

Trustees' Report and
Unaudited Financial Statements
for the Year Ended 31st March 2021
for
Limbless Association

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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.

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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.

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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.

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.

Limbless Association

Trustees' Report for the Year Ended 31st March 2021

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 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.

"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."

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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.

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.

The notes form part of these financial statements

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	148,572	-	148,572	125,786
		172,568	6,182	178,750	131,821
CURRENT ASSETS					
Debtors	16	23,332	-	23,332	37,173
Cash at bank and in hand		344,515	111,879	456,394	317,124
		367,847	111,879	479,726	354,297
CREDITORS					
Amounts falling due within one year	17	(39,391)	-	(39,391)	(77,772)
NET CURRENT ASSETS		328,456	111,879	440,335	276,525
TOTAL ASSETS LESS CURRENT LIABILITIES		501,024	118,061	619,085	408,346
NET ASSETS		501,024	118,061	619,085	408,346
FUNDS	19				
Unrestricted funds				501,024	336,022
Restricted funds				118,061	72,324
TOTAL FUNDS				619,085	408,346

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 on 21 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>
		<hr/>	<hr/>
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><u>317,124</u></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	(38,381)	47,292
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>

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 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 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><u>487,673</u></u>	<u><u>448,432</u></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><u>54,574</u></u>	<u><u>62,777</u></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><u>4,032</u></u>	<u><u>1,806</u></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	<u>1,555</u>	<u>200</u>
	<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	<u>3,205</u>	<u>200</u>
	<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
	10	3
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
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
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	-	6,035	6,035

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><u>125,786</u></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><u>148,572</u></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><u>23,332</u></u>	<u><u>37,173</u></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><u>210,739</u></u>	<u><u>241,398</u></u>

This page does not form part of the statutory financial statements