

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

Trustees' Report and  
Unaudited Financial Statements  
for the Year Ended 31st March 2022  
for  
Limbless Association

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

Limbless Association

Contents of the Financial Statements  
for the Year Ended 31st March 2022

	Page
Trustees' Report	1 to 15
Independent Examiner's Report	16
Statement of Financial Activities	17
Balance Sheet	18
Notes to the Financial Statements	19 to 29

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

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

The Trustees present their annual report and financial statements for the year ended 31 March 2022. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the charities Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019).

Review of the financial year 1st April 2021 to 31st March 2022.

### **The Charity Background**

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

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

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

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

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

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

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

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

## **Supporting Lives Beyond Limb Loss**

### **Our Aim**

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

### **Our Mission**

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

### **Our Vision**

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

## **OUR GOALS**

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

## **OUR VALUES**

### **RESPECT**

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

### **INTEGRITY**

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

### **DIVERSITY**

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

### **ACHIEVEMENT**

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

### **EXCELLENCE**

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

### **PROFESSIONALISM**

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

### **ASPIRING**

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

### **TRUSTWORTHY**

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

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

**A message from LA Chair of Trustees, David Rose**

Today, the world has significantly recovered from the recent challenges that caused such an impact on all of our lives. Here at the LA we have adapted and changed in the delivery of our services and by any reasonable measure, we have succeeded! As will be shown in the financial report for the year ending on 31 March 2022, our financial position continues to be very strong. This has again principally been achieved by the excellent work of the LA's staff and I would wish to record my appreciation and thanks for their stellar work. A successful charity needs a great staff team under the leadership of our dedicated CEO, enthusiastic and motivated volunteers, and a committed Trustee Board. The LA is fortunate to be still blessed with all these key factors.

I would also like this opportunity to express my personal thanks to my fellow trustees for their support in my role of Chair of the charity during the past twelve months. During this past year we have continued to adapt in the delivery of our services. One of the most significant developments has been the new Volunteer Visitor Service that was officially launched on 2nd November 2021, which happily coincided with the 38th anniversary of our charity's founding! The initial cohort of forty volunteers completed the extensive induction training programme that included a further six months of training support as they settled into their new roles. And beyond that, supervision support is now in place that will identify any additional development needs that might arise. Further cohorts of new volunteers are being recruited and we can be truly proud of the progress made during this past year.

The home page of the LA's website spells out the important message that "No Amputee Need Cope Alone". And we mean it! The vital funding that we have received from the National Lottery Communities Fund has enabled us to re-establish and significantly develop this essential service. Our Volunteer Visitor peer mentoring programme provides vital one-to-one support for individuals both pre and post-amputation who require practical information and emotional support through their limb loss journey. I've collected many quotes over the years that confirm my view of the value of peer-to-peer support and I will share one of these with you: "Often, the best person to support you during your limb loss journey is someone who has been through the same journey as you." I know from my own experience of life changing injury and the resultant traumatic limb loss that occurred that coping alone, despite the support of family and friends, was a huge challenge when I look back to those early years. This was before the LA was in existence.

Our Volunteer Visitor support continues to be delivered by phone and virtually, although hopefully in-person support at our outreach Hubs will be possible soon. Our Support and Connect Hub initiative continues to provide a vital point of contact to the limb loss community. We've taken our Support & Connect Hubs online as part of our Virtually Speaking Project and there has been an exciting calendar of events and activities that you can enjoy without leaving your home! I had the privilege of attending a recent event where some incredible developments relating to research into socket comfort were outlined. And it should also be noted that the LA is committed to supporting research that will directly improve the lives of people living with limb loss.

There is also a lot of other work that goes on behind the scenes. The LA is unquestionably the leading civilian charity working to meet the needs of amputees in the UK and this means that we are called upon to strategically engage with many specialist working groups and advisory boards. As our reputation continues to grow we will ensure that we play our part in representing our 'stakeholders' as we advocate for improved services and access to the often vital additional support that is part of the rehabilitation process. Collectively, we have come through the recent difficult times by working together to meet these challenges. The LA is very well placed to now deliver the exciting range of services that in recent years we have worked so hard to develop and I for one will celebrate this achievement!

Thank you to our members, volunteers, fundraisers and funders for supporting our work and ultimately our beneficiaries to live their best lives beyond limb loss.

**David Rose, Chair of Trustees, Limbless Association**

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

## **Charity Achievements 2021 – 2022**

### **Context**

We began this reporting period just as the country was coming to the end of its third lockdown that began in January 2021. At the end of March 2021 a programme of lockdown easing began and it was to be a slow process to resume activities that had been on hold during the two year pandemic crisis. The LA's new financial year was welcomed but with continued concerns for our community as the government's roadmap out of the pandemic continued to progress. With the full lifting of restrictions in July 2021, it wasn't until the autumn that in-person activities recommenced, after having been suspended for 18 months. The crisis of the last couple of years had presented many challenges but the LA took a responsive and proactive approach to adapting and also growing its services throughout this period. It is a real testament to the dedication and resilience of the Trustees, volunteers and staff team that so much progress was made during such a difficult time for everyone professionally and personally. We're incredibly grateful to all who've made ongoing commitments above and beyond to ensure that we're meeting our aims and advancing our mission.

After a year of reduced NHS rehabilitation services in 2020 to 2021 and with many prosthetics centres still unable to operate at capacity as restrictions for the general public eased, many amputees were facing mobility and mental health challenges that were negatively impacting their rehabilitation progress. With these additional challenges at an already extremely traumatic time the charity's helpline was busier than ever and in 2021/22 we built further capacity into this service. Our in-person regional outreach project, Support and Connect, remained suspended due to the ongoing NHS restrictions. However, the adapted online outreach initiative Virtually Speaking enabled the LA to continue to reach out and support members and service users from across the UK. The enhanced peer support programme, Volunteer Visitors, now had a project team in place and by March 2022 much progress had been made in realising some key developments of the project. While the impact of the pandemic was still being felt and life was still far from normal, the LA team were extremely positive about the year ahead.

