. The team - led by Josh Hughes, Partner and Head of the company's Complex Injuries Team - reached the half-way point of the challenge at the new prosthetic limb fitting centre at Mayflower Community Hospital in Billericay. They were greeted by a delighted and enthusiastic crowd of well-wishers including Sue Patterson, Centre Manager. Thank you to Sue and her colleagues at the Mayflower Community Hospital for being so accommodating and welcoming.

All BBK team members successfully completed their 4x4x48 challenge and had raised a magnificent £9,000 for the Limbless Association by the big day. A big thank you to all those who took on this amazing challenge and to everyone who sponsored them and donated. The BBK team spent months training alongside their busy jobs and it was an incredible achievement with all reaching the finish line.

HEALTH AND WELLBEING

Here at the LA we believe in a holistic approach to achieving our charity mission and we will always promote and champion the importance of being active for improved health and wellbeing. Physical activity, sports and fitness plays an important role in the recovery and rehabilitation of those that have experienced limb loss. We understand from our members and service users that improved physical health can in turn improve levels of confidence, self-esteem and mental health.

Limbless Association

Trustees' Report for the Year Ended 31st March 2022

HEALTH AND WELLBEING - continued

It is well documented that physical and mental health are intrinsically linked and we will continue to promote this ethos and explore ways in which we can further develop our offer in this area to support and inform the wider concepts of health and wellbeing. We continue to promote and cover a range of health and wellbeing initiatives will do this by working with and signposting to respective charities and organisations. We hold regular online Hub Chats - Wellbeing Plus, cover wellbeing topics in our Virtually Speaking thematics and our quarterly magazine StepForward has covered many related topics for example, The Importance of Selfcare. As we begin to deliver support Hubs back in the community, wellbeing and relaxation taster sessions are a firm feature at these events.

LIMBLESS ASSOCIATION MEMBERSHIP

Membership of the LA continues to be free for all amputees as we believe that there should be no barrier to benefiting from being part of our community. Amputees join the LA at varying stages of their limb loss pathway. With a growing team, increased numbers of volunteers together with project and brand developments the LA is increasingly more visible. Amputees, their families and professionals are finding out about our services via the internet, the LA's magazine StepForward, the engagement activities of the LA team and word of mouth. Due to this membership numbers are growing and stand at around 2000. We are extremely grateful to those members who make regular donations to the charity and we hereby extend our warmest thanks. Growing LA membership remains a key aim to in turn grow our collective voice. We will also always ensure that we are truly representing our member's views by consulting regularly and widely.

What our members tell us:

"I didn't know much about amputees besides Paralympics before my amputation. I think in hospital there needs to be more information provided around rehab and more community based or amputee gatherings would be helpful."

"I was expecting the possibility of an amputation and clinical advice I was given was good. On discharge I really felt I was cast adrift and left to my own devices how to proceed. There was nobody in a supervising role for my ongoing progress. There was no information pack or advice. I proceeded with advice from friends, family, my own will power and the LA."

Key needs identified:

1. Lack of information pre- and post-amputation. Our members felt the LA should be more visible in centres and hospitals.
2. Peer to peer support was identified as very important to amputees as they begin their limb loss journey.
3. A greater geographic presence from the charity and its services.

How are is the LA addressing those needs:

1. The LA has produced an information pack that is now beginning to be taken by centres and hospitals. We are focusing on key stakeholder engagement and by building strong relationships with clinicians we hope this information will be increasingly widely distributed.
2. The LA is now developing its peer support project Volunteer Visitor. This will mean greater access to peer support for amputees and training and development opportunities for our volunteers.
3. Our Support and Connect outreach programme has been developed to support greater access to LA services across the country. We now have 7 team members, all amputees, who are located nationally, in England, Wales and Northern Ireland.
4. The LA's new online support programme Training To Be An Amputee will offer 8 weekly sessions that cover important matters that affect the onward rehabilitation of individuals and their families; welfare rights, peer support, living independently, health and wellbeing, the rehabilitation pathway (what to expect) and living life well beyond limb loss.

LIVES BEYOND LIMB LOSS PROGRAMME

Prior to the pandemic we had begun to develop a programme involvement opportunities across the year including the LA's annual O2 climb and team participation in the Superhero Tri. Having goals, however big or small, is important in supporting rehabilitation progress. These opportunities bring our community together to take on challenges they've never engaged in before or thought wouldn't be possible after limb loss. Participating with peers and with a focus on what is possible, personal achievements are realised and wonderful memories are made. We are excited to be once again able to be organising these opportunities. As well as the O2 climb and the Superhero Tri we'll be engaging in other activities, including a Wheelchair Rugby and Cricket Experience day, generously supported by legal panel members Bolt Burdon Kemp LLP.

Limbless Association

Trustees' Report for the Year Ended 31st March 2022

LA YOUNG AMBASSADORS PROGRAMME

This project is in the early stages of development. The LA has a growing number of younger amputees and we want to explore and understand how we can support their specific needs. We now have two young Trustees and two young Ambassadors who represent us at a variety of engagement events. This young team, supported by our Support and Connect project, have begun to engage with the LA's younger members online in our new initiative 'Virtually Speaking about...Young Lives Beyond Limb Loss. They also plan to consult our younger members and arrange an in-person event to bring together young amputees to meet, socialise and for peer support.

In 2022/2023, we'll be aiming to expand the programme and increase the LA's ambassador opportunities. We know that many young amputees face significant challenges at critical times in their lives and these can interrupt their studies, careers and social lives. We'll seek to address these issues with a range of support initiatives and development opportunities.

Devised and presented by LA Trustee and Young Ambassador Ella Dove, following the success of the LA's first podcast series, series 2 was launched in December 2021. The whole podcast series is proving to be an ongoing vital resource for amputees, their families and professionals. Ella has done an amazing job to create an insightful resource that can be accessed at any time. We are looking forward to series three!

All podcast episodes are available on our website www.limbless-association.org and the usual podcast platforms. We were fortunate to engage some truly amazing guests and many thanks to all of our AmPLAfy contributors.

AmPLAfy podcast series 1

AmPLAfy podcast series 1

EPISODE ONE: Mental Health

EPISODE TWO: Body Confidence

EPISODE Six: Going for Goals

EPISODE Three: Family and Friends

EPISODE four: Phantom Limb Pain

EPISODE five: Adapting To The Future

AmPLAfy podcast series 2

EPISODE ONE: Back to Reality

EPISODE TWO: I did it my way: Accepting and Adapting

EPISODE THREE: Life as a young amputee

EPISODE FOUR: Going for Gold with Paralympian Laura Steadman

EPISODE FIVE: Prosthetics for All: Life for all amputees worldwide

EPISODE SIX: The Power of Peer Support

COMMUNICATIONS

The Limbless Association has continued to invest in digital communications and marketing and this has been vital in continuing to raise the profile of the charity and its work during the last couple of years. The new LA website continues to develop and feedback from service users, members and professionals tells us that our services, support and events are clearly communicated and accessible. There are a wealth of resources including blogs, podcasts, video content and a dedicated sector resource area. The LA now runs a busy programme of events and our Events Calendar is proving a popular page for stakeholders to keep up to date about 'what's on' at the LA.

StepForward, the LA's quarterly magazine, remains a vital communications tool to enable us to engage with a diverse and growing stakeholder base. The magazine is distributed to our members, hospitals, DSC's, physiotherapists, OT's, consultants, prosthetic companies and manufacturers. Our members and new services users tell us that through the magazine they feel 'supported and connected' with the wider community. With each issue we aim to profile individuals succeeding beyond adversity and highlight key sector topics and research. The publication also raises awareness of any developments and issues affecting the sector as well as promoting our fundraisers, supporters and volunteers. The magazine is also a useful resource for the LA to update about its charitable activities, to an increasingly diverse audience. The LA has a strong contingent of members who prefer to receive information by post only and the news pages of StepForward enable us to keep this group particularly, up to date with LA news and developments. Thank you to those of you who have contributed to the magazine and we are immensely grateful for your support.

Limbless Association

Trustees' Report
for the Year Ended 31st March 2022

COMMUNICATIONS -continued

"Warmest congratulations to all concerned on the latest truly excellent issue of STEPFORWARD. I found all the articles and contributions to be lively and stimulating. Without doubt, this magazine supports the LA's aims of ensuring the highest possible quality of life for people of all ages with limb loss, and for those who care for them. It demonstrates that the needs of amputees, their families and carers will always be the driving force behind what you do." LA member

Thank you to all StepForward advertisers who in placing their adverts are supporting our beneficiaries to connect with their peers and the sector on a national scale. We are enormously grateful to them all.

LA Website

The development of a new website had been the ambition of the LA for a couple of years as the existing site that had been built some time ago no longer reflected the current branding and developments of the charity. We prioritised the new website developments in autumn 2020 and temporarily engaged the support of a web development consultant to manage the project. This was a significant piece of work and the new website was eventually launched in spring 2021 and is an ongoing development project that will be supported and driven by our external communications team. Feedback so far from members, service users and healthcare professionals has been extremely positive as the new site is supporting greater engagement across our community. It is an important platform providing information, guidance and signposting on a range of matters affecting amputees and their families. Content includes details about the LA, its services and projects, news and events as well as fundraising and involvement opportunities. We're able to do this through written and video content, the latter having been increasingly important to demonstrate our growing impact. Members, volunteers, services users and referral partners can now also submit enquiries via the new site.

ENGAGEMENT

Pre-pandemic the LA had developed a busy calendar of in person meetings, including the Support and Connect Hub sessions, as well as attending and exhibiting at a wide range of sector engagements and events. In 2021/22 a programme of virtual conferences continued as we all navigated the ongoing challenges to keep people safe beyond the pandemic restrictions. The LA attended and presented at a several virtual conferences which provide a valuable opportunity to engage with a larger audience. These included the Hugh James Annual Trauma and BAPO conferences. However, we were delighted to finally be able to engage with stakeholders in person at Naidex in September 2021, BACPAR Conference and Exhibition in November 2021 and the Pace Rehabilitation Life and Limb conference in March 2022. All provided exhibiting opportunities for the LA to meet stakeholders, existing and new. Building relationships with our stakeholders continues to be an integral part of our work. Attending and connecting in person provides increased opportunities to grow the charity's visibility while providing important learning and engagement.

Prosthetic and Orthotics Students Awards

The Limbless Association again recognised excellence by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. The charity was excited to again sponsor student awards in 2021.

David Rose, Chair of the LA:

"The Limbless Association is delighted to offer our support of these excellent students at the university. These young people represent the future of prosthetic and orthotic services to the limb loss community across the UK. It is particularly satisfying to witness such inspiring examples of student excellence at a time when improvements in prosthetic technology are available to the wider patient community and are enabling very effective levels of rehabilitation. However, the best prosthetic equipment can only work when delivered by a team of rehabilitation professionals who understand the unique needs of each amputee. The prosthetist is at the very heart of this process and it's reassuring to know that such outstanding students are joining the profession."

Roy Bowers, Course Director, BSc (Hons) Prosthetics and Orthotics, University of Strathclyde:

"On behalf of the National Centre for Prosthetics and Orthotics, I would like to express my sincere thanks to the Limbless Association for the prizes awarded for best performance by a first year student and for best performance by a graduating student. To have their hard work and achievements recognised in this way by an organisation that represents service users is a fantastic motivation for our students, and a boost to their self-confidence is obvious to all of us teaching on the programme."

Limbless Association

Trustees' Report
for the Year Ended 31st March 2022

ACHIEVEMENT AND PERFORMANCE

INCOME GENERATION

This period has been an extremely difficult one for fundraisers. With three lockdowns and Covid-19 restrictions in place for the majority of the time, traditional challenge events and local fundraisers were unable to take place. While some events did eventually adapt to be delivered virtually, including the London Marathon, community fundraising remained challenging throughout 2021/22 as many people continued to proceed with caution. We regularly share stories of our awesome fundraisers on our website, on social media, in our magazine and in our newsletters. We also have a dedicated area on our website - Fundraising Champions - where we celebrate their achievements and support.

In March 2022 the LA launched what is hoped to be its annual HolLAwood Extravaganza virtual event of the year. It was an evening of virtual glitz, glamour, fun, celebration and fundraising on Zoom with a fantastic audience of our members, Trustees, staff and friends of the LA - all dressed up to the nines or as their favourite movie stars or characters. We celebrated our wonderful Volunteer Visitors and enjoyed virtual charades, virtual red carpet and the 'Star is Bourne' movie quiz before crowning the winners of the 'No Place Like Home' Best Dressed Awards. A highlight of the evening was the LA's 5STAR Fundraising Awards. The audience was fantastic entering into the spirit of the awards season. We were also overwhelmed by the incredible generosity of people texting to donate on the night. We look forward to the next one in 2023.

The Limbless Association continued to realise significant levels of legacy income during this period. The charity is extremely fortunate recipient of legacy gifts. Legacy commitments have always been important to the charity and enable us to maintain, deliver and develop our services that we offer to all amputees. We greatly appreciate these wonderful bequests, and in recent years these valuable funds have helped the charity to invest in its infrastructure and grow its services. The charity is now a member of the Free Wills Network that we hope will support further growth in this area of supporter giving.

The Limbless Association is immensely grateful for every donation it receives and are humbled at the many ways in which our supporters choose to raise funds. From all at the LA we offer our sincerest thanks. We simply can't support those who need us without you.

There are many ways people can support our work: one-off or regular donations, holding fundraising events, taking part in challenge events or by leaving a gift in your will. Your support helps us to ensure that **no amputee needs cope alone**. Thank you!

As our projects have grown we have sought funding from key funders and Grant Making Trusts. Nationally Lottery England, Wales and Northern Ireland have supported both our outreach and peer support projects; Support and Connect and Volunteer Visitors. These funding awards have been vital in enabling the projects to be developed and the charity to grow. We have also been supported by many local and regionally focused Trusts and this has supported the delivery of our outreach support programme. These funding sources are making a difference to the charity in achieving its aims but most importantly enabling us to support even more lives beyond limb loss. Our sincerest thanks to them all.