For several years prior to the pandemic the LA had been developing a strong collaborative relationship with the then Harold Wood Long Term Conditions Centre, the Essex prosthetics rehabilitation service. During the pandemic this service relocated to Billericay in mid-Essex and the charity was offered space to relocate and provide holistic support to centre patients. We embraced this exciting opportunity and in early 2022 we took residence. In the true spirit of co-production, the charity was now placed to work collaboratively with the clinical team at the rehabilitation centre to ensure that service users could be holistically supported. The newly refurbished Billericay site, Mayflower Community Hospital, is an excellent facility and the charity felt privileged to be at the heart of the amputee rehabilitation pathway and to call MCH its new home. This now provides much scope for collaboration and learning to better meet the needs of the patient group and their families. We owe a debt of gratitude to Sue Patterson, Centre Manager, and her team, for championing this innovative and progressive development and to NELFT NHS Foundation Trust. We look forward to building even stronger bonds to ensure we continue our aim of ensuring amputees and their families have access to holistic support - clinical, practical and emotional.

The Limbless Association has navigated the pandemic with much positivity and resolve. The charity has been fortunate to continue to grow its services and develop new projects despite the adversities faced. However, it has not been immune to the challenges and their impact. This has without doubt continued to be an incredibly difficult and intensely busy period. As the country was once again navigating its way out of the pandemic restrictions, many of our service users and members continued to be apprehensive especially those who'd been shielding during the crisis. The welfare of our user stakeholders and our staff team is paramount so progressing services in-person in the community was approached with caution. As much of our community work pre-pandemic was delivered in NHS rehabilitation centres, with the NHS continuing to operate under tight infection control measures, we recognised it would be some time before these activities resumed.

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

We would also like to take this opportunity to remember those who we lost during this period. Several LA members succumbed to the virus and this was incredibly heart breaking to hear. We send our condolences to their families and friends and we thank them for being a part of our very special community and the role they played. Thank you.

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

## **OBJECTIVES AND ACTIVITIES**

### **Limbless Association Activity Review 2021/22**

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

### **Strategic Representation and Engagement**

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

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

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

### **Partnerships**

The Limbless Association continues to forge clinical and professional partnerships across the sector. We are building strong relationships with NHS partners in acute care, surgical and rehabilitation settings. We are fortunate to be supported by an incredibly proactive and engaged legal panel of experts while increased awareness of our services is realising a growth in referral partners that include case managers, social prescribers and community navigators.

The benefits of partnership working can be clearly demonstrated through our outreach work with the rehabilitation centres and specifically with our developments at Billericay, Bristol, Manchester and Hull, with other centre collaborations planned for 2022/23 across the UK.

Where there are collaborative opportunities with other charities in our sector, we aim to support these for the benefit of the limb loss community. Several years ago the LA, LimbPower and Steps jointly identified the need to do more to support young lives affected by limb loss. The I CAN camp initiative was launched with LimbPower as the organising lead. The Limbless Association continues to support the I CAN camps with sponsorship. The camps offer an inclusive activity experience that brings families together to offer peer support and peer learning opportunities for young people, their siblings and parents. The project was suspended during the pandemic with plans to relaunch from autumn 2022.

### **Research**

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

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

## **LA Services, Projects and Support**

### **We aim to ensure that NO AMPUTEE NEED COPE ALONE**

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

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

#### **Informing**

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

#### **Advising**

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

#### **Supporting**

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

#### **Connecting**

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

## **OUR SERVICES, SUPPORT AND ACTIVITIES**

### **LA HELP DESK - Advice, Information and Signposting**

The LA provides first contact support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We have increased our resourcing of the helpdesk and continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation. We support over 2,500 amputees a year who are all at varying stages of the limb loss pathway.

### **LA Information resource pack**

With limited access to clinical services and directly with patients due to the Covid measures, we have seen increased requests from clinicians for LA information packs. This continues to be the case and requests are growing. Lack of information in the early stages of limb loss is a common issue that's raised and having awareness of and access to the wider support that's available is essential to ensure amputees and their families can be better informed and holistically supported. The packs contain an introductory letter from the LA's respective outreach team member, information about all LA services and copies of the LA's magazine StepForward, the latter containing a wide range of sector features and user stories of inspiration and hope.



Limbless Association

Trustees' Report  
for the Year Ended 31st March 2022

**LA SUPPORT AND CONNECT OUTREACH PROJECT**

**Key aims**

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

**Key outreach activities:**

- Regular in person Hub sessions
- Online Hub Chats
- Virtually Speaking online thematic events
- LA support desks
- Welfare calls (one to one support)
- Delivering and attending local and regional engagement
- Represent the LA at local and regional level (sector and related)

While for much of this period, the outreach team continued to support online and by phone, there was also considerable progress made in terms of planning for the return of the team delivering face to face support. The weekly Support and Connect online Hub Chats and the bi-weekly Virtually Speaking thematic events continued with the LA's online community strengthening.

Support and Connect was launched in 2018 at Harold Wood Long Term Conditions Centre. In 2019 the project developed further and by early 2020 outreach Hubs in Essex, Bristol, Manchester and Hull were established and team members had been recruited. The LA has continued to grow this project and now has 7 outreach team members supporting across the UK, including Wales and more recently Northern Ireland. All the team are amputees and bring their lived experience to this vital outreach support role and project.