WITH THANKS TO OUR CORPORATE SUPPORTERS

Anthony Gold Solicitors
Bolt Burdon Kemp
Fieldfisher
Stephensons Solicitors LLP
Judkins Solicitors
Slater and Gordon Group
Enable Law
Hudgell Solicitors
Osbornes Law
Hugh James

Limbless Association

Trustees' Report
for the Year Ended 31st March 2022

FINANCIAL REVIEW AND AIMS

2021/2022 saw income fall compared to the previous year. Due to the increased demands on the charity's services as well as the growing project developments expenditure rose as further resourcing was agreed and undertaken across several areas of activity. Investments to support service growth continued relating to HR and capital resourcing including the LA website and digital communications, database, IT and data protection. This is enabling the charity to support increasing numbers of beneficiaries, ensure compliance across our services and continue to build a credible and valued brand. The financial period ended with the charity reporting a comparatively small deficit which was due to the timing of receipt and expenditure of restricted grant funding income. The LA's Volunteer Visitor project received funding just prior to the onset of the pandemic and initial phase developments had been suspended while the pandemic crisis unfolded and this had meant an underspend on the project in 2020/21. In 2021/22, progress on this project advanced with the delayed recruitment of the project team. At the end of the financial period 2021/22 the charity had maintained a strong reserves position.

Income generation was and has been without question a challenge during this unprecedented period. The LA has worked hard to realise fundraising opportunities and again was fortunate to be the beneficiary of legacy gifts. This enabled the charity to begin the 2021 period with some continued financial resilience. The LA board and leadership team worked closely to balance the needs of the organisation's development strategy while monitoring the prevailing risks. It was recognised that income generation would continue to be a challenge in the aftermath of the crisis and continued vigilance would be needed.

The need for LA support and services is never more needed and while we've increased our capacity to deliver we know that we must do more to ensure we're able to reach all those who need our support. We have some exciting new opportunities in various stages of development and these will require new funding streams to be fully realised. To support the sustainability and growth ambitions of the charity and we will continue to invest in our income generation strategy. The charity has invested in grant funding support in recent years and a return on that investment has resulted. In the summer of 2021, further investments in fundraising resource were made.

Reserves policy

The Trustees have considered the minimum level of free reserves that the Charity ought to hold. Reserves are needed to bridge the funding gaps between spending and receiving income. While the country has moved forward beyond the pandemic, new challenges are now prevailing. The impact of the pandemic and an ever growing cost of living crisis are contributing to an increasingly challenging fundraising environment. Therefore, the Trustees aim to ensure that reserve levels do not fall below 6 months expenditure to be a prudent measure.

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

- * Represent, engage and influence at local and national levels, challenging government and devolved assemblies for the betterment of the limb loss community.
- * To increase membership, volunteer and supporter numbers nationwide, increasing and improving our reach to those in need of our services.
- * To develop our current services to achieve optimum impact, identifying gaps in early intervention provision where the LA can deploy its experience and expertise to develop projects to further support new amputees and its members.
- * To raise the Limbless Association's profile as a major champion of the limb loss community across a wide range of stakeholders, existing and new.
- * To work collaboratively with other charities and agencies to optimise support and reach, maximising a collective voice within the UK.
- * To develop strong and mutually productive relationships with professionals and specialists working in all key areas of medical care, recognising and promoting excellence.
- * To prove, improve and account for all areas of our service provision ensuring that we are delivering excellent value to our service users and stakeholders alike and realising outcomes set by our funders and by ourselves.
- * To develop, plan and implement an ambitious and diverse income generation strategy that supports the charity's sustainability.

In formulating its objectives, the charity has given due consideration to the Charity Commission's published guidance on the operation of charities for the public benefit.

Limbless Association

Trustees' Report
for the Year Ended 31st March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02487661 (England and Wales)

Registered Charity number

803533

Registered office

Mayflower Community Hospital
Blunts Wall Road
Billericay
CM12 9SA

Trustees

D M Rose Retired – Chair of Trustees
M Adam Financial Consultant
Ms E R Dove Journalist and Author
P J Houghton Access Officer
P A Judkins Legal Adviser
A W Meyer Clinical Services Manager

Company Secretary

Ms D J Bent – CEO

Independent Examiner

R. J. Sears FCCA
Hentons
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

While we have aimed to include all our sponsors here, we apologise in advance for any omissions. If that's the case, please contact us and you'll get a special mention in our next e-newsletter and on our website.

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

Approved by order of the board of trustees on 29th. January 2023 and signed on its behalf by:

David Rose

.....
D M Rose - Trustee

Independent Examiner's Report to the Trustees of
Limbless Association

Independent examiner's report to the trustees of Limbless Association ('the Company')

I report to the trustees (who are also Directors for the purpose of company law) on my examination of the financial statements of Limbless Association ('the charitable company') for the year ended 31st March 2022 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charitable company you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable 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 the charitable company's financial statements carried out under Section 145 of the Charities Act 2011 ('the 2011 Act') and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of the ACCA 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:

- accounting records were not kept in respect of the charitable company as required by Section 386 of the 2006 Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the financial statements give a true and fair view which is not a matter considered as part of an independent examination; or
- the financial statements 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 financial statements to be reached.



Ralph Sears - FCCA
Hentons
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Date: 29 JANUARY 2023

Limbless Association

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31st March 2022

| | Notes | Unrestricted funds £ | Restricted funds £ | 31.3.22 Total funds £ | 31.3.21 Total funds £ |
|-------------------------------------|-------|----------------------------|--------------------------|--|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Voluntary income | 3 | 75,495 | 324,719 | 400,214 | 487,673 |
| Activities for generating funds | 4 | 81,219 | - | 81,219 | 54,574 |
| Investment income | 5 | <u>3,149</u> | <u>-</u> | <u>3,149</u> | <u>4,032</u> |
| Total | | <u>159,863</u> | <u>324,719</u> | <u>484,582</u> | <u>546,279</u> |
| EXPENDITURE ON | | | | | |
| Raising funds | 6 | 87,977 | - | 87,977 | 60,743 |
| Charitable activities | | | | | |
| Charitable activities | 7 | <u>130,813</u> | <u>293,323</u> | <u>424,136</u> | <u>297,583</u> |
| Total | | <u>218,790</u> | <u>293,323</u> | <u>512,113</u> | <u>358,326</u> |
| Net gains on investments | | <u>469</u> | <u>-</u> | <u>469</u> | <u>22,786</u> |
| NET INCOME/(EXPENDITURE) | | | | | |
| Transfers between funds | 18 | <u>(58,458)</u> | <u>31,396</u> | <u>(27,062)</u> | 210,739 |
| | | <u>(75,606)</u> | <u>75,606</u> | <u>-</u> | <u>-</u> |
| Net movement in funds | | (134,064) | 107,002 | (27,062) | 210,739 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>501,024</u> | <u>118,061</u> | <u>619,085</u> | 408,346 |
| TOTAL FUNDS CARRIED FORWARD | | <u>366,960</u> | <u>225,063</u> | <u>592,023</u> | <u>619,085</u> |

CONTINUING OPERATIONS

The Statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derived from continuing activities.

The Statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

The notes form part of these financial statements

| | | <u>Balance Sheet</u> | | | |
|--|-------|----------------------------|--------------------------|--|---------------------|
| | | <u>31st March 2022</u> | | | 31.3.21 |
| | Notes | Unrestricted funds £ | Restricted funds £ | 31.3.22 Total funds £ | Total funds £ |
| FIXED ASSETS | | | | | |
| Tangible assets | 13 | 20,576 | 6,532 | 27,108 | 30,178 |
| Investments | 14 | <u>149,041</u> | <u>-</u> | <u>149,041</u> | <u>148,572</u> |
| | | 169,617 | 6,532 | 176,149 | 178,750 |
| CURRENT ASSETS | | | | | |
| Debtors | 15 | 32,649 | 38,006 | 70,655 | 23,332 |
| Cash at bank and in hand | | <u>206,125</u> | <u>180,525</u> | <u>386,650</u> | <u>456,394</u> |
| | | 238,774 | 218,531 | 457,305 | 479,726 |
| CREDITORS | | | | | |
| Amounts falling due within one year | 16 | (41,431) | - | (41,431) | (39,391) |
| NET CURRENT ASSETS | | | | | |
| | | <u>197,343</u> | <u>218,531</u> | <u>415,874</u> | <u>440,335</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | | | |
| | | <u>366,960</u> | <u>225,063</u> | <u>592,023</u> | <u>619,085</u> |
| NET ASSETS | | | | | |
| | | <u>366,960</u> | <u>225,063</u> | <u>592,023</u> | <u>619,085</u> |
| FUNDS | | | | | |
| Unrestricted funds | 18 | | | 366,960 | 501,024 |
| Restricted funds | | | | <u>225,063</u> | <u>118,061</u> |
| TOTAL FUNDS | | | | | |
| | | | | <u>592,023</u> | <u>619,085</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2022 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.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 29th January 2023 and were signed on its behalf by:

David Rose
.....
D M Rose - Trustee

The notes form part of these financial statements

Limbless Association

Notes to the Financial Statements
for the Year Ended 31st March 2022

1. CHARITY INFORMATION

Limbless Association is a private company limited by guarantee incorporated in England and Wales. The registered office is Mayflower Community Hospital, Blunts Wall Road, Billericay, CM12 9SA.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been prepared under the historical cost convention and are in accordance with 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) (Issued October 2019) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity constitutes a public entity as defined by FRS102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest pound.

Going concern

At the time of approving the financial statements the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees have adopted the going concern basis for the preparation of the financial statements.

On the date of the financial statements approval, there is great uncertainty surrounding the global economy and impact of the Coronavirus pandemic and the conflict in Ukraine. The trustees consider the charity to be sufficiently robust that its operations will not be significantly affected by the continued uncertainty from this event. The trustees are continuously monitoring the charity's investment portfolio and cost base for any adverse movements in value and costs and will take action wherever necessary to protect the charity's stakeholders interests should the period of uncertainty continue for longer than expected.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected and if it 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.

2. ACCOUNTING POLICIES - continued

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

- Fixtures and fittings 20% to 33% straight line
- Computer equipment 33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expended as incurred.

Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Taxation

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

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

2. ACCOUNTING POLICIES - continued

Pension contributions

The charity operates a defined contribution pension plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payment obligations.

The contributions are recognised as an expense in the SOFA when they fall due. Amounts not paid are shown in accruals as a liability in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

| | 31.3.22 | 31.3.21 |
|-----------|----------------|----------------|
| | £ | £ |
| Donations | 22,918 | 49,219 |
| Legacies | 227,186 | 270,500 |
| Grants | <u>150,110</u> | <u>167,954</u> |
| | <u>400,214</u> | <u>487,673</u> |

4. ACTIVITIES FOR GENERATING FUNDS

| | 31.3.22 | 31.3.21 |
|-------------------------|---------------|---------------|
| | £ | £ |
| Legal panel | 40,500 | 39,875 |
| Events and other income | 29,045 | 95 |
| Advertising income | <u>11,674</u> | <u>14,604</u> |
| | <u>81,219</u> | <u>54,574</u> |

5. INVESTMENT INCOME

| | 31.3.22 | 31.3.21 |
|----------------------------|--------------|--------------|
| | £ | £ |
| CAF Income and growth fund | 3,120 | 3,799 |
| Interest receivable | <u>29</u> | <u>233</u> |
| | <u>3,149</u> | <u>4,032</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

6. RAISING FUNDS

Raising donations and legacies

| | 31.3.22 | 31.3.21 |
|--|---------------|---------------|
| | £ | £ |
| Staff costs | 21,525 | 14,708 |
| Miscellaneous office costs | 306 | 273 |
| Rent, rates and water | 4,691 | 4,379 |
| Advertising | 8,445 | 9,859 |
| Telephone | 1,297 | 1,388 |
| Events and fundraising costs including Step forward printing costs | 36,644 | 21,355 |
| Website costs | 4,311 | 2,236 |
| Light and heat | 312 | 248 |
| Project travel, accommodation and subsistence | 1,892 | 1,757 |
| Printing, postage and stationery | 3,066 | 1,740 |
| Legal and professional | 1,183 | 1,245 |
| Depreciation | <u>4,305</u> | <u>1,555</u> |
| | <u>87,977</u> | <u>60,743</u> |

7. CHARITABLE ACTIVITIES COSTS

| | Direct Costs (see note 8) | Support costs | Totals |
|-----------------------|---------------------------------|------------------|----------------|
| | £ | £ | £ |
| Charitable activities | <u>352,245</u> | <u>71,891</u> | <u>424,136</u> |

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

| | 31.3.22 | 31.3.21 |
|---|----------------|----------------|
| | £ | £ |
| Staff costs | 259,627 | 115,026 |
| Admin and office costs | - | 961 |
| Rent | 7,505 | 6,569 |
| Postage and stationery | 2,311 | 1,324 |
| Advertising | 11,260 | 15,195 |
| Project travel, accommodation and subsistence | 15,230 | 13,088 |
| Marketing and Communication costs including Step forward publications costs | 21,071 | 26,055 |
| Website costs | - | 2,236 |
| Legal and professional | 12,976 | 7,271 |
| Direct project costs | 8,444 | 27,182 |
| Telephone | 8,890 | 2,874 |
| Donations | 625 | 1,026 |
| Depreciation | <u>4,306</u> | <u>3,205</u> |
| | <u>352,245</u> | <u>222,012</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

| | | |
|-----------------------------|----------------------|---------------------|
| | 31.3.22 | 31.3.21 |
| | £ | £ |
| Depreciation - owned assets | <u>12,917</u> | <u>6,314</u> |

10. TRUSTEES' REMUNERATION AND BENEFITS

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2021 - Nil).

Trustees' expenses

Trustees received a total of £362 (2021 - £61) in reimbursed travel and accommodation expenses within the year. The number of Trustees who were paid expenses was 2 (2021 - 4).