The Virtually Speaking online support project has also kept us informed of the challenges endured by our community. Most of these are outside of our control (e.g. fewer prosthetic appointments available), but on many occasions we have been able to intervene and provide support prior to challenges escalating. We have also encouraged our community to maintain their health and wellbeing, supporting with mobility and movement with a range of specialist support; accessible yoga and relaxation sessions, targeted wellbeing programmes, Hull University Keep Moving programme.

Virtually Speaking, launched in 2020 in response to the pandemic restrictions, has become an integral online service beyond its initial funding period and has continued into 2021/22. The platform continues to offer opportunities for sector professionals to be involved in our work and support our members and service users. It has provided our community with access to expert advice across a range of subject. The thematic events have provided opportunities for a range of relevant topics to be presented to support greater understanding. Our Outreach Coordinators, all amputees themselves, have supported the Virtually Speaking programme delivery, hosting sessions and signposting people to the programme. 94% of our online community expressed a desire to continue to meet virtually and we're delighted we've been able to continue this important supporting and connecting opportunity. Participants can hear from and engage with sector experts as well as accessing wellbeing sessions all from the comfort of their own homes. Topics delivered for this period have included pain management, wheelchairs (personal budgets), improving sleep for better health and accessible exercise sessions (Keep Moving), Motability and Disabled Ramblers.

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

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

We're also hugely grateful to the Trusts and funders across the country who have generously awarded grants to support the successful delivery of the project so far. Thank you to you all.

## **VOLUNTEER VISITOR - LA PEER TO PEER SUPPORT SERVICE**

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

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

We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it's this belief that has driven us to further develop the LA's longstanding peer support offer. The National Lottery Reaching Communities funding has enabled us to realise our vision of creating a robust service model of peer support for the limb loss community. It is also our passion that our volunteers, who support with their lived experience, have access to the good quality training, development and ongoing support in their roles. The funding has enabled us to provide volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. LA Volunteer Visitors are supported with a variety of training and development opportunities as the project aims to support their onward rehabilitation too.

### **Throughout 2021/22 project developments aimed to:**

- Grow and develop a newly recruited VV project team
- Develop a robust service model of amputee peer support.
- Develop safer recruitment process, recruiting and training new volunteers.
- Promote and raise awareness of the VV programme, building relationships with key stakeholders and referrers to increase visibility of and accessibility to the service.
- Promote and encourage engagement with the volunteering opportunities the VV programme provides.

### **Project activities during this period included:**

- Further researching peer support concepts and programmes to inform the development of a good practice model of peer mentoring.
- Developing a new Volunteer Visitor volunteer recruitment process, ensuring a robust, fair and transparent process and adhering to good practice principles for safer recruitment. The recruitment process includes attendance at a VV Information Session, completion of an application form, an informal interview, references and completion of an Enhanced level DBS check.
- Designing a service user pathway and developing a full service specification, intended for sector professionals and key stakeholders. This outlines the overall framework for the service for everyone involved; whether they be accessing, delivering or signposting to the service.
- Developing a comprehensive induction and training programme for Volunteer Visitors. Producing policies and documentation, including codes of conduct, visit protocols and volunteer agreements.
- Developing new VV resources, including fliers, stakeholder presentations and other promotional resources.
- Creating content and marketing the volunteering role through all marketing channels. This included exhibiting at the virtual National Volunteer Expo, to launch the first round of volunteer recruitment.
- Recognising, celebrating and thanking LA volunteers during Volunteers Week.

### **Key engagement events:**

- BAPO conference 2021 - To support the re-launch of the Volunteer Visitor programme, the Limbless Association exhibited at the British Association of Prosthetists and Orthotists virtual conference on 8-9th October. This included a presentation opportunity.
- As the charity turned 38, November 2021 saw the official launch of the new Volunteer Visitor service which a virtual professionals stakeholder information event.
- Hugh James Annual Trauma Conference - The VV team presented at the Hugh James Trauma conference in November 2021, joining the Live Q & A panel with over 500 attendees participating in the conference.
- BACPAR conference - As a result of having presented the VV programme at the Amputation Speciality Interest Group earlier in the year, the VV team were invited to present at the BACPAR conference in Manchester on 1st and 2nd December. In addition to the speaker slot, the outreach team also hosted an exhibition stand at the event to promote the LA's services. Over 100 professionals 'checked in' to the LA stand with the vast majority stating they would like to receive future LA newsletters and further details of the VV service.

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

In the first six months of launching the programme we delivered over 140 visits and had recruited and trained 40 Volunteer Visitors. Recruitment was ongoing and new training cohorts planned for spring 2022.

Feedback from service users on peer support visits received during this time indicates that:

- 96% of service users felt more connected with the limb loss community.
- 84% became more informed about their amputation and recovery.
- 77% felt less isolated.
- 67% felt that any stress and anxiety they had as a result of their amputation had reduced.
- 68% felt more empowered to manage day to day life with limb loss.
- 80% became more aware of the services and support available to them as an amputee

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

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

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

#### **ACCESS TO LEGAL ADVICE - The LA Legal Panel**

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

We wish to thank our panel for the support they have offered our service users and the charity throughout 2021/22. As well as their generous sponsorship, the panel members individually support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful. <https://limbless-association.org/legal-panel/>

#### **Bolt Burdon Kemp LLP (BBK)**

In October 2021 our friends at Bolt Burdon Kemp solicitors decided to take on the challenge of a lifetime by completing an epic 4x4x48 fundraising challenge to raise funds to support the work of the LA.

BBK is a member of our Legal Panel and its team have proven that they are enthusiastic fundraisers for the LA. An intrepid group of 18 colleagues had set themselves the challenge of running or walking 4 miles every 4 hours for 48 hours, travelling a total of 48 miles (77 kilometres) in only two days. The team - led by Josh Hughes, Partner and Head of the company's Complex Injuries Team - reached the half-way point of the challenge at the new prosthetic limb fitting centre at Mayflower Community Hospital in Billericay. They were greeted by a delighted and enthusiastic crowd of well-wishers including Sue Patterson, Centre Manager. Thank you to Sue and her colleagues at the Mayflower Community Hospital for being so accommodating and welcoming.