11. STAFF COSTS

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

| | | |
|----------------------|------------------|------------------|
| | 31.3.22 | 31.3.21 |
| | 16 | 10 |
| Administrative staff | <u>16</u> | <u>10</u> |

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|-----------------------------------|----------------------------|--------------------------|-----------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Voluntary income | 283,070 | 204,603 | 487,673 |
| Activities for generating funds | 54,574 | - | 54,574 |
| Investment income | <u>4,032</u> | <u>-</u> | <u>4,032</u> |
| Total | <u>341,676</u> | <u>204,603</u> | <u>546,279</u> |
| EXPENDITURE ON | | | |
| Raising funds | 60,743 | - | 60,743 |
| Charitable activities | | | |
| Charitable activities | <u>138,717</u> | <u>158,866</u> | <u>297,583</u> |
| Total | <u>199,460</u> | <u>158,866</u> | <u>358,326</u> |
| Net gains on investments | <u>22,786</u> | <u>-</u> | <u>22,786</u> |
| NET INCOME | 165,002 | 45,737 | 210,739 |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

| 12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|--|----------------------------|--------------------------|---------------------|
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 336,022 | 72,324 | 408,346 |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS CARRIED FORWARD | <u>501,024</u> | <u>118,061</u> | <u>619,085</u> |

| 13. TANGIBLE FIXED ASSETS | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|---------------------------|----------------------------------|----------------------------|---------------|
| COST | | | |
| At 1st April 2021 | 34,174 | 14,467 | 48,641 |
| Additions | <u>7,040</u> | <u>2,807</u> | <u>9,847</u> |
| At 31st March 2022 | <u>41,214</u> | <u>17,274</u> | <u>58,488</u> |
| DEPRECIATION | | | |
| At 1st April 2021 | 13,422 | 5,041 | 18,463 |
| Charge for year | <u>7,660</u> | <u>5,257</u> | <u>12,917</u> |
| At 31st March 2022 | <u>21,082</u> | <u>10,298</u> | <u>31,380</u> |
| NET BOOK VALUE | | | |
| At 31st March 2022 | <u>20,132</u> | <u>6,976</u> | <u>27,108</u> |
| At 31st March 2021 | <u>20,752</u> | <u>9,426</u> | <u>30,178</u> |

| 14. FIXED ASSET INVESTMENTS | Listed investments £ |
|-----------------------------|----------------------------|
| MARKET VALUE | |
| At 1st April 2021 | 148,572 |
| Revaluations | <u>469</u> |
| At 31st March 2022 | <u>149,041</u> |
| NET BOOK VALUE | |
| At 31st March 2022 | <u>149,041</u> |
| At 31st March 2021 | <u>148,572</u> |

There were no investment assets outside the UK.

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

14. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31st March 2022 is represented by:

| | Listed investments £ |
|-------------------|-------------------------------------|
| Valuation in 2022 | 469 |
| Valuation in 2021 | 22,786 |
| Valuation in 2020 | (15,581) |
| Cost | <u>141,367</u> |
| | <u><u>149,041</u></u> |

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.22 £ | 31.3.21 £ |
|--------------------------------|----------------------|----------------------|
| Trade debtors | 26,975 | 19,666 |
| Other debtors | - | 1,316 |
| Prepayments and accrued income | <u>43,680</u> | <u>2,350</u> |
| | <u><u>70,655</u></u> | <u><u>23,332</u></u> |

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.22 £ | 31.3.21 £ |
|---------------------------------|----------------------|----------------------|
| Trade creditors | 23,584 | 24,222 |
| Social security and other taxes | 3,847 | 7,669 |
| Accruals and deferred income | <u>14,000</u> | <u>7,500</u> |
| | <u><u>41,431</u></u> | <u><u>39,391</u></u> |

Deferred income

The charity has received income from a number of benefactors who have stipulated that the funds are provided on the condition that they are used over a specified period of time.

Grants and donations received which have these conditions attached are held as deferred income until the charity has met the criteria, at which point it is then entitled to recognise this money as income received in the statement of financial activity (SOFA).

The movement on deferred income was as follows:

| | 31.3.22 £ | 31.3.21 £ |
|--|---------------------|---------------------|
| Brought forward as at 1st April | 4,000 | 45,152 |
| Deferred income recognised | 4,000 | 4,000 |
| Deferred income released | <u>(4,000)</u> | <u>(45,152)</u> |
| Balance carried forward as at 31st March | <u><u>4,000</u></u> | <u><u>4,000</u></u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

17. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

| | 31.3.22 | 31.3.21 |
|----------------------------|--------------|--------------|
| | £ | £ |
| Within one year | 956 | 541 |
| Between one and five years | 3,319 | 3,029 |
| In more than five years | <u>3,427</u> | - |
| | <u>7,702</u> | <u>3,570</u> |

18. MOVEMENT IN FUNDS

| | At 1.4.21 | Net movement in funds | Transfers between funds | At 31.3.22 |
|---------------------------------------|----------------|-----------------------|-------------------------|----------------|
| | £ | £ | £ | £ |
| Unrestricted funds | | | | |
| General fund | 501,024 | (58,458) | (75,606) | 366,960 |
| Restricted funds | | | | |
| Support and Connect Glasgow | 9,581 | - | - | 9,581 |
| Limbless Association Children's Fund | 4,305 | (4,305) | - | - |
| Support Connect Hub Project | 15,362 | (109,124) | 93,762 | - |
| Peer Support Project | 87,644 | 12,981 | - | 100,625 |
| Virtual Speaking | 1,169 | (1,169) | - | - |
| Iraqi Project | - | 123,732 | (18,156) | 105,576 |
| Support Connect Hub Project - Ireland | - | 9,281 | - | 9,281 |
| | <u>118,061</u> | <u>31,396</u> | <u>75,606</u> | <u>225,063</u> |
| TOTAL FUNDS | <u>619,085</u> | <u>(27,062)</u> | <u>-</u> | <u>592,023</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

18. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|---------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 159,863 | (218,790) | 469 | (58,458) |
| Restricted funds | | | | |
| Limbless Association Children's Fund | - | (4,305) | - | (4,305) |
| Support Connect Hub Project | 10,800 | (119,924) | - | (109,124) |
| Peer Support Project | 140,831 | (127,850) | - | 12,981 |
| Virtual Speaking | - | (1,169) | - | (1,169) |
| Iraqi Project | 163,807 | (40,075) | - | 123,732 |
| Support Connect Hub Project - Ireland | <u>9,281</u> | <u>-</u> | <u>-</u> | <u>9,281</u> |
| | <u>324,719</u> | <u>(293,323)</u> | <u>-</u> | <u>31,396</u> |
| TOTAL FUNDS | <u>484,582</u> | <u>(512,113)</u> | <u>469</u> | <u>(27,062)</u> |

Comparatives for movement in funds

| | At 1.4.20 £ | Net movement in funds £ | Transfers between funds £ | At 31.3.21 £ |
|--------------------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| Unrestricted funds | | | | |
| General fund | 336,022 | 165,002 | - | 501,024 |
| Restricted funds | | | | |
| Support and Connect Glasgow | 10,000 | (419) | - | 9,581 |
| Limbless Association Children's Fund | 14,943 | (10,638) | - | 4,305 |
| Support Connect Hub Project | 8,326 | 9,918 | (2,882) | 15,362 |
| Peer Support Project | 39,055 | 45,707 | 2,882 | 87,644 |
| Virtual Speaking | <u>-</u> | <u>1,169</u> | <u>-</u> | <u>1,169</u> |
| | <u>72,324</u> | <u>45,737</u> | <u>-</u> | <u>118,061</u> |
| TOTAL FUNDS | <u>408,346</u> | <u>210,739</u> | <u>-</u> | <u>619,085</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

18. MOVEMENT IN FUNDS - continued

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|--------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 341,676 | (199,460) | 22,786 | 165,002 |
| Restricted funds | | | | |
| Support and Connect Glasgow | - | (419) | - | (419) |
| Limbless Association Children's Fund | - | (10,638) | - | (10,638) |
| Support Connect Hub Project | 53,463 | (43,545) | - | 9,918 |
| Peer Support Project | 105,979 | (60,272) | - | 45,707 |
| Virtual Speaking | <u>45,161</u> | <u>(43,992)</u> | <u>-</u> | <u>1,169</u> |
| | <u>204,603</u> | <u>(158,866)</u> | <u>-</u> | <u>45,737</u> |
| TOTAL FUNDS | <u>546,279</u> | <u>(358,326)</u> | <u>22,786</u> | <u>210,739</u> |

Restricted Funds:-

Limbless Association Children's Fund

Money was received from a Children's Charity which closed and wishes to remain anonymous. The money is restricted for the use of amputee children.

Support and Connect Glasgow Fund

To support a range of projects that will be developed for the benefit of patients and their families attending The West of Scotland Mobility and Rehabilitation Centre, Glasgow.

Support Connect Hub project

To provide amputees with a group peer networking opportunity where they can meet with others, to share their experiences and improve their rehabilitation and recovery. The Hub project offers monthly informal drop-ins for information, support and connectivity. The Hub project key aims are to reduce the isolation that amputees experience, improve amputees' knowledge regarding recovery and life after limb loss and introduce amputees to activities and other experiences to improve their well-being and quality of life.

Peer Support project

The LA's Volunteer Visitor network offers peer mentoring and support to individuals and their families. LA Volunteer Visitors are experienced amputees (of two or more years) who offer to support more recent amputees and those pre-amputation. This national peer-to-peer support project provides recent amputees with practical advice and information relating to limb loss from someone with lived experience who can understand the difficulties they are facing.

Virtual Speaking project

The Support and Connect Virtually Speaking project is a virtual outreach project that was developed due to the onset of the pandemic's restrictions. With members having to isolate and shield, it was necessary for the charity to offer online group peer support opportunities to ensure that our community was able to access a range of support, advice, information and connectivity; to reduce social isolation, inform, advise and empower, improve health and wellbeing.

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2022

18. MOVEMENT IN FUNDS - continued

In August 2020, the Limbless Association was awarded £45,161 by the Coronavirus Community Support Fund (DCMS) administered by the National Lottery Community Fund, to develop and launch Virtually Speaking, a series of online engagement activities for amputees during COVID-19. The funding was time limited to support the project for a period of 7 months.

Legacy - Iraqi Support and Inclusion Project

This legacy gift is restricted to 'supporting Iraqi amputees, where at all possible'. The LA will initially aim to ensure that its services are fully accessible to Iraqi amputees and their families living in the UK, including peer support. We will aim to engage with and learn about this community to understand and scope its specific challenges with a view to determining further support and strategies according to the need identified and aligning with LA objects.

Support Connect Outreach Project - Northern Ireland

To expand Limbless Association outreach support in NI. To develop a Northern Ireland outreach programme based on the model already established in England and Wales and raise awareness of the charity providing amputees and their families with improved access to LA services. A dedicated Outreach Coordinator based in NI has been recruited.

Transfers between funds

The transfer of funds of £93,762 to the Support Connect Hub Project is a decision made by the trustees to fund its activities from unrestricted reserves. In addition, the transfer of £18,156 from the Iraqi project fund to the general fund is in respect of legal costs incurred over the last six years in securing the funds received which were disputed.

19. RELATED PARTY DISCLOSURES

During the year, the following related party transactions took place in which the trustee, P. A. Judkins was also a member of the entity's key management personnel:

| | 31.3.22 | 31.3.21 |
|--------------------------------|---------|---------|
| | £ | £ |
| Legal panel donations received | 5,000 | 5,000 |
| Legal expenses | - | 1,553 |
| Trade receivables | 10,000 | 5,000 |

There were no disclosable related party transactions during the previous year.

20. FINANCIAL INSTRUMENTS

| | 31.3.22 | 31.3.21 |
|--|----------------|----------------|
| | £ | £ |
| Financial assets | | |
| Financial assets measured at fair value through the statement of financial activity (SOFA) | <u>149,041</u> | <u>148,572</u> |

LIMBLESS ASSOCIATION

England & Wales - Charity number 803533

Accounts

REGISTERED COMPANY NUMBER: 02487661 (England and Wales)
REGISTERED CHARITY NUMBER: 803533

Trustees' Report and
Unaudited Financial Statements
for the Year Ended 31st March 2021
for
Limbless Association

Meyer Williams
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Limbless Association

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for the Year Ended 31st March 2021

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Limbless Association
Trustees' Report
for the Year Ended 31st March 2021

(For the purposes of Section 8 of the Charities Act 2011 and Directors' Report for the purposes of Section 417 of the Companies Act 2006)

The Trustees present their annual report and financial statements for the year ended 31 March 2021. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) (issued in October 2019).

Review of the financial year 1st April 2020 to 31st March 2021.

The Charity Background

The Limbless Association (LA) is a registered Charity that was originally established in 1983. Since then, it has grown to become a leading UK Charity for people with limb loss. The LA was incorporated in 1990 and it was granted charitable status in Scotland on 18 April 2011 (Charity registration Nos. 803533 and SCO42256).

The Limbless Association began life as a campaigning organisation whereby it aimed to champion access to better levels of rehabilitation for civilian amputees. The Charity was for several years based in south-west London, at Queen Mary's Hospital, Roehampton (The Douglas Bader Rehabilitation Centre). This was the first-ever prosthetic centre in the UK (built in 1915) and is still regarded as a centre-of-excellence for prosthetic treatment and rehabilitation.

The LA was formed by amputees and continues to this day to be a user led Charity with the majority of its trustees, volunteers and several of its staff team having experienced limb loss. This wealth of lived experiences helps inform and shape the Charity's aims and services.

No Amputee Need Cope Alone

The Limbless Association (LA) provides support, information and connectivity to and for the limb-loss community. The LA aims to support people of all ages and backgrounds through a variety of programmes and services, existing and new, and offers support to individuals of any age, whether they are about to have an amputation or are already living with congenital limb impairment or acquired limb-loss. We also offer assistance, support and information to carers, family members and friends. We exist to support all amputees and where appropriate will work closely with other UK charities, agencies and services to realise the best possible outcomes for each individual in order to meet their needs across the rehabilitation pathway.

We provide a national association of friends and contemporaries through the Limbless Association membership, currently free to all amputees and limb impaired persons of 18 years and over. Parents of younger amputees may join as a parent/guardian member. The Limbless Association continues to strengthen its national strategic involvement, aiming to support and champion a collective voice for the UK limb loss community across a range of topics and issues.

The Limbless Association is extremely grateful for the income it receives by way of generous donations provided by members, friends, private supporters, trusts and corporate sponsors. The Limbless Association is privileged and humbled to continue to be so generously remembered with continued legacy and in memoriam donations. We owe a debt of gratitude to all our funders who enable the Charity to continue to offer its services to amputees at no cost, **ensuring that no one is ever without the information and support they need at whatever stage of their limb loss and regardless of their ability to pay.**

Charity Objects

To enable people in the United Kingdom of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Our Mission

To support and empower all amputees to lead independent and fulfilled lives.

Our Vision

A world where amputees of all ages are not disadvantaged by their disability and able to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Limbless Association

Trustees' Report for the Year Ended 31st March 2021

OUR GOALS

- Offer excellent support and information to amputees, their relatives, carers and friends at all stages of limb loss.
- Identify gaps in service provision and develop projects to meet the needs identified.
- Increase membership, volunteer and supporter numbers nationwide to maximise our collective voice.
- Listen to, engage with and influence our stakeholders.
- Increase organisational reach to those in need of LA services.
- Lead on strategic representation and influencing at local and national levels.
- Support medical research in areas of prevention, service improvement and prosthetics.
- Deliver an ambitious programme of activity to grow our income to ensure continuity and development of our services.
- To raise the profile of the Charity as a major champion of the limb loss community

OUR VALUES

RESPECT

We treat people as individuals and how we would wish to be treated ourselves

INTEGRITY

We do the right thing, not the easy thing - even if it takes more time and effort

DIVERSITY

The LA embraces, encourages and celebrates diversity and strives to be inclusive in all aspects of its work

ACHIEVEMENT

The LA will support its members, volunteers and staff to enable them to develop and thrive as individuals and as a team encouraging resilience and adaptability

EXCELLENCE

We don't settle for OK; we are determined to ensure quality in all our activities and aim to achieve more

PROFESSIONALISM

Our services and projects will be developed and delivered with high levels of competence, efficiency and quality at their heart

ASPIRING

The LA will be optimistic in its outlook and aspirational in all areas of the support it offers and looks to develop; practical and holistic interventions.

TRUSTWORTHY

We will develop stakeholder relationships and endeavour to be considered a reliable, consistent and competent partner by the limb loss community and our funders.

Charity Achievements 2020 - 2021

Context

As we approached our year end 2020, the severity of the global pandemic and its implications were becoming of increasing concern. At the outset of our new financial year 2020/21, as with all charities, businesses and individuals we were faced with unprecedented challenges in navigating a new and ever changing landscape. With the onset of the first national lockdown, it was clear that our potential to adapt would be key to our ability to continue to deliver the support our community needed.

The foundations the Charity had worked hard to build in recent years meant that we were fortunate to begin 2020 with financial and organisational resilience. Faced with the enormity of the prevailing crisis our Trustees provided measured leadership, guidance and support. 5 out of 6 of our Trustees are living with limb loss and were able to quickly appreciate that Limbless Association (LA) support would be ever more needed. One of our Trustees leads a prosthetics services team and had first-hand experience of the immediate and impending implications of the negative impact the pandemic was having on the rehabilitation pathway for amputees. Particularly affected were those who were in the early stages of limb loss as rehabilitation services were all but suspended with clinical teams having been redeployed to support frontline NHS priorities at that time.

Limbless Association

Trustees' Report
for the Year Ended 31st March 2021

Our staff team embraced the challenges and focused on ensuring that our support was available to all those who needed and sought it. The LA Helpdesk has remained open at full capacity throughout 2020/21 and it was busier than ever. Prior to the pandemic, 2019/20 had seen us beginning to realise the Charity's wider reach aims with the further development of our outreach project Support and Connect. By autumn/winter 2019/20 we'd successfully launched 4 monthly Support and Connect Hubs in Essex, Bristol, Hull and Manchester, all based at NHS limb fitting centres. We had more launches planned in other locations for 2020/21. However, due to the lockdown and ongoing necessity to operate under Covid secure measures, our in-person Hubs were suspended and this situation remained. We know how much our outreach support means to our growing Hub community and as soon as it's safe to do so we'll be resuming this programme of work. However, with our outreach team newly in place in March 2020, we were quick to embrace the virtual environment and moved our support online with Support and Connect - Virtually Speaking.

The Volunteer Visitor peer support programme, having received National Lottery funding in autumn 2019 was also about to undergo it's recruitment phase in March 2020. Due to the uncertain operating environment in agreement with guidance from the National Lottery we decided to postpone this phase until autumn 2020. This significantly impacted the first year of our planned project delivery albeit we continued to provide peer support through our existing Volunteer Visitor scheme. In September 2020 we were able to again focus on the new programme and began to recruit the project team as originally planned. By this time, as we became increasingly aware of the advantages of being able to support and connect online as a national Charity, we were excited about the opportunities this would realise for the project, its beneficiaries and the Limbless Association.

2020/2021 has seen another strong year financially and in terms of the Charity's development aims. This has been achieved in the face of ongoing uncertainty and adversity. Investments have been made in resourcing and infrastructure - IT (remote working), database, website, trademarking - that will continue to strengthen the foundations needed for the Charity to increase its capacity to support larger numbers of amputees and their families. Through our multi-stakeholder engagement - service users, members, volunteers, sector professionals - we know that there is a gap in the support available to amputees in the rehabilitation pathway. Those experiencing limb loss must navigate multiple and complex challenges through a rehabilitation process that can be long and overwhelming. The negative impact on physical, emotional and mental health wellbeing is considerable and requires a range of strategies and interventions beyond the clinic room to optimise rehabilitation outcomes. The Limbless Association's current and developing services and projects aim to work collaboratively with clinical teams to fill the gaps where non-clinical support is needed to support amputees to live their best lives beyond limb loss.

This has without doubt been an incredibly difficult and intensely busy period that's required considerable resilience and resolve. Many of our service users and members were shielding as were some of our staff team. Despite the respective challenges faced by many, we have been overwhelmed by the support of our members, volunteers, fundraisers and funders. The LA is also very fortunate to have an incredibly loyal and passionate team who we must wholeheartedly thank for their sustained dedication to our beneficiaries and cause, despite the additional challenges that all were experiencing from the impact of the pandemic.

At the time of writing, uncertainty prevails in terms of the ongoing pandemic challenges and its full impact on our activities and finances. However, with the momentum of our key projects underway, improvements in our infrastructure and increased resource now in place our aim of ensuring that no amputee need cope alone drives us to be even more ambitious for the Charity to further realise its potential in meeting the ever increasing needs of those who must face the struggles of living with limb loss.

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OBJECTIVES AND ACTIVITIES

Limbless Association Activity Review 2020/21

Strategic Representation and Engagement

As a user led Charity, the Limbless Association has since its inception represented the limb loss community in national and local strategic forums, recognised as the leading civilian Charity supporting those affected by limb loss and limb impairment. It is a privilege for us to build on this heritage and continue to be involved in this important area of work that enables us to represent the collective voice of our members, service users and the wider limb loss community. This work also provides us with the opportunity to ensure that we build relationships with key sector decision makers and influencers.

The Charity is a member of and attends the following groups:-

Westminster Cross Party Limb Loss Group; IC2A; Member of the PIP Policy Forum; Rehabilitation and Disability CRG; Prosthetics Review Steering Group; Prosthetics Review Clinical Working Group (Service Specification); East of England Trauma Network; Trauma East Voices; APIL - Alliance for Injured People; Specialised Healthcare Alliance; Chelmsford Area Access Group (CAAG). Community Rehabilitation Alliance England (Chartered Society of Physiotherapists)

Partnerships

During these challenging times, several sector charities came together with the aim of mutually supporting and information sharing. Being unable to offer face to face support was a challenge that all charities were facing during the lockdown periods and beyond. It was important that those experiencing limb loss during the pandemic had access to wider support in the light of the limitations on the clinical rehabilitation pathway.

The Limbless Association continues to support the I CAN camps run by Limbpower. The camps offer an inclusive activity experience that brings families together to offer peer support and peer learning opportunities. These were suspended during the first year of the pandemic but relaunched in autumn 2021.

Research

The LA is keen to support medical research in areas of prevention, service improvement and prosthetics. We are passionate about the need for research across the limb loss sector. We are approached by many researchers requiring support, either organisational or membership participation, and will always support where we feel it's appropriate and we're able to do so.

Early in 2021 we were invited to take part in the research prioritisation workshop being run by James Lind Alliance (JLA) Vascular Amputation Special Interest Group. This was a multistakeholder meeting with clinicians and patients whereby the top 10 research priorities were established. The LA went on to present at the Amputation Speciality Interest Group Research Development Meeting that reviewed potential research projects relating to the priorities identified. We presented about the new developments around our Volunteer Visitor programme as this was identified as a solution in supporting new amputees to be better informed about life beyond limb loss

LA SERVICES, PROJECTS AND SUPPORT

We aim to ensure that NO AMPUTEE NEED COPE ALONE

Our services have developed over many years to support our early intervention approach and remain very much at the centre of our refreshed strategy. Once discharged from hospital and quite often before, dealing with the practical and emotional impact of limb loss - short, mid and longer term - is a complex and very personal unpredictable journey for the individual and their families. We believe that the LA's services can offer a comprehensive support solution by playing a key role in the rehabilitation pathway whereby we support amputees, their families and the medical teams caring for them. As we progress we aim to be practical, responsive and innovative with our service and resource development to truly reflect and fulfil the needs of those experiencing such life changing circumstances. Four core strands of activity have been identified to support our aims in providing non-clinical support pre-and post-amputation:

> **INFORMING** > **ADVISING** > **SUPPORTING** > **CONNECTING** >

Informing

We are working hard to ensure that we continue to be informed about rehabilitation service provision and developments so that we can guide, signpost and update across a breadth of topic and query. Improving widespread accessibility to important early information is paramount to our strategic and operational aims.

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Advising

We are developing our advisory capabilities and capacity by growing our expertise and ensuring professionalism together with protocol is integral to strengthening this vital area of our work.

Supporting

We are developing projects and programmes that will offer practical and holistic support. This is an exciting area of work and we will continue to collaborate with our members and other stakeholders to identify their needs and how our future plans can support them.

Connecting

We will continue to raise awareness of the issues and raise the profile of the LA as a champion of those issues. We will seek multi-stakeholder engagement opportunities and we will continue to develop and deliver our own programme of events aimed at bringing together amputees and sector professionals for shared learning (informing, advising, supporting) and networking opportunities.

OUR SERVICES, SUPPORT AND ACTIVITIES

LA HELP DESK - Advice, Information and Signposting

The LA provides support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We have increased our resourcing of the helpdesk and continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation.

LA Information resource pack

This was developed early in 2020 and has proven to be invaluable during the pandemic period. Losing a limb can be a very isolating experience and this has been particularly acute during 2020/21. With limited access to clinical services due to the Covid measures, we have seen increased requests from clinicians for LA information packs to be distributed to patients. This continues to be the case and requests are increasing. Lack of information in the early stages of limb loss is a common issue that's raised and having awareness of and access to the wider support that's available is essential to ensure amputees and their families can be better informed and holistically supported. We have produced and distributed over 2000 packs since March 2020.

LA SUPPORT AND CONNECT OUTREACH PROJECT

Project key aims

- Reduce the isolation that amputees experience
- Improve amputees' knowledge regarding recovery and life after limb loss
- Introduce amputees to activities and other experiences to improve their wellbeing and quality of life
- Provide employability opportunities for amputees

The impact of the pandemic crisis resulted in the suspension of our developing outreach programme meaning that we were unable to deliver in-person support. We quickly developed an online support offer and Support and Connect Virtually Speaking was launched which saw the outreach team delivering a series of weekly virtual Hub chats and regular thematic events. To support the developments of this adapted project we applied to and were successfully awarded funding through the Coronavirus Community Support Fund which was administered by the National Lottery Community Fund.

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Prior to the pandemic the LA had not considered the possibilities of delivering support via an online forum. We were delivering face-to-face support through our Support and Connect Hubs in Bristol, Essex, Manchester and Hull, with new Hubs due to be launched in Norwich, Birmingham, Preston and Nottingham with more in-person Hubs planned for 2020/21. Ultimately, Virtually Speaking has enabled us to maintain engagement with our community at possibly the most challenging time in living memory. While many of us have struggled with isolation, loneliness, a loss of motivation and an increase in mental health challenges, those attending Virtually Speaking tell us a different story. Virtually Speaking has led to people feeling less isolated and more involved in a community. People have felt more empowered as a result. Especially considering the additional challenges that amputation can bring, the results from Virtually Speaking are incredibly encouraging.

Virtually Speaking has also kept us informed of the challenges endured by our community. Most of these are outside of our control (e.g. fewer prosthetic appointments available), but occasionally we have been able to intervene and provide support prior to challenges escalating. We have also encouraged our community to maintain their health and wellbeing during lockdown, supporting with mobility and movement with a range of specialist support; accessible yoga sessions, targeted wellbeing programmes, Hull University Keep Moving programme.

The Virtually Speaking platform has enabled sector professionals to be involved in our work and has provided our community with access to expert advice and support. The thematic events have provided opportunities for a range of relevant topics to be presented to support greater understanding. Our Outreach Coordinators, all amputees themselves, have supported the Virtually Speaking programme delivery, leading sessions and signposting people to the programme. Our team of 6 undertook a bespoke training course devised and delivered by The Drive Project to acquire the necessary skills and confidence to support our community online. Group peer support and ensuring that the voices of amputees are heard throughout our provision are crucial elements of our service design and delivery.

The following is a selection of the topics covered in our virtual thematic sessions. We are enormously grateful for the support of these contributors.

- The Keep Moving Project (University of Hull)
- Alan Meyer (Prosthetist, Harold Wood Long Term Conditions Centre)
- Maria Chadwick (Disability Discrimination Solicitor)
- John Lewis (Mindset Coach)
- Briony Williams (Great British Bake Off contestant)
- Dr Debbie Hanson (Psychiatrist)
- Celina Hanson (Mental Health Nurse)
- Osbornes Law
- Imogen Holland (amputee travel blogger)

Virtually Speaking was the first time we had ventured into online delivery of activities. Our learning from this project has supported us to plan other aspects of our work to be delivered virtually; volunteer training, conferences and other engagement opportunities. Additionally, 94% of respondents to our survey would like to continue meeting 'virtually' in some form after the COVID-19 restrictions ease. While pre-pandemic it would be a challenge to encourage online engagement, it has become the 'new normal' in these times. Additionally, 100% of respondents would recommend 'Virtually Speaking' events to other amputees and their families.