All BBK team members successfully completed their 4x4x48 challenge and had raised a magnificent £9,000 for the Limbless Association by the big day. A big thank you to all those who took on this amazing challenge and to everyone who sponsored them and donated. The BBK team spent months training alongside their busy jobs and it was an incredible achievement with all reaching the finish line.

#### **HEALTH AND WELLBEING**

Here at the LA we believe in a holistic approach to achieving our charity mission and we will always promote and champion the importance of being active for improved health and wellbeing. Physical activity, sports and fitness plays an important role in the recovery and rehabilitation of those that have experienced limb loss. We understand from our members and service users that improved physical health can in turn improve levels of confidence, self-esteem and mental health.

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

**HEALTH AND WELLBEING - continued**

It is well documented that physical and mental health are intrinsically linked and we will continue to promote this ethos and explore ways in which we can further develop our offer in this area to support and inform the wider concepts of health and wellbeing. We continue to promote and cover a range of health and wellbeing initiatives will do this by working with and signposting to respective charities and organisations. We hold regular online Hub Chats - Wellbeing Plus, cover wellbeing topics in our Virtually Speaking thematic and our quarterly magazine StepForward has covered many related topics for example, The Importance of Selfcare. As we begin to deliver support Hubs back in the community, wellbeing and relaxation taster sessions are a firm feature at these events.

**LIMBLESS ASSOCIATION MEMBERSHIP**

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

**What our members tell us:**

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

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

**Key needs identified:**

1. Lack of information pre- and post-amputation. Our members felt the LA should be more visible in centres and hospitals.
2. Peer to peer support was identified as very important to amputees as they begin their limb loss journey.
3. A greater geographic presence from the charity and its services.

**How are is the LA addressing those needs:**

1. The LA has produced an information pack that is now beginning to be taken by centres and hospitals. We are focusing on key stakeholder engagement and by building strong relationships with clinicians we hope this information will be increasingly widely distributed.
2. The LA is now developing its peer support project Volunteer Visitor. This will mean greater access to peer support for amputees and training and development opportunities for our volunteers.
3. Our Support and Connect outreach programme has been developed to support greater access to LA services across the country. We now have 7 team members, all amputees, who are located nationally, in England, Wales and Northern Ireland.
4. The LA's new online support programme Training To Be An Amputee will offer 8 weekly sessions that cover important matters that affect the onward rehabilitation of individuals and their families; welfare rights, peer support, living independently, health and wellbeing, the rehabilitation pathway (what to expect) and living life well beyond limb loss.

**LIVES BEYOND LIMB LOSS PROGRAMME**

Prior to the pandemic we had begun to develop a programme involvement opportunities across the year including the LA's annual O2 climb and team participation in the Superhero Tri. Having goals, however big or small, is important in supporting rehabilitation progress. These opportunities bring our community together to take on challenges they've never engaged in before or thought wouldn't be possible after limb loss. Participating with peers and with a focus on what is possible, personal achievements are realised and wonderful memories are made. We are excited to be once again able to be organising these opportunities. As well as the O2 climb and the Superhero Tri we'll be engaging in other activities, including a Wheelchair Rugby and Cricket Experience day, generously supported by legal panel members Bolt Burdon Kemp LLP.

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

**LA YOUNG AMBASSADORS PROGRAMME**

This project is in the early stages of development. The LA has a growing number of younger amputees and we want to explore and understand how we can support their specific needs. We now have two young Trustees and two young Ambassadors who represent us at a variety of engagement events. This young team, supported by our Support and Connect project, have begun to engage with the LA's younger members online in our new initiative 'Virtually Speaking about...Young Lives Beyond Limb Loss. They also plan to consult our younger members and arrange an in-person event to bring together young amputees to meet, socialise and for peer support.

In 2022/2023, we'll be aiming to expand the programme and increase the LA's ambassador opportunities. We know that many young amputees face significant challenges at critical times in their lives and these can interrupt their studies, careers and social lives. We'll seek to address these issues with a range of support initiatives and development opportunities.

Devised and presented by LA Trustee and Young Ambassador Ella Dove, following the success of the LA's first podcast series, series 2 was launched in December 2021. The whole podcast series is proving to be an ongoing vital resource for amputees, their families and professionals. Ella has done an amazing job to create an insightful resource that can be accessed at any time. We are looking forward to series three!

All podcast episodes are available on our website [www.limbless-association.org](http://www.limbless-association.org) and the usual podcast platforms. We were fortunate to engage some truly amazing guests and many thanks to all of our AmPLAfy contributors.

**AmPLAfy podcast series 1**

AmPLAfy podcast series 1  
EPISODE ONE: Mental Health  
EPISODE TWO: Body Confidence  
EPISODE Six: Going for Goals  
EPISODE Three: Family and Friends  
EPISODE four: Phantom Limb Pain  
EPISODE five: Adapting To The Future

**AmPLAfy podcast series 2**

EPISODE ONE: Back to Reality  
EPISODE TWO: I did it my way: Accepting and Adapting  
EPISODE THREE: Life as a young amputee  
EPISODE FOUR: Going for Gold with Paralympian Laura Steadman  
EPISODE FIVE: Prosthetics for All: Life for all amputees worldwide  
EPISODE SIX: The Power of Peer Support

**COMMUNICATIONS**

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

StepForward, the LA's quarterly magazine, remains a vital communications tool to enable us to engage with a diverse and growing stakeholder base. The magazine is distributed to our members, hospitals, DSC's, physiotherapists, OT's, consultants, prosthetic companies and manufacturers. Our members and new services users tell us that through the magazine they feel 'supported and connected' with the wider community. With each issue we aim to profile individuals succeeding beyond adversity and highlight key sector topics and research. The publication also raises awareness of any developments and issues affecting the sector as well as promoting our fundraisers, supporters and volunteers. The magazine is also a useful resource for the LA to update about its charitable activities, to an increasingly diverse audience. The LA has a strong contingent of members who prefer to receive information by post only and the news pages of StepForward enable us to keep this group particularly, up to date with LA news and developments. Thank you to those of you who have contributed to the magazine and we are immensely grateful for your support.