As well as feedback relating to each session, we sent a survey to Virtually Speaking participants. Of those who responded to the survey:

- 94% felt more engaged
- 82% felt less isolated
- 82% felt more informed about their own limb loss
- 77% felt more empowered in their own recovery and limb loss journey
- 88% felt more supported with their own limb loss challenges

... as a result of Virtually Speaking.

What our service users said about Virtually Speaking:

"Virtually Speaking is something to look forward to. It's an hour out of my week well spent; the support, the connection and valid information to take away."

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"I really appreciate the amount of information received direct from the professionals in the comfort of my own home."

"As only 2 months into becoming an amputee, I have noticed that I seem to be the newest on the hub sessions. I feel very involved. I am always waiting for the next session to arrive."

"As I am a new amputee, it was really good to listen to Alan's advice and also everyone else's questions as I got to learn from other amputees which enhances my knowledge being so new to this."

"That I could empathise with so many things and that I could see that as a relatively new amputee it wasn't just me going through certain things or having certain thoughts."

"The Limbless Association gave me the tools to realise there was life after becoming an amputee."

As soon as permissible and practically possible the regional face to face Hubs will recommence. We have maintained close contact with the rehabilitation centres who supported our outreach programme and continue to work collaboratively to holistically support amputees and their families particularly through these difficult times. We wish to acknowledge and extend our sincerest thanks to the clinical teams who despite the considerable challenges they've faced with service continuity, have engaged with us in the best interests of the amputee community. We're also hugely grateful to those trusts and fundraisers who have generously awarded grants to support the successful delivery of the project so far. Thank you to you all.

VOLUNTEER VISITOR - LA PEER SUPPORT SERVICE

Limb loss brings unique challenges, so sometimes you need to talk to others who have been through similar experiences. That's the premise of the Volunteer Visitor programme - **amputees supporting amputees**. Our peer support project continues to be an important and growing area of service provision for the LA. As well as self-referrals, we regularly and increasingly receive requests from a wide range of sector clinicians and professionals. These approaches can be made at all stages of limb loss. Our wonderful and motivated Volunteer Visitors offer one to one peer mentoring, providing practical information and emotional support. Our Volunteer Visitors understand first-hand the challenges and issues faced and are passionate about the support they provide and the difference it can make to individuals and their families. We are extremely grateful to them all as they are truly passionate about supporting us in ensuring that **no amputee need cope alone**.

We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it's this belief that has driven us to further develop the LA's longstanding peer support offer. The National Lottery Reaching Communities, awarded in 2019 is enabling us to realise our vision of creating a robust service model of peer support for the limb loss community. It will also provide many volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. LA Volunteer Visitors will be supported with a variety of training and development opportunities as the project aims to support their onward rehabilitation too.

Recruitment and early project developments were delayed due to the pandemic but most of the project team were in post by January 2021 and have made great progress in taking the plans forward in realising the projects aims.

Volunteer Visitor David Rose and LA Chair of Trustees: **"It's natural to feel lost in the early days of limb loss. That's why the LA's Volunteer Visitor service exists, providing support and advice to help amputees move forward. For our Volunteer Visitors it's a very rewarding activity, as it's a chance to give something back."**

Volunteer Visitor - progress so far:

- We ran an open recruitment process to place the project team.
- We have researched and gathered knowledge about peer support concepts and programmes to inform the development of a good practice model peer mentoring.
- We've developed a full project plan for 2020/21.
- We have developed a new Volunteer Visitor volunteer recruitment process ensuring a robust, fair and transparent process and adhering to good practice principles for safer recruitment.

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- Designed a service user pathway and developed a full service specification, intended for sector professionals and key stakeholders. This outlines the overall framework for the service for everyone involved; whether they be accessing, delivering or signposting to the service.
- Produced policies and documentation, including codes of conduct, visit protocols, volunteer agreements. Due to the pandemic, visits via the new service will be by phone and video call and protocols for both have been developed. We hope that in the future that Volunteer Visitors will be able to support service users face to face in our Support and Connect Hub settings.
- Developed new VV resources, including fliers, stakeholder presentations and other promotional resources. This includes Courtney's story: <https://youtu.be/Pv6yCH5kCXU> to encourage other amputees to be involved in the programme and to share with potential stakeholders/referrers. The video also supports the promotion of the service to patients and referral partners.
- We have communicated with current and prospective new volunteers. This has been through a variety of mediums/engagement sessions, including telephone calls, promotion of the scheme through social media posts, VV newsletter and StepForward magazine. The team have also engaged with the LA's Virtually Speaking Support and Connect Hub Chats to promote the scheme and to answer any questions from prospective volunteers. We have also promoted the VV programme on the LA's new website: <https://limbless-association.org/volunteer-visitors/>
- We have exhibited at the virtual National Volunteer Expo, to launch the first round of volunteer recruitment. This was a virtual booth on 8th-9th May. We held Virtual Chat opportunities for volunteers and stakeholders and a 30-minute information session. The following statistics outline the levels of attendance and engagement:
 - o Unique Virtual booth Visits: 247
 - o LA Documents Viewed: 78
 - o LA Documents downloaded: 189
 - o Live streamed VV Information session viewed by 64 people on the day and 10 people watched the post event recording.
- We celebrated our volunteers by marking national Volunteers Week, producing new content for the new LA website, thanking existing volunteers and sharing other information across all of our communications platforms.
- We've delivered three volunteer induction training courses, training 40 volunteers. Training is delivered online and it is mandatory for all prospective volunteers to complete the training prior to becoming a VV. Our volunteers will also receive additional training in the first six months of their volunteering role. As our volunteers progress with their roles we will support them collectively and with volunteer supervisions to identify additional development needs.
- The new Volunteer Visitor Service was launched on 2nd November 2021 which is the LA's 38th anniversary of inception.

Feedback from service users includes:

"My contact was by phone... He was so supportive. He gives hope where none existed before, his matter of fact common sense is impressive."

"I really appreciated talking to someone who understands, my amputation was a shock to me as it happened suddenly."

"It generally helped me understand as a new amputee how I would cope with everyday life including being a mum and a wife."

Volunteer Visitor feedback post-visit includes:

"I have spoken with Sue, a lovely lady who is doing remarkably well. She is still living with her parents as she is using crutches so is unable to carry anything. She is keen to get home. Sue feels she is the only amputee and feels slightly isolated living with her parents. I have provided her with details of our Virtually Speaking programme and online Hubs."

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"I spoke to Bill about his current situation... Bill experienced an above knee amputation of his right leg about four months ago. He explained that he generally feels OK, but feels like he has been 'cast adrift.' He has not received any meaningful physiotherapy and O/T support from the hospital. He has had no support from his local authority. We had an extensive conversation about the NHS prosthetic service provision. Bill was unaware of his entitlement to receive an assessment at his local prosthetic centre and was very interested to learn more about this. I provided him with details of his local centre, and advised he should request a GP referral."

We are marketing the service widely to sector professionals and relevant stakeholders and are seeing increasing clinical referrals and engagement with the programme. We look forward to collaborating with the healthcare providers to optimise accessibility to the service for patients and the volunteering opportunities for more experienced amputees.

2021/22 will be a busy delivery and learning phase. Having commissioned a new database in 2021 to support improved data capture and efficiencies across our activities we're looking forward to being able to report on a range of service and project insights in the next period.

ACCESS TO LEGAL ADVICE - The LA Legal Panel

The Limbless Association established the Limb Loss Legal Panel; a consortium of leading law firms in the UK, specialising in personal injury, clinical negligence and legal cases where catastrophic injury and amputation occur. Its aim is to provide Limbless Association members and service users with the highest quality legal advice, on a free initial-consultation basis. We continue to promote the importance of early and expert advice as well as highlighting freedom of choice.

We wish to thank our panel for the support they have offered our service users and the Charity throughout 2020/21 and for providing an excellent and responsive service. Where respective claims can be identified, it is essential that our members have prompt access to legal advice in order to optimise any support available to them and having immediate access to our panel is an invaluable source of advice. Our legal panel members also support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful.

HEALTH AND WELLBEING

Here at the LA we believe in a holistic approach to achieving our Charity mission and we will always promote and champion the importance of being active for improved health and wellbeing. Physical activity, sports and fitness plays an important role in the recovery and rehabilitation of those that have experienced limb loss. We understand from our members and service users that improved physical capability can in turn improve levels of confidence, self-esteem and mental health. It is well documented that physical and mental health are intrinsically linked and we will continue to promote this ethos and explore ways in which we can further develop our offer in this area to support and inform the wider concepts of health and wellbeing.

We will do this by working with charities and organisations that operate in a variety of related vital fields. Our quarterly magazine StepForward has covered many related topics that members tell us are of interest and we look forward to covering many more. Our Support and Connect outreach project offers sitting yoga sessions and we aim to explore other therapies and activities to support the health and wellbeing agenda.

Health

During the pandemic, staying healthy and active for many was a challenge. As part of our Virtually Speaking programme we were supported by Hull University and their Keep Moving programme, where Natalie Vanicek, Professor of Clinical Biomechanics at the University of Hull, has led pioneering research aimed at improving mobility and reducing falls for people following a lower limb amputation. Her work focused on two key areas: exercise and prosthetics therapies. Keep Moving coaches have held several taster sessions on the LA's Virtually Speaking platform and the LA has been able to signpost service users and members to Keep Moving sessions run by the research team virtually and in-person when Covid protocols have allowed.

The Limbless Association's Outreach Coordinator, Central England, Trevor Gallivan

"The KEEP MOVING programme fulfils many of this Charity's aims such as reducing the feeling of isolation that many amputees experience by enabling people to meet virtually, teaching amputees to do exercises at home safely and comfortably and helping to improve their health and wellbeing. The KEEP MOVING programme is unique in the UK, where there is an obvious gap in programmes that design and deliver exercise especially for people with limb loss, and it is really valuable to be able to signpost members to it."

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Wellbeing

The LA has also organised two 6 week virtual wellbeing programmes that have focused on a range of coping strategies to support greater resilience and wellbeing. Through a gentle accessible exercise, guided relaxation and meditation as well as learning self-care and mindfulness techniques participants were supported by a trained practitioner in an inclusive group setting.

The aims of the programme are:

- To reduce isolation - creation of online peer support networks to overcome the problems of isolation caused by limb loss which have been made worse by the Covid pandemic.
- To improve wellbeing and providing emotional support - ideas to promote positive mental health and body confidence.

- 100% of respondents agreed that the course has made them feel more supported and connected.
- 87.5% of respondents agreed that they felt more relaxed / calm after each session.
- 87.5% of respondents agreed that they felt less anxious after each session.
- 100% of respondents agreed that they felt more positive / confident after each session.
- 100% of respondents agreed that they felt more resilient after each session.
- 100% of respondents agreed that they had learnt something new that they can use to improve their wellbeing.

We asked participants: Has the course supported you to make any other changes in your lifestyle and self-care?
Feedback included:

"I realise the benefits of being able to choose how I feel. ""Realising that I'm not the only person who worries. ""I have started doing some zoom exercise classes to improve my fitness and I'm eating healthier. "I am being kind to myself as I try to improve my health and I'm enjoying the process more than I have before instead of putting too much pressure on myself." To reflect more. To be mindful of my surrounding, paint positive thought process, listen to my body."

LIMBLESS ASSOCIATION MEMBERSHIP

Membership of the LA continues to be free for all amputees to reflect our other services being free at the point of delivery. We are extremely grateful to those members who continue to make regular donations to the Charity and we hereby extend our warmest thanks. To ensure that we are truly representing our member's views we will endeavour to consult regularly and widely.

LA Members Survey

Given the emerging challenges of the pandemic crisis in May 2021 we conducted a members survey online and via post.

Our survey sought to understand:

- The needs and challenges of amputees in the current climate.
- Whether amputees had been adversely affected by the COVID-19 pandemic
- The early rehabilitation experience of LA members
- What additional services and support was needed to support those experiencing limb loss in the rehabilitation pathway.

Key findings:

- Upon becoming an amputee, many amputees struggle to find information on how to live as an amputee. Just under half of respondents who have been amputees for over 11 years are still experiencing challenges as amputees.
- Amputees chiefly experience issues around their prosthetic limb, with other issues including pain, mobility, mental health and issues associated with being an older amputee.
- The COVID-19 pandemic has intensified the challenges that amputees experience. The closure of limb-fitting/rehabilitation centres to all but emergency cases, inability to exercise due to shielding or gym closures or forced self-isolation has left amputees struggling to maintain their physical and emotional health and wellbeing.
- Amputees receive support from numerous sources; chiefly being clinicians and hospital staff. Other amputees were also important sources of information.
- Respondents wanted a greater LA presence in their local limb-fitting centre/hospital.

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Members told us:

"If it had not been for the LA rep informing me about what to expect and what to do, I would have been sent home totally blind to what to do and who to seek advice from. I still don't get all the help that I could but I am coping OK even in these difficult times."

"I didn't know much about amputees besides Paralympics before my amputation. I think in hospital there needs to be more information provided around rehab and more community based or amputee gatherings would be helpful."

"I was expecting the possibility of an amputation but the need and clinical advice I was given was good. On discharge I really felt I was cast adrift and left to my own devices how to proceed. There was nobody in a supervising role for my ongoing progress. There was no information pack or advice. I proceeded with advice from friends, family, my own will power and the LA.

Key needs identified:

1. Lack of information pre and post-amputation. Our members felt the LA should be more visible in centres and hospitals.
2. Peer to peer support was identified as very important to amputees as they begin their limb loss journey.
3. A greater geographic presence from the Charity and its services.

How are is the LA addressing those needs:

1. The LA has produced an information pack that is now beginning to be taken by centres and hospitals. We are focusing on key stakeholder engagement and by building strong relationships with clinicians we hope this information will be increasingly widely distributed.
2. The LA is now developing its peer support project Volunteer Visitor. This will mean greater access to peer support for amputees and training and development opportunities for our volunteers.
3. Our Support and Connect outreach programme has been developed to support greater access to LA services across the country. We now have 6 team members, all amputees, who are located nationally.

By becoming a member of the LA, amputees can access the latest information about our services, projects and events. Members receive the LA's quarterly magazine StepForward, a key resource, which provides a wealth of information and connectivity relating to the limb loss community. Our membership number continues to grow and in so doing so does our collective voice in the limb loss community.

LIVES BEYOND LIMB LOSS PROGRAMME

Having goals, however big or small, is important in supporting rehabilitation progress. We have supported members and their families to climb the O2 and participate in the Superhero Tri series. These opportunities bring amputees together to take on challenges they've never engaged in before or thought was possible since their limb loss. Participating with peers and with a focus on what is possible, personal achievements are realised and wonderful memories are made. Unfortunately, during 2020 due to the pandemic bringing people together for participation events wasn't possible. However, we are very much looking forward to creating future opportunities to support lives beyond limb loss.

LA YOUNG AMBASSADORS PROGRAMME

This programme is in the early stages of development and will aim to support the needs and address the challenges of those who experience limb loss at a younger age. We know through our engagement with younger amputees that they're looking for targeted interventions to support their lives beyond limb loss. This programme will develop a pathway of volunteering and development opportunities that will include access to peer mentoring, peer networking, ambassador roles and lives beyond limb loss opportunities. It will be led by young amputees themselves.

LA Young Ambassador Project

AmpLafy podcast series: Series One overview

EPISODE One: Mental Health

Whatever your age and whatever the cause of amputation, the psychological impact of losing a limb is huge. With such a seismic and shocking change to life, it's natural that the mind can be just as affected as the body.

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EPISODE Two: Body Confidence

When you look in the mirror, what do you see? When it comes to our appearance, we all have good days and bad days - and this perception of ourselves is a huge determiner of both our mood and our confidence. When you lose a limb, your body changes. It makes sense, therefore, that your body image does too. But self-acceptance for amputees is a journey, often an ongoing process.

EPISODE Three: Family and Friends

When you lose a limb, the reactions from people around you can be varied and unpredictable. Many people simply don't know what to say. Amputation is a trauma - not just for the individual, but also for their family and friends. Many close family members experience psychological trauma as a result, and may put their own lives on hold to prioritise the person they love.

EPISODE four: Phantom Limb Pain

Phantom limb pain affects up to 98% of amputees - and yet, despite this huge figure, research in this area remains limited. Dr Soori and Kim Lyons, both specialists in this area, examine what phantom pain and sensation actually are, and explain the latest treatments and developments.

EPISODE five: Adapting To The Future

When faced with any major life change or challenge, we humans have an incredible capacity for resilience. However, we often don't realise this until we have to. From the world of work to going on holiday, amputees are perhaps more aware than most people that there is more than one conventional way to do things.

EPISODE Six: Going for Goals

How to set and achieve goals, from small steps to big dreams. As humans, achieving targets we set ourselves brings natural satisfaction. The satisfaction of completion fulfils us all, in many ways, every day. And it's no different when you're an amputee.

The podcast series is available on our website www.limbless-association.org and the usual podcast platforms. We were fortunate to engage some truly amazing guests and many thanks to all of our AmpLAFy contributors. As Young Ambassador Lead, Ella Dove, has used her writing and media skills to devise the podcast series aimed at informing and supporting amputees. This is an exciting new project for the LA and well done Ella on this great achievement. Series two is in the planning and will be released at the end of 2021.

COMMUNICATIONS

The Limbless Association continues to review its external communications and messaging. Our key message themes continue to focus on 'Supporting Lives Beyond Limb Loss' and our mission of ensuring that 'No amputee need Cope Alone.' The majority of amputees who contact us, or we meet looking for our support fall into two categories: those who are looking for guidance to optimise their rehabilitation and those who are struggling to deal with the complex issues they face - pre-or post-amputation.

During this period we have invested in our communications and engagement by creating a dedicated post to support this area of work. Together with our digital creative consultancy team this has enabled us to continue to increase our social media presence, effectively communicate our key messages and aims. We regularly distribute member and stakeholder e-newsletters that update about our services, events and latest developments. We publish regular blogs on our new website and have created an events page on the new site.

StepForward, the LA's quarterly magazine, remains a vital communications tool to enable us to engage with a diverse and growing stakeholder base. The magazine is distributed to our members, hospitals, DSC's, physiotherapists, OT's, consultants, prosthetic companies and manufacturers. Our members and new services users tell us that through the magazine they feel 'supported and connected' with the wider community. With each issue we aim to profile individuals succeeding beyond adversity and highlight key sector topics and research. The publication also raises awareness of any developments and issues affecting the sector as well as promoting our fundraisers, supporters and volunteers. The magazine is also a useful resource for the LA to update about its charitable activities, to an increasingly diverse audience. The LA has a significant minority of members who prefer to receive information by post only and the new pages of StepForward enable us to keep this group particularly, up to date with LA news and developments. Thank you to those of you who have contributed to the magazine and we are immensely grateful for your support.

Limbless Association

Trustees' Report for the Year Ended 31st March 2021

"Warmest congratulations to all concerned on the latest truly excellent issue of STEPFORWARD. I found all the articles and contributions to be lively and stimulating. Without doubt, this magazine supports the LA's aims of ensuring the highest possible quality of life for people of all ages with limb loss, and for those who care for them. It demonstrates that the needs of amputees, their families and carers will always be the driving force behind what you do." LA member

LA Website

The development of a new website had been the ambition of the LA for a couple of years as the existing site that had been built some time ago no longer reflected the current branding and developments of the Charity. We prioritised the new website developments in autumn 2020 and temporarily engaged the support of a web development consultant to manage the project. This was a significant piece of work and the new website was eventually launched in spring 2021 and is an ongoing development project that will be supported and driven by our communications team. Feedback so far from members, service users and healthcare professionals has been extremely positive as the new site is supporting greater engagement across our community. It is an important platform providing information, guidance and signposting on a range of matters affecting amputees and their families. Content includes details about the LA, its services and projects, news and events as well as fundraising and involvement opportunities. We're able to do this through written and video content, the latter having been increasingly important to demonstrate our growing impact. Members, volunteers, services users and referral partners can now also submit enquiries via the new site.

ENGAGEMENT

Pre-pandemic the LA had developed a busy calendar of in person meetings, including the Support and Connect Hub sessions, as well as attending and exhibiting at a wide range of sector engagements and events. During 2020/21 Covid restrictions resulted in face to face meetings and events being suspended. However, just as the Charity had adapted by delivering its support online, the virtual environment created an alternative and timely opportunity for the LA. Building relationships with our stakeholders continues to be an integral part of our work and as everyone embraced virtual engagement the Charity was able to meet and present to a wide range of stakeholder during this period. However, while virtual platforms facilitate meetings and presentations, informal networking is more challenging. Once the pandemic situation eases, we look forward to again being able to attend and connect in person but also believe that the new hybrid way of working will provide increased opportunities to engage, learn and to grow the Charity's visibility.

Prosthetic and Orthotics Students Awards

The Limbless Association again recognised excellence by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. was excited to again sponsor student awards in 2020.

David Rose, Chair of the LA:

"The Limbless Association is delighted to offer our support of these excellent students at the university. These young people represent the future of prosthetic and orthotic services to the limb loss community across the UK. It is particularly satisfying to witness such inspiring examples of student excellence at a time when improvements in prosthetic technology are available to the wider patient community and are enabling very effective levels of rehabilitation. However, the best prosthetic equipment can only work when delivered by a team of rehabilitation professionals who understand the unique needs of each amputee. The prosthetist is at the very heart of this process and it's reassuring to know that such outstanding students are joining the profession."

Roy Bowers, Course Director, BSc (Hons) Prosthetics and Orthotics, University of Strathclyde:

"On behalf of the National Centre for Prosthetics and Orthotics, I would like to express my sincere thanks to the Limbless Association for the prizes awarded for best performance by a first year student and for best performance by a graduating student. To have their hard work and achievements recognised in this way by an organisation that represents service users is a fantastic motivation for our students, and a boost to their self-confidence is obvious to all of us teaching on the programme."

Limbless Association

Trustees' Report for the Year Ended 31st March 2021

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

This period has been an extremely difficult one for fundraisers. With three lockdowns and Covid-19 restrictions in place for the majority of the time, traditional challenge events and local fundraisers were unable to take place. While some events did eventually adapt to be delivered virtually, including the London Marathon, community fundraising remained challenging throughout 2020/21.

We share the stories of our wonderful fundraisers on our website - Fundraising Champions and on our Blog page. Here's just one example of how innovative our fundraisers have been.

Triathlon Triumph

An enormous thank you to the incredible Simrah, Jennah and Fatima Adam and their family who have helped to raise £4,120 for the Limbless Association. The family had already taken part in a challenging Tough Mudder, raising £1,650 and again on 27th March, the three young girls completed their self-devised amazing junior triathlon, swimming for 150m, cycling for 4km and then running 1km! So far, they have raised a further £2,470 which is a brilliant achievement.

The Limbless Association continued to realise significant levels of legacy income during this period. The Charity is extremely fortunate recipient of legacy gifts. Legacy commitments have always been important to the Charity and enable us to maintain, deliver and develop our services that we offer to all amputees. We greatly appreciate these wonderful bequests, and in recent years these valuable funds have helped the Charity to invest in its infrastructure and grow its services.

The Limbless Association is immensely grateful for every donation it receives and wishes to offer it's sincerest thanks to every single person that has raised funds for us in a variety of ways. You have taken part in many truly amazing activities in the name of fundraising for the Charity. We love to hear about fundraising stories and will always aim to celebrate achievements in StepForward, our e-newsletter, via social media or on our website.

A huge thank you to all our fantastic fundraisers, funders, supporters and our wonderful Volunteers. Your support is invaluable and immeasurable. We can't do our work without you.

There are many ways people can support our work: one-off or regular donations, holding fundraising events, taking part in challenge events or by leaving a gift in your will. Your support helps us to ensure that **no amputee needs cope alone**. Thank you!

OUR CORPORATE SUPPORTERS

Legal Panel

Anthony Gold Solicitors
Bolt Burdon Kemp
Fieldfisher
Stephensons Solicitors LLP
Judkins Solicitors
Slater and Gordon Lawyers
Enable Law
Hudgell Solicitors
Osbornes Law
Hugh James

STEPFORWARD ADVERTISERS

Ottobock - Dorset Orthopaedic - Össur - Ortho Europe - Blatchford - Limb Solutions - Anthony Gold - GM Coachwork Ltd - Allied Mobility - Karma Motility Ltd - Bathing Solutions - ICE Trikes
The Lin Berwick Trust - Treworgans (Accessible Holiday Cottages) - Judkins Solicitors - Hudgell Solicitors - Quest 88 - Peglegs UK - Mint Rehab - Safehands Holidays
While we have aimed to include all our sponsors here, we apologise in advance for any omissions.

Limbless Association

Trustees' Report for the Year Ended 31st March 2021

FINANCIAL REVIEW AND AIMS

We are once again pleased to be reporting an increase in income and that a surplus was achieved for this period. As well as realising legacy income we continued to be successful with our grant funding approach to support the development of projects and services. Expenditure has increased in respect of our increased activities and operational delivery required to support our planned project and service developments. We have increased the resourcing of our two key projects - Volunteer Visitor and Support and Connect - that is also realising our national reach aims. We've also invested in our infrastructure - IT, website, database and intellectual property - these were considered crucial investments to support the strategic aims and operational needs of the Charity and even more so needed as we adapt and evolve to deliver in the face of the pandemic challenges. With the onset of the pandemic our surplus and funds position provided some financial resilience. However, these remain to be incredibly challenging and unpredictable times and we'll continue to work hard to ensure we're resilient and innovative in 2021/22 and beyond. With the developments and opportunities underway at the LA, we remain optimistic for a strong albeit challenging 2021/22.

The need for LA support and services is never more needed and while we've increased our capacity to deliver we know that we must do more to ensure we're able to reach all those who need our support. We have some exciting new opportunities in various stages of development and these will require new funding streams to be fully realised. To support the sustainability and growth ambitions of the Charity, we are investing in our income generation strategy and having now recruited a Fundraising and Partnerships Manager and we aim to make further investments in this area in 2021/22. We will be developing a strategy that includes exploring opportunities across the income generation mix.

Reserves policy

The Trustees have considered the minimum level of free reserves that the Charity ought to hold. Reserves are needed to bridge the funding gaps between spending and receiving income. The Trustees consider that 3 months estimated costs is adequate as the minimum level of reserves but will work towards reserve levels at 6 months given the prevailing challenges of 2020/2021.

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

- * Represent, engage and influence at local and national levels, challenging government and devolved assemblies for the betterment of the limb loss community.
- * To increase membership, volunteer and supporter numbers nationwide, increasing and improving our reach to those in need of our services.
- * To develop our current services to achieve optimum impact, identifying gaps in early intervention provision where the LA can deploy its experience and expertise to develop projects to further support new amputees and its members.
- * To raise the Limbless Association's profile as a major champion of the limb loss community across a wide range of stakeholders, existing and new.
- * To work collaboratively with other charities and agencies to optimise support and reach, maximising a collective voice within the UK.
- * To develop strong and mutually productive relationships with professionals and specialists working in all key areas of medical care, recognising and promoting excellence.
- * To prove, improve and account for all areas of our service provision ensuring that we are delivering excellent value to our service users and stakeholders alike and realising outcomes set by our funders and by ourselves.
- * To develop, plan and implement an ambitious and diverse income generation strategy that supports the Charity's sustainability.

In formulating its objectives, the Charity has given due consideration to the Charity Commission's published guidance on the operation of charities for the public benefit.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Limbless Association

Trustees' Report
for the Year Ended 31st March 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02487661 (England and Wales)

Registered Charity number

803533

Registered office

Unit 10 Waterhouse Business Centre
2 Cromar Way
Chelmsford
Essex
CM1 2QE

Trustees

M M Adam Financial Consultant (appointed 21.7.20)
Ms E R Dove Journalist and Author (appointed 21.7.20)
P J Houghton Access Officer (appointed 23.7.20)
P A Judkins Legal Adviser
A W Meyer Clinical Services Manager (appointed 23.7.20)
D M Rose Retired
C E Henry Trustee (resigned 1.9.20)

CEO and Company Secretary

Ms D J Bent

Independent Examiner

R. J. Sears FCCA
Meyer Williams
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Limbless Association

Trustees' Report
for the Year Ended 31st March 2021

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also the directors of Limbless Association for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

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

Approved by order of the board of trustees on **21 January 2022** and signed on its behalf by:

David Rose
.....
D M Rose - Trustee

Independent Examiner's Report to the Trustees of
Limbless Association

Independent examiner's report to the trustees of Limbless Association ('the Company')

I report to the trustees (who are also Directors for the purpose of company law) on my examination of the financial statements of Limbless Association ('the charitable company') for the year ended 31st March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and related notes.