## **COMMUNICATIONS -continued**

**"Warmest congratulations to all concerned on the latest truly excellent issue of STEPFORWARD. I found all the articles and contributions to be lively and stimulating. Without doubt, this magazine supports the LA's aims of ensuring the highest possible quality of life for people of all ages with limb loss, and for those who care for them. It demonstrates that the needs of amputees, their families and carers will always be the driving force behind what you do."** LA member

Thank you to all StepForward advertisers who in placing their adverts are supporting our beneficiaries to connect with their peers and the sector on a national scale. We are enormously grateful to them all.

### **LA Website**

The development of a new website had been the ambition of the LA for a couple of years as the existing site that had been built some time ago no longer reflected the current branding and developments of the charity. We prioritised the new website developments in autumn 2020 and temporarily engaged the support of a web development consultant to manage the project. This was a significant piece of work and the new website was eventually launched in spring 2021 and is an ongoing development project that will be supported and driven by our external communications team. Feedback so far from members, service users and healthcare professionals has been extremely positive as the new site is supporting greater engagement across our community. It is an important platform providing information, guidance and signposting on a range of matters affecting amputees and their families. Content includes details about the LA, its services and projects, news and events as well as fundraising and involvement opportunities. We're able to do this through written and video content, the latter having been increasingly important to demonstrate our growing impact. Members, volunteers, services users and referral partners can now also submit enquiries via the new site.

## **ENGAGEMENT**

Pre-pandemic the LA had developed a busy calendar of in person meetings, including the Support and Connect Hub sessions, as well as attending and exhibiting at a wide range of sector engagements and events. In 2021/22 a programme of virtual conferences continued as we all navigated the ongoing challenges to keep people safe beyond the pandemic restrictions. The LA attended and presented at a several virtual conferences which provide a valuable opportunity to engage with a larger audience. These included the Hugh James Annual Trauma and BAPO conferences. However, we were delighted to finally be able to engage with stakeholders in person at Naidex in September 2021, BACPAR Conference and Exhibition in November 2021 and the Pace Rehabilitation Life and Limb conference in March 2022. All provided exhibiting opportunities for the LA to meet stakeholders, existing and new. Building relationships with our stakeholders continues to be an integral part of our work. Attending and connecting in person provides increased opportunities to grow the charity's visibility while providing important learning and engagement.

### **Prosthetic and Orthotics Students Awards**

The Limbless Association again recognised excellence by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. The charity was excited to again sponsor student awards in 2021.

#### **David Rose, Chair of the LA:**

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

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

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

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

## **ACHIEVEMENT AND PERFORMANCE**

### **INCOME GENERATION**

This period has been an extremely difficult one for fundraisers. With three lockdowns and Covid-19 restrictions in place for the majority of the time, traditional challenge events and local fundraisers were unable to take place. While some events did eventually adapt to be delivered virtually, including the London Marathon, community fundraising remained challenging throughout 2021/22 as many people continued to proceed with caution. We regularly share stories of our awesome fundraisers on our website, on social media, in our magazine and in our newsletters. We also have a dedicated area on our website - Fundraising Champions - where we celebrate their achievements and support.

In March 2022 the LA launched what is hoped to be its annual HolLAwood Extravaganza virtual event of the year. It was an evening of virtual glitz, glamour, fun, celebration and fundraising on Zoom with a fantastic audience of our members, Trustees, staff and friends of the LA - all dressed up to the nines or as their favourite movie stars or characters. We celebrated our wonderful Volunteer Visitors and enjoyed virtual charades, virtual red carpet and the 'Star is Bourne' movie quiz before crowning the winners of the 'No Place Like Home' Best Dressed Awards. A highlight of the evening was the LA's 5STAR Fundraising Awards. The audience was fantastic entering into the spirit of the awards season. We were also overwhelmed by the incredible generosity of people texting to donate on the night. We look forward to the next one in 2023.

The Limbless Association continued to realise significant levels of legacy income during this period. The charity is extremely fortunate recipient of legacy gifts. Legacy commitments have always been important to the charity and enable us to maintain, deliver and develop our services that we offer to all amputees. We greatly appreciate these wonderful bequests, and in recent years these valuable funds have helped the charity to invest in its infrastructure and grow its services. The charity is now a member of the Free Wills Network that we hope will support further growth in this area of supporter giving.

The Limbless Association is immensely grateful for every donation it receives and are humbled at the many ways in which our supporters choose to raise funds. From all at the LA we offer our sincerest thanks. We simply can't support those who need us without you.

There are many ways people can support our work: one-off or regular donations, holding fundraising events, taking part in challenge events or by leaving a gift in your will. Your support helps us to ensure that **no amputee needs cope alone**. Thank you!

As our projects have grown we have sought funding from key funders and Grant Making Trusts. Nationally Lottery England, Wales and Northern Ireland have supported both our outreach and peer support projects; Support and Connect and Volunteer Visitors. These funding awards have been vital in enabling the projects to be developed and the charity to grow. We have also been supported by many local and regionally focused Trusts and this has supported the delivery of our outreach support programme. These funding sources are making a difference to the charity in achieving its aims but most importantly enabling us to support even more lives beyond limb loss. Our sincerest thanks to them all.