This report is made solely to the Charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the Charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ACCA, 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:

- accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



Ralph Sears FCCA
Meyer Williams
Chartered Accountants
Stag House
Old London Road
Hertford
Hertfordshire
SG13 7LA

Date: 24th January 2022

Limbless Association

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31st March 2021

| | Notes | Unrestricted funds £ | Restricted funds £ | 31.3.21 Total funds £ | 31.3.20 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|--|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Voluntary income | 3 | 283,070 | 204,603 | 487,673 | 448,432 |
| Activities for generating funds | 4 | 54,574 | - | 54,574 | 62,777 |
| Investment income | 5 | <u>4,032</u> | <u>-</u> | <u>4,032</u> | <u>1,806</u> |
| Total | | 341,676 | 204,603 | 546,279 | 513,015 |
| EXPENDITURE ON | | | | | |
| Raising funds | 6 | 60,743 | - | 60,743 | 68,009 |
| Charitable activities | 7 | | | | |
| Charitable activities | | <u>138,717</u> | <u>158,866</u> | <u>297,583</u> | <u>179,218</u> |
| Total | | 199,460 | 158,866 | 358,326 | 247,227 |
| Net gains/(losses) on investments | | <u>22,786</u> | <u>-</u> | <u>22,786</u> | <u>(24,390)</u> |
| NET INCOME | | 165,002 | 45,737 | 210,739 | 241,398 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>336,022</u> | <u>72,324</u> | <u>408,346</u> | <u>166,948</u> |
| TOTAL FUNDS CARRIED FORWARD | | <u>501,024</u> | <u>118,061</u> | <u>619,085</u> | <u>408,346</u> |

CONTINUING OPERATIONS

The Statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derived from continuing activities.

The Statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Balance Sheet
31st March 2021

| | Notes | Unrestricted funds £ | Restricted funds £ | 31.3.21 Total funds £ | 31.3.20 Total funds £ |
|--|-------|----------------------------|--------------------------|--|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 14 | 23,996 | 6,182 | 30,178 | 6,035 |
| Investments | 15 | <u>148,572</u> | <u>-</u> | <u>148,572</u> | <u>125,786</u> |
| | | 172,568 | 6,182 | 178,750 | 131,821 |
| CURRENT ASSETS | | | | | |
| Debtors | 16 | 23,332 | - | 23,332 | 37,173 |
| Cash at bank and in hand | | <u>344,515</u> | <u>111,879</u> | <u>456,394</u> | <u>317,124</u> |
| | | 367,847 | 111,879 | 479,726 | 354,297 |
| CREDITORS | | | | | |
| Amounts falling due within one year | 17 | <u>(39,391)</u> | <u>-</u> | <u>(39,391)</u> | <u>(77,772)</u> |
| NET CURRENT ASSETS | | <u>328,456</u> | <u>111,879</u> | <u>440,335</u> | <u>276,525</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>501,024</u> | <u>118,061</u> | <u>619,085</u> | 408,346 |
| NET ASSETS | | <u>501,024</u> | <u>118,061</u> | <u>619,085</u> | <u>408,346</u> |
| FUNDS | 19 | | | | |
| Unrestricted funds | | | | 501,024 | 336,022 |
| Restricted funds | | | | <u>118,061</u> | <u>72,324</u> |
| TOTAL FUNDS | | | | <u>619,085</u> | <u>408,346</u> |

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

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

The trustees acknowledge their responsibilities for

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

Balance Sheet - continued

31st March 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on21 January 2022..... and were signed on its behalf by:

David Rose

.....
D M Rose - Trustee

Limbless Association

Cash Flow Statement
for the Year Ended 31st March 2021

| | Notes | 31.3.21 £ | 31.3.20 £ |
|---|-------|---------------------|------------------|
| Cash flows from operating activities | | | |
| Cash generated from operations | 1 | <u>165,695</u> | <u>291,429</u> |
| Net cash provided by operating activities | | <u>165,695</u> | <u>291,429</u> |
| Cash flows from investing activities | | | |
| Purchase of tangible fixed assets | | (30,457) | (6,634) |
| Purchase of fixed asset investments | | - | (112,000) |
| Interest received | | <u>4,032</u> | <u>1,806</u> |
| Net cash used in investing activities | | <u>(26,425)</u> | <u>(116,828)</u> |
| Change in cash and cash equivalents in the reporting period | | | |
| | | 139,270 | 174,601 |
| Cash and cash equivalents at the beginning of the reporting period | | <u>317,124</u> | <u>142,523</u> |
| Cash and cash equivalents at the end of the reporting period | | <u>456,394</u> | <u>317,124</u> |

The notes form part of these financial statements

Limbless Association

Notes to the Cash Flow Statement
for the Year Ended 31st March 2021

| 1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES | 31.3.21 | 31.3.20 |
|---|-----------------------|-----------------------|
| | £ | £ |
| Net income for the reporting period (as per the Statement of Financial Activities) | 210,739 | 241,398 |
| Adjustments for: | | |
| Depreciation charges | 6,314 | 599 |
| (Gain)/losses on investments | (22,786) | 24,390 |
| Interest received | (4,032) | (1,806) |
| Decrease/(increase) in debtors | 13,841 | (20,444) |
| (Decrease)/increase in creditors | <u>(38,381)</u> | <u>47,292</u> |
| Net cash provided by operations | <u>165,695</u> | <u>291,429</u> |

2. ANALYSIS OF CHANGES IN NET FUNDS

| | At 1.4.20 | Cash flow | At 31.3.21 |
|--------------------------|-----------------------|-----------------------|-----------------------|
| | £ | £ | £ |
| Net cash | | | |
| Cash at bank and in hand | <u>317,124</u> | <u>139,270</u> | <u>456,394</u> |
| | <u>317,124</u> | <u>139,270</u> | <u>456,394</u> |
| Total | <u>317,124</u> | <u>139,270</u> | <u>456,394</u> |

Limbless Association

Notes to the Financial Statements for the Year Ended 31st March 2021

1. CHARITY INFORMATION

Limbless Association is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 10 Waterhouse Business Centre, 2 Cromer Way, Chelmsford, Essex, CM1 2QE.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements have been prepared under the historical cost convention and are in accordance with 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) (Issued October 2019) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity constitutes a public entity as defined by FRS102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest pound.

Going concern

At the time of approving the financial statements the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees have adopted the going concern basis for the preparation of the financial statements.

On the date of these financial statements' approval, there is great uncertainty surrounding the long term impact of the Coronavirus pandemic and its affects it will have on the global economy. The trustees consider the Charity to be sufficiently robust that its operations will not be significantly affected by the continued uncertainty form this event. The trustees are continuously monitoring the Charity's investment portfolio and cost base for any adverse movements in value and costs and will take action wherever necessary to protect the Charity's stakeholders interests should the period of uncertainty continue for longer than expected.

Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected and if it 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.

2. ACCOUNTING POLICIES - continued

Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

- | | |
|-------------------------|--------------------------|
| - Fixtures and fittings | 20% to 33% straight line |
| - Computer equipment | 33% straight line |

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Taxation

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

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

2. ACCOUNTING POLICIES - continued

Pension contributions

The Charity operates a defined contribution pension plan for its employees. A defined contribution plan is a pension plan under which the Charity pays fixed contributions into a separate entity. Once the contributions have been paid the Charity has no further payment obligations.

The contributions are recognised as an expense in the SOFA when they fall due. Amounts not paid are shown in accruals as a liability in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

| | 31.3.21 | 31.3.20 |
|-----------|-----------------------|----------------|
| | £ | £ |
| Donations | 49,219 | 46,571 |
| Legacies | 270,500 | 335,713 |
| Grants | <u>167,954</u> | <u>66,148</u> |
| | <u>487,673</u> | <u>448,432</u> |

4. ACTIVITIES FOR GENERATING FUNDS

| | 31.3.21 | 31.3.20 |
|-------------------------|----------------------|---------------|
| | £ | £ |
| Legal panel | 39,875 | 34,042 |
| Events and other income | 95 | 8,268 |
| Advertising income | <u>14,604</u> | <u>20,467</u> |
| | <u>54,574</u> | <u>62,777</u> |

5. INVESTMENT INCOME

| | 31.3.21 | 31.3.20 |
|----------------------------|---------------------|--------------|
| | £ | £ |
| CAF Income and growth fund | 3,799 | 1,383 |
| Interest receivable | <u>233</u> | <u>423</u> |
| | <u>4,032</u> | <u>1,806</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

6. RAISING FUNDS

Raising donations and legacies

| | 31.3.21 | 31.3.20 |
|---|----------------------|----------------------|
| | £ | £ |
| Staff costs | 14,708 | 21,133 |
| Miscellaneous office costs | 273 | 547 |
| Rent, rates and water | 4,379 | 3,986 |
| Advertising | 9,859 | 9,220 |
| Telephone | 1,388 | 1,105 |
| Events and fundraising costs including Step forward printing costs. | 21,355 | 25,891 |
| Website costs | 2,236 | 1,680 |
| Light and heat | 248 | 266 |
| Project travel, accommodation and subsistence | 1,757 | 1,033 |
| Printing, postage and stationery | 1,740 | 647 |
| Legal and professional | 1,245 | 2,301 |
| Depreciation | 1,555 | 200 |
| | <u>60,743</u> | <u>68,009</u> |

7. CHARITABLE ACTIVITIES COSTS

| | Direct Costs (see note 8) £ | Support costs (see note 9) £ | Totals £ |
|-----------------------|--------------------------------------|---------------------------------------|-----------------------|
| Charitable activities | <u>222,012</u> | <u>75,571</u> | <u>297,583</u> |

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

| | 31.3.21 | 31.3.20 |
|---|-----------------------|-----------------------|
| | £ | £ |
| Staff costs | 115,026 | 45,712 |
| Admin and office costs | 961 | 457 |
| Rent | 6,569 | 5,979 |
| Postage and stationery | 1,324 | 826 |
| Advertising | 15,195 | 12,294 |
| Project support costs | 13,088 | 18,996 |
| Marketing and Communication costs including Step Forward publication cost | 26,055 | 14,878 |
| Website costs | 2,236 | 1,680 |
| Legal and professional | 7,271 | 8,679 |
| Direct project costs | 27,182 | 399 |
| Telephone | 2,874 | - |
| Donations | 1,026 | 1,000 |
| Depreciation | 3,205 | 200 |
| | <u>222,012</u> | <u>111,100</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

9. SUPPORT COSTS

| | Other £ | Governance costs £ | Totals £ |
|-----------------------|----------------------|--------------------------|----------------------|
| Charitable activities | | | |
| | <u>66,031</u> | <u>9,540</u> | <u>75,571</u> |

Governance costs includes Independent Examination fees of £3,500 (2020 - £3,500).

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

Other

| | 31.3.21 Charitable activities £ | 31.3.20 Total activities £ |
|---------------------------------------|--|-------------------------------------|
| Staff costs | 24,000 | 16,280 |
| Rent | 10,949 | 9,964 |
| Light and heat | 620 | 664 |
| Telephone | 4,832 | 3,714 |
| Postage and stationery | 2,899 | 1,415 |
| Legal and professional | 5,881 | 13,019 |
| Insurance | 1,781 | 1,239 |
| Travelling | 1,930 | 1,219 |
| Advertising and website | 9,859 | 9,220 |
| Office costs, repairs and maintenance | 1,055 | 2,099 |
| Bank charges | 670 | 878 |
| Depreciation of tangible fixed assets | <u>1,555</u> | <u>199</u> |
| | <u>66,031</u> | <u>59,910</u> |

Governance costs

| | 31.3.21 Charitable activities £ | 31.3.20 Total activities £ |
|---------------------------------------|--|-------------------------------------|
| Staff costs | 3,801 | 97 |
| Printing, postage and stationery | 1,578 | 305 |
| Legal and professional | 4,100 | 5,034 |
| Events, meetings and conferences | 61 | 2,035 |
| Office costs, repairs and maintenance | <u>-</u> | <u>737</u> |
| | <u>9,540</u> | <u>8,208</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

10. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

| | | |
|-----------------------------|---------------------|------------|
| | 31.3.21 | 31.3.20 |
| | £ | £ |
| Depreciation - owned assets | <u>6,314</u> | <u>599</u> |

11. TRUSTEES' REMUNERATION AND BENEFITS

None of the trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year (2020 - Nil).

Trustees' expenses

Trustees received a total of £61 (2020 - £2,035) in reimbursed travel and accommodation expenses within the year. The number of Trustees who were paid expenses was 4 (2020 - 4).