### **WITH THANKS TO OUR CORPORATE SUPPORTERS**

Anthony Gold Solicitors  
Bolt Burdon Kemp  
Fieldfisher  
Stephensons Solicitors LLP  
Judkins Solicitors  
Slater and Gordon Group  
Enable Law  
Hudgell Solicitors  
Osbornes Law  
Hugh James

Limbless Association  
Trustees' Report  
for the Year Ended 31st March 2022

**FINANCIAL REVIEW AND AIMS**

2021/2022 saw income fall compared to the previous year. Due to the increased demands on the charity's services as well as the growing project developments expenditure rose as further resourcing was agreed and undertaken across several areas of activity. Investments to support service growth continued relating to HR and capital resourcing including the LA website and digital communications, database, IT and data protection. This is enabling the charity to support increasing numbers of beneficiaries, ensure compliance across our services and continue to build a credible and valued brand. The financial period ended with the charity reporting a comparatively small deficit which was due to the timing of receipt and expenditure of restricted grant funding income. The LA's Volunteer Visitor project received funding just prior to the onset of the pandemic and initial phase developments had been suspended while the pandemic crisis unfolded and this had meant an underspend on the project in 2020/21. In 2021/22, progress on this project advanced with the delayed recruitment of the project team. At the end of the financial period 2021/22 the charity had maintained a strong reserves position.

Income generation was and has been without question a challenge during this unprecedented period. The LA has worked hard to realise fundraising opportunities and again was fortunate to be the beneficiary of legacy gifts. This enabled the charity to begin the 2021 period with some continued financial resilience. The LA board and leadership team worked closely to balance the needs of the organisation's development strategy while monitoring the prevailing risks. It was recognised that income generation would continue to be a challenge in the aftermath of the crisis and continued vigilance would be needed.

The need for LA support and services is never more needed and while we've increased our capacity to deliver we know that we must do more to ensure we're able to reach all those who need our support. We have some exciting new opportunities in various stages of development and these will require new funding streams to be fully realised. To support the sustainability and growth ambitions of the charity and we will continue to invest in our income generation strategy. The charity has invested in grant funding support in recent years and a return on that investment has resulted. In the summer of 2021, further investments in fundraising resource were made.

**Reserves policy**

The Trustees have considered the minimum level of free reserves that the Charity ought to hold. Reserves are needed to bridge the funding gaps between spending and receiving income. While the country has moved forward beyond the pandemic, new challenges are now prevailing. The impact of the pandemic and an ever growing cost of living crisis are contributing to an increasingly challenging fundraising environment. Therefore, the Trustees aim to ensure that reserve levels do not fall below 6 months expenditure to be a prudent measure.

**CHARITABLE OBJECTIVES**

Our key objectives are principally as follows:

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

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



Limbless Association

Trustees' Report  
for the Year Ended 31st March 2022

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

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

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

02487661 (England and Wales)

**Registered Charity number**

803533

**Registered office**

Mayflower Community Hospital  
Blunts Wall Road  
Billericay  
CM12 9SA

**Trustees**

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

**Company Secretary**

Ms D J Bent – CEO

**Independent Examiner**

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

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

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

Approved by order of the board of trustees on ..... 29th. January 2023 ..... and signed on its behalf by:

*David Rose*

.....  
D M Rose - Trustee

Independent Examiner's Report to the Trustees of  
Limbless Association

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

I report to the trustees (who are also Directors for the purpose of company law) on my examination of the financial statements of Limbless Association ('the charitable company') for the year ended 31st March 2022 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

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

**Responsibilities and basis of report**

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

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's financial statements carried out under Section 145 of the Charities Act 2011 ('the 2011 Act') and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of the ACCA which is one of the listed bodies.

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

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

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



Ralph Sears - FCCA  
Hentons  
Chartered Accountants  
Stag House  
Old London Road  
Hertford  
Hertfordshire  
SG13 7LA

Date: 29 JANUARY 2023

Limbless Association

Statement of Financial Activities  
(Incorporating an Income and Expenditure Account)  
for the Year Ended 31st March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Voluntary income	3	75,495	324,719	400,214	487,673
Activities for generating funds	4	81,219	-	81,219	54,574
Investment income	5	<u>3,149</u>	<u>-</u>	<u>3,149</u>	<u>4,032</u>
<b>Total</b>		<u>159,863</u>	<u>324,719</u>	<u>484,582</u>	<u>546,279</u>
 <b>EXPENDITURE ON</b>					
Raising funds	6	87,977	-	87,977	60,743
<b>Charitable activities</b>	7				
Charitable activities		<u>130,813</u>	<u>293,323</u>	<u>424,136</u>	<u>297,583</u>
<b>Total</b>		<u>218,790</u>	<u>293,323</u>	<u>512,113</u>	<u>358,326</u>
 Net gains on investments		<u>469</u>	<u>-</u>	<u>469</u>	<u>22,786</u>
 <b>NET INCOME/(EXPENDITURE)</b>		(58,458)	31,396	(27,062)	210,739
<b>Transfers between funds</b>	18	<u>(75,606)</u>	<u>75,606</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		(134,064)	107,002	(27,062)	210,739
 <b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>501,024</u>	<u>118,061</u>	<u>619,085</u>	<u>408,346</u>
 <b>TOTAL FUNDS CARRIED FORWARD</b>		<u>366,960</u>	<u>225,063</u>	<u>592,023</u>	<u>619,085</u>

**CONTINUING OPERATIONS**

The Statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derived from continuing activities.

The Statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

The notes form part of these financial statements

Balance Sheet					
31st March 2022					
	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	13	20,576	6,532	27,108	30,178
Investments	14	149,041	-	149,041	148,572
		169,617	6,532	176,149	178,750
<b>CURRENT ASSETS</b>					
Debtors	15	32,649	38,006	70,655	23,332
Cash at bank and in hand		206,125	180,525	386,650	456,394
		238,774	218,531	457,305	479,726
<b>CREDITORS</b>					
Amounts falling due within one year	16	(41,431)	-	(41,431)	(39,391)
<b>NET CURRENT ASSETS</b>		197,343	218,531	415,874	440,335
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		366,960	225,063	592,023	619,085
<b>NET ASSETS</b>		366,960	225,063	592,023	619,085
<b>FUNDS</b>	18				
Unrestricted funds				366,960	501,024
Restricted funds				225,063	118,061
<b>TOTAL FUNDS</b>				592,023	619,085

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 29th January 2023 and were signed on its behalf by:

*David Rose*  
.....  
D M Rose - Trustee

The notes form part of these financial statements

## Limbless Association

### Notes to the Financial Statements for the Year Ended 31st March 2022

#### **1. CHARITY INFORMATION**

Limbless Association is a private company limited by guarantee incorporated in England and Wales. The registered office is Mayflower Community Hospital, Blunts Wall Road, Billericay, CM12 9SA.

#### **2. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements have been prepared under the historical cost convention and are in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Issued October 2019) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity constitutes a public entity as defined by FRS102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest pound.

##### **Going concern**

At the time of approving the financial statements the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees have adopted the going concern basis for the preparation of the financial statements.

On the date of the financial statements approval, there is great uncertainty surrounding the global economy and impact of the Coronavirus pandemic and the conflict in Ukraine. The trustees consider the charity to be sufficiently robust that its operations will not be significantly affected by the continued uncertainty from this event. The trustees are continuously monitoring the charity's investment portfolio and cost base for any adverse movements in value and costs and will take action wherever necessary to protect the charity's stakeholders interests should the period of uncertainty continue for longer than expected.

##### **Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

##### **Incoming resources**

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected and if it can be measured reliably.

##### **Expenditure**

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

## **2. ACCOUNTING POLICIES - continued**

### **Tangible fixed assets**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

- Fixtures and fittings                      20% to 33% straight line
- Computer equipment                      33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

### **Fixed asset investments**

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expended as incurred.

### **Impairment of fixed assets**

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

### **Taxation**

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

### **Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

### **Basic financial liabilities**

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less.

### **Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**2. ACCOUNTING POLICIES - continued**

**Pension contributions**

The charity operates a defined contribution pension plan for its employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payment obligations.

The contributions are recognised as an expense in the SOFA when they fall due. Amounts not paid are shown in accruals as a liability in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

**Critical accounting estimates and judgements**

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**3. VOLUNTARY INCOME**

	31.3.22	31.3.21
	£	£
Donations	22,918	49,219
Legacies	227,186	270,500
Grants	<u>150,110</u>	<u>167,954</u>
	<u><u>400,214</u></u>	<u><u>487,673</u></u>

**4. ACTIVITIES FOR GENERATING FUNDS**

	31.3.22	31.3.21
	£	£
Legal panel	40,500	39,875
Events and other income	29,045	95
Advertising income	<u>11,674</u>	<u>14,604</u>
	<u><u>81,219</u></u>	<u><u>54,574</u></u>

**5. INVESTMENT INCOME**

	31.3.22	31.3.21
	£	£
CAF Income and growth fund	3,120	3,799
Interest receivable	<u>29</u>	<u>233</u>
	<u><u>3,149</u></u>	<u><u>4,032</u></u>

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**6. RAISING FUNDS**

**Raising donations and legacies**

	31.3.22	31.3.21
	£	£
Staff costs	21,525	14,708
Miscellaneous office costs	306	273
Rent, rates and water	4,691	4,379
Advertising	8,445	9,859
Telephone	1,297	1,388
Events and fundraising costs including Step forward printing costs	36,644	21,355
Website costs	4,311	2,236
Light and heat	312	248
Project travel, accommodation and subsistence	1,892	1,757
Printing, postage and stationery	3,066	1,740
Legal and professional	1,183	1,245
Depreciation	<u>4,305</u>	<u>1,555</u>
	<u><u>87,977</u></u>	<u><u>60,743</u></u>

**7. CHARITABLE ACTIVITIES COSTS**

	Direct Costs (see note 8) £	Support costs £	Totals £
Charitable activities	<u><u>352,245</u></u>	<u><u>71,891</u></u>	<u><u>424,136</u></u>

**8. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	31.3.22	31.3.21
	£	£
Staff costs	259,627	115,026
Admin and office costs	-	961
Rent	7,505	6,569
Postage and stationery	2,311	1,324
Advertising	11,260	15,195
Project travel, accommodation and subsistence	15,230	13,088
Marketing and Communication costs including Step forward publications costs	21,071	26,055
Website costs	-	2,236
Legal and professional	12,976	7,271
Direct project costs	8,444	27,182
Telephone	8,890	2,874
Donations	625	1,026
Depreciation	<u>4,306</u>	<u>3,205</u>
	<u><u>352,245</u></u>	<u><u>222,012</u></u>



Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**9. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	<b>31.3.22</b>	31.3.21
	<b>£</b>	<b>£</b>
Depreciation - owned assets	<u><b>12,917</b></u>	<u><b>6,314</b></u>

**10. TRUSTEES' REMUNERATION AND BENEFITS**

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2021 - Nil).

**Trustees' expenses**

Trustees received a total of £362 (2021 - £61) in reimbursed travel and accommodation expenses within the year. The number of Trustees who were paid expenses was 2 (2021 - 4).