12. STAFF COSTS

| | | |
|-----------------------|-----------------------|---------------|
| | 31.3.21 | 31.3.20 |
| | £ | £ |
| Wages and salaries | 138,411 | 44,685 |
| Social security | 5,596 | 358 |
| Pension contributions | <u>2,537</u> | <u>975</u> |
| | <u>146,544</u> | <u>46,018</u> |

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

| | | |
|----------------------|------------------|----------|
| | 31.3.21 | 31.3.20 |
| Administrative staff | <u>10</u> | <u>3</u> |

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|-----------------------------------|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Voluntary income | 353,701 | 94,731 | 448,432 |
| Activities for generating funds | 62,777 | - | 62,777 |
| Investment income | <u>1,806</u> | <u>-</u> | <u>1,806</u> |
| Total | 418,284 | 94,731 | 513,015 |
| EXPENDITURE ON | | | |
| Raising funds | 68,009 | - | 68,009 |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|-----------------------------------|----------------------------|--------------------------|---------------------|
| Charitable activities | | | |
| Charitable activities | 116,540 | 62,678 | 179,218 |
| | <hr/> | <hr/> | <hr/> |
| Total | 184,549 | 62,678 | 247,227 |
| Net gains/(losses) on investments | (24,390) | - | (24,390) |
| NET INCOME | 209,345 | 32,053 | 241,398 |

RECONCILIATION OF FUNDS

| | | | |
|------------------------------------|----------------|---------------|----------------|
| Total funds brought forward | 126,677 | 40,271 | 166,948 |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS CARRIED FORWARD | <u>336,022</u> | <u>72,324</u> | <u>408,346</u> |

14. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------|----------------------------------|----------------------------|---------------|
| COST | | | |
| At 1st April 2020 | 11,550 | 6,634 | 18,184 |
| Additions | <u>22,624</u> | <u>7,833</u> | <u>30,457</u> |
| At 31st March 2021 | <u>34,174</u> | <u>14,467</u> | <u>48,641</u> |
| DEPRECIATION | | | |
| At 1st April 2020 | 11,550 | 599 | 12,149 |
| Charge for year | <u>1,872</u> | <u>4,442</u> | <u>6,314</u> |
| At 31st March 2021 | <u>13,422</u> | <u>5,041</u> | <u>18,463</u> |
| NET BOOK VALUE | | | |
| At 31st March 2021 | <u>20,752</u> | <u>9,426</u> | <u>30,178</u> |
| At 31st March 2020 | <u>-</u> | <u>6,035</u> | <u>6,035</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

15. FIXED ASSET INVESTMENTS

| | Listed investments £ |
|-----------------------|----------------------------|
| MARKET VALUE | |
| At 1st April 2020 | 125,786 |
| Revaluations | <u>22,786</u> |
| At 31st March 2021 | <u>148,572</u> |
| NET BOOK VALUE | |
| At 31st March 2021 | <u>148,572</u> |
| At 31st March 2020 | <u>125,786</u> |

There were no investment assets outside the UK.

Cost or valuation at 31st March 2021 is represented by:

| | Listed investments £ |
|-------------------|----------------------------|
| Valuation in 2021 | 22,786 |
| Valuation in 2020 | (15,581) |
| Cost | <u>141,367</u> |
| | <u>148,572</u> |

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.21 £ | 31.3.20 £ |
|--------------------------------|---------------|---------------|
| Trade debtors | 19,666 | 26,542 |
| Other debtors | 1,316 | 8,281 |
| Prepayments and accrued income | <u>2,350</u> | <u>2,350</u> |
| | <u>23,332</u> | <u>37,173</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 31.3.21 | 31.3.20 |
|---------------------------------|----------------------|---------------|
| | £ | £ |
| Trade creditors | 24,222 | 26,073 |
| Social security and other taxes | 7,669 | 2,897 |
| Accruals and deferred income | <u>7,500</u> | <u>48,802</u> |
| | <u>39,391</u> | <u>77,772</u> |

Deferred income

The Charity has received income from a number of benefactors who have stipulated that the funds are provided on the condition that they are used over a specified period of time.

Grants and donations received which have these conditions attached are held as deferred income until the Charity has met the criteria, at which point it is then entitled to recognise this money as income received in the statement of financial activity (SOFA).

The movement on deferred income was as follows:

| | 31.3.21 | 31.3.20 |
|--|---------------------|----------------------|
| | £ | £ |
| Brought forward as at 1st April | 45,152 | 3,792 |
| Deferred income recognised | 4,000 | 45,152 |
| Deferred income released | <u>(45,152)</u> | <u>(3,792)</u> |
| Balance carried forward as at 31st March | <u>4,000</u> | <u>45,152</u> |

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

| | 31.3.21 | 31.3.20 |
|----------------------------|---------------------|--------------|
| | £ | £ |
| Within one year | 541 | 541 |
| Between one and five years | 3,029 | 3,245 |
| In more than five years | <u>-</u> | <u>325</u> |
| | <u>3,570</u> | <u>4,111</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

19. MOVEMENT IN FUNDS

| | At 1.4.20 £ | Net movement in funds £ | Transfers between funds £ | At 31.3.21 £ |
|--------------------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| Unrestricted funds | | | | |
| General fund | 336,022 | 165,002 | - | 501,024 |
| Restricted funds | | | | |
| Support and Connect Glasgow | 10,000 | (419) | - | 9,581 |
| Limbless Association Children's Fund | 14,943 | (10,638) | - | 4,305 |
| Support Connect Hub Project | 8,326 | 9,918 | (2,882) | 15,362 |
| Peer Support Project | 39,055 | 45,707 | 2,882 | 87,644 |
| Virtual Speaking | - | 1,169 | - | 1,169 |
| | <u>72,324</u> | <u>45,737</u> | <u>-</u> | <u>118,061</u> |
| TOTAL FUNDS | <u>408,346</u> | <u>210,739</u> | <u>-</u> | <u>619,085</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|--------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 341,676 | (199,460) | 22,786 | 165,002 |
| Restricted funds | | | | |
| Support and Connect Glasgow | - | (419) | - | (419) |
| Limbless Association Children's Fund | - | (10,638) | - | (10,638) |
| Support Connect Hub Project | 53,463 | (43,545) | - | 9,918 |
| Peer Support Project | 105,979 | (60,272) | - | 45,707 |
| Virtual Speaking | 45,161 | (43,992) | - | 1,169 |
| | <u>204,603</u> | <u>(158,866)</u> | <u>-</u> | <u>45,737</u> |
| TOTAL FUNDS | <u>546,279</u> | <u>(358,326)</u> | <u>22,786</u> | <u>210,739</u> |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

19. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1.4.19 £ | Net movement in funds £ | Transfers between funds £ | At 31.3.20 £ |
|--------------------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| Unrestricted funds | | | | |
| General fund | 110,041 | 209,345 | 16,636 | 336,022 |
| Designated funds | <u>16,636</u> | <u>-</u> | <u>(16,636)</u> | <u>-</u> |
| | 126,677 | 209,345 | - | 336,022 |
| Restricted funds | | | | |
| Support and Connect Glasgow | 10,000 | - | - | 10,000 |
| Limbless Association Children's Fund | 19,871 | (4,928) | - | 14,943 |
| Support Connect Hub Project | 7,038 | 1,288 | - | 8,326 |
| Peer Support Project | <u>3,362</u> | <u>35,693</u> | <u>-</u> | <u>39,055</u> |
| | <u>40,271</u> | <u>32,053</u> | <u>-</u> | <u>72,324</u> |
| TOTAL FUNDS | <u>166,948</u> | <u>241,398</u> | <u>-</u> | <u>408,346</u> |

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

| | Incoming resources £ | Resources expended £ | Gains and losses £ | Movement in funds £ |
|--------------------------------------|----------------------------|----------------------------|--------------------------|---------------------------|
| Unrestricted funds | | | | |
| General fund | 418,284 | (184,549) | (24,390) | 209,345 |
| Restricted funds | | | | |
| Limbless Association Children's Fund | - | (4,928) | - | (4,928) |
| Support Connect Hub Project | 31,584 | (30,296) | - | 1,288 |
| Peer Support Project | <u>63,147</u> | <u>(27,454)</u> | <u>-</u> | <u>35,693</u> |
| | <u>94,731</u> | <u>(62,678)</u> | <u>-</u> | <u>32,053</u> |
| TOTAL FUNDS | <u>513,015</u> | <u>(247,227)</u> | <u>(24,390)</u> | <u>241,398</u> |

Restricted Funds:-

Limbless Association Children's Fund

Money was received from a Children's Charity which closed and wishes to remain anonymous. The money is restricted for the use of amputee children.

Support and Connect Glasgow Fund

To support a range of projects that will be developed for the benefit of patients and their families attending The West of Scotland Mobility and Rehabilitation Centre, Glasgow.

19. MOVEMENT IN FUNDS - continued

Support Connect Hub project

To provide amputees with a group peer networking opportunity where they can meet with others, to share their experiences and improve their rehabilitation and recovery. The Hub project offers monthly informal drop-ins for information, support and connectivity. The Hub project key aims are to reduce the isolation that amputees experience, improve amputees' knowledge regarding recovery and life after limb loss and introduce amputees to activities and other experiences to improve their well-being and quality of life.

Peer Support project

The LA's Volunteer Visitor network offers peer mentoring and support to individuals and their families. LA Volunteer Visitors are experienced amputees (of two or more years) who offer to support more recent amputees and those pre-amputation. This national peer-to-peer support project provides recent amputees with practical advice and information relating to limb loss from someone with lived experience who can understand the difficulties they are facing.

Virtual Speaking project

The Support and Connect Virtually Speaking project is a virtual outreach project that was developed due to the onset of the pandemic's restrictions. With members having to isolate and shield, it was necessary for the Charity to offer online group peer support opportunities to ensure that our community was able to access a range of support, advice, information and connectivity; to reduce social isolation, inform, advise and empower, improve health and wellbeing.

In August 2020, the Limbless Association was awarded £45,161 by the Coronavirus Community Support Fund (DCMS) administered by the National Lottery Community Fund, to develop and launch Virtually Speaking, a series of online engagement activities for amputees during COVID-19. The funding was time limited to support the project for a period of 7 months.

Transfers between funds

The transfer of funds of £2,882 from the Support Connect Hub project to the Peer Support project (Volunteer Visitors) represents costs that were acquired as a whole in order to obtain better economies of scale for the Charity. The costs have been apportioned dependent on consumption by each project with this figure being represented in the transfer amount.

20. RELATED PARTY DISCLOSURES

During the year, the following related party transactions took place in which the trustee, P. A. Judkins was also a member of the entity's key management personnel:

| | 31.3.21 | 31.3.20 |
|--------------------------------|----------------|----------------|
| | £ | £ |
| Legal panel donations received | 5,000 | 5,000 |
| Legal expenses | 1,553 | 7,723 |
| Trade receivables | 2,500 | 6,014 |
| Trade payables | - | 7,723 |

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2021

21. FINANCIAL INSTRUMENTS

| | 31.3.21 | 31.3.20 |
|--|----------------|----------------|
| | £ | £ |
| Financial assets | | |
| Financial assets measured at fair value through the statement of financial activity (SOFA) | <u>148,572</u> | <u>125,786</u> |

Limbless Association

Detailed Statement of Financial Activities
for the Year Ended 31st March 2021

| | 31.3.21 | 31.3.20 |
|---|----------------|---------------|
| | £ | £ |
| INCOME AND ENDOWMENTS | | |
| Voluntary income | | |
| Donations | 49,219 | 46,571 |
| Legacies | 270,500 | 335,713 |
| Grants | <u>167,954</u> | <u>66,148</u> |
| | 487,673 | 448,432 |
| Activities for generating funds | | |
| Legal panel | 39,875 | 34,042 |
| Events and other income | 95 | 8,268 |
| Advertising income | <u>14,604</u> | <u>20,467</u> |
| | 54,574 | 62,777 |
| Investment income | | |
| CAF Income and growth fund | 3,799 | 1,383 |
| Interest receivable | <u>233</u> | <u>423</u> |
| | 4,032 | 1,806 |
| Total incoming resources | 546,279 | 513,015 |
| EXPENDITURE | | |
| Raising donations and legacies | | |
| Staff costs | 14,708 | 21,133 |
| Miscellaneous office costs | 273 | 547 |
| Rent, rates and water | 4,379 | 3,986 |
| Advertising | 9,859 | 9,220 |
| Telephone | 1,388 | 1,105 |
| Events and fundraising costs including Step forward printing costs. | 21,355 | 25,891 |
| Website costs | 2,236 | 1,680 |
| Light and heat | 248 | 266 |
| Project travel, accommodation and subsistence | 1,757 | 1,033 |
| Printing, postage and stationery | 1,740 | 647 |
| Legal and professional | 1,245 | 2,301 |
| Computer equipment | <u>1,555</u> | <u>200</u> |
| | 60,743 | 68,009 |
| Charitable activities | | |
| Staff costs | 115,026 | 45,712 |
| Admin and office costs | 961 | 457 |
| Rent | 6,569 | 5,979 |
| Postage and stationery | 1,324 | 826 |
| Carried forward | 123,880 | 52,974 |

This page does not form part of the statutory financial statements

Limbless Association

Detailed Statement of Financial Activities
for the Year Ended 31st March 2021

| | 31.3.21 | 31.3.20 |
|---|-----------------------|-----------------------|
| | £ | £ |
| Charitable activities | | |
| Brought forward | 123,880 | 52,974 |
| Advertising | 15,195 | 12,294 |
| Project support costs | 13,088 | 18,996 |
| Marketing and Communication costs including Step Forward publication cost | 26,055 | 14,878 |
| Website costs | 2,236 | 1,680 |
| Legal and professional | 7,271 | 8,679 |
| Direct project costs | 27,182 | 399 |
| Telephone | 2,874 | - |
| Donations | 1,026 | 1,000 |
| Computer equipment | <u>3,205</u> | <u>200</u> |
| | 222,012 | 111,100 |
| Support costs | | |
| Other | | |
| Staff costs | 24,000 | 16,280 |
| Rent | 10,949 | 9,964 |
| Light and heat | 620 | 664 |
| Telephone | 4,832 | 3,714 |
| Postage and stationery | 2,899 | 1,415 |
| Legal and professional | 5,881 | 13,019 |
| Insurance | 1,781 | 1,239 |
| Travelling | 1,930 | 1,219 |
| Advertising and website | 9,859 | 9,220 |
| Office costs, repairs and maintenance | 1,055 | 2,099 |
| Bank charges | 670 | 878 |
| Computer equipment | <u>1,555</u> | <u>199</u> |
| | 66,031 | 59,910 |
| Governance costs | | |
| Staff costs | 3,801 | 97 |
| Printing, postage and stationery | 1,578 | 305 |
| Legal and professional | 4,100 | 5,034 |
| Events, meetings and conferences | 61 | 2,035 |
| Office costs, repairs and maintenance | <u>-</u> | <u>737</u> |
| | 9,540 | 8,208 |
| Total resources expended | <u>358,326</u> | <u>247,227</u> |
| Net income before gains and losses | 187,953 | 265,788 |
| Realised recognised gains and losses | | |
| Realised gains/(losses) on fixed asset investments | <u>22,786</u> | <u>(24,390)</u> |
| Net income | <u>210,739</u> | <u>241,398</u> |

This page does not form part of the statutory financial statements