**11. STAFF COSTS**

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

	<b>31.3.22</b>	31.3.21
	<b>16</b>	<b>10</b>
Administrative staff	<u><b>16</b></u>	<u><b>10</b></u>

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

**12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Voluntary income	283,070	204,603	487,673
Activities for generating funds	54,574	-	54,574
Investment income	<u>4,032</u>	<u>-</u>	<u>4,032</u>
<b>Total</b>	<u><b>341,676</b></u>	<u><b>204,603</b></u>	<u><b>546,279</b></u>
<b>EXPENDITURE ON</b>			
Raising funds	60,743	-	60,743
<b>Charitable activities</b>			
Charitable activities	<u>138,717</u>	<u>158,866</u>	<u>297,583</u>
<b>Total</b>	<u><b>199,460</b></u>	<u><b>158,866</b></u>	<u><b>358,326</b></u>
Net gains on investments	<u>22,786</u>	<u>-</u>	<u>22,786</u>
<b>NET INCOME</b>	<b>165,002</b>	<b>45,737</b>	<b>210,739</b>

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	336,022	72,324	408,346
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>501,024</u>	<u>118,061</u>	<u>619,085</u>

**13. TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>			
At 1st April 2021	34,174	14,467	48,641
Additions	<u>7,040</u>	<u>2,807</u>	<u>9,847</u>
At 31st March 2022	<u>41,214</u>	<u>17,274</u>	<u>58,488</u>
<b>DEPRECIATION</b>			
At 1st April 2021	13,422	5,041	18,463
Charge for year	<u>7,660</u>	<u>5,257</u>	<u>12,917</u>
At 31st March 2022	<u>21,082</u>	<u>10,298</u>	<u>31,380</u>
<b>NET BOOK VALUE</b>			
At 31st March 2022	<u>20,132</u>	<u>6,976</u>	<u>27,108</u>
At 31st March 2021	<u>20,752</u>	<u>9,426</u>	<u>30,178</u>

**14. FIXED ASSET INVESTMENTS**

	Listed investments £
<b>MARKET VALUE</b>	
At 1st April 2021	148,572
Revaluations	<u>469</u>
At 31st March 2022	<u>149,041</u>
<b>NET BOOK VALUE</b>	
At 31st March 2022	<u>149,041</u>
At 31st March 2021	<u>148,572</u>

There were no investment assets outside the UK.

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**14. FIXED ASSET INVESTMENTS - continued**

Cost or valuation at 31st March 2022 is represented by:

	Listed investments £
Valuation in 2022	469
Valuation in 2021	22,786
Valuation in 2020	(15,581)
Cost	<u>141,367</u>
	<u><u>149,041</u></u>

**15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22 £	31.3.21 £
Trade debtors	26,975	19,666
Other debtors	-	1,316
Prepayments and accrued income	<u>43,680</u>	<u>2,350</u>
	<u><u>70,655</u></u>	<u><u>23,332</u></u>

**16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22 £	31.3.21 £
Trade creditors	23,584	24,222
Social security and other taxes	3,847	7,669
Accruals and deferred income	<u>14,000</u>	<u>7,500</u>
	<u><u>41,431</u></u>	<u><u>39,391</u></u>

**Deferred income**

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

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

The movement on deferred income was as follows:

	31.3.22 £	31.3.21 £
Brought forward as at 1st April	4,000	45,152
Deferred income recognised	4,000	4,000
Deferred income released	<u>(4,000)</u>	<u>(45,152)</u>
Balance carried forward as at 31st March	<u><u>4,000</u></u>	<u><u>4,000</u></u>

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**17. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.22	31.3.21
	£	£
Within one year	956	541
Between one and five years	3,319	3,029
In more than five years	<u>3,427</u>	<u>-</u>
	<u>7,702</u>	<u>3,570</u>

**18. MOVEMENT IN FUNDS**

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	501,024	(58,458)	(75,606)	366,960
<b>Restricted funds</b>				
Support and Connect Glasgow	9,581	-	-	9,581
Limbless Association Children's Fund	4,305	(4,305)	-	-
Support Connect Hub Project	15,362	(109,124)	93,762	-
Peer Support Project	87,644	12,981	-	100,625
Virtual Speaking	1,169	(1,169)	-	-
Iraqi Project	-	123,732	(18,156)	105,576
Support Connect Hub Project - Ireland	<u>-</u>	<u>9,281</u>	<u>-</u>	<u>9,281</u>
	<u>118,061</u>	<u>31,396</u>	<u>75,606</u>	<u>225,063</u>
<b>TOTAL FUNDS</b>	<u>619,085</u>	<u>(27,062)</u>	<u>-</u>	<u>592,023</u>

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**18. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	159,863	(218,790)	469	(58,458)
<b>Restricted funds</b>				
Limbless Association Children's Fund	-	(4,305)	-	(4,305)
Support Connect Hub Project	10,800	(119,924)	-	(109,124)
Peer Support Project	140,831	(127,850)	-	12,981
Virtual Speaking	-	(1,169)	-	(1,169)
Iraqi Project	163,807	(40,075)	-	123,732
Support Connect Hub Project - Ireland	9,281	-	-	9,281
	<u>324,719</u>	<u>(293,323)</u>	<u>-</u>	<u>31,396</u>
<b>TOTAL FUNDS</b>	<u>484,582</u>	<u>(512,113)</u>	<u>469</u>	<u>(27,062)</u>

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>				
General fund	336,022	165,002	-	501,024
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<u>408,346</u>	<u>210,739</u>	<u>-</u>	<u>619,085</u>

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**18. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	341,676	(199,460)	22,786	165,002
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<u>546,279</u>	<u>(358,326)</u>	<u>22,786</u>	<u>210,739</u>

**Restricted Funds:-**

**Limbless Association Children's Fund**

Money was received from a Children's Charity which closed and wishes to remain anonymous. The money is restricted for the use of amputee children.

**Support and Connect Glasgow Fund**

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

**Support Connect Hub project**

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

**Peer Support project**

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

**Virtual Speaking project**

The Support and Connect Virtually Speaking project is a virtual outreach project that was developed due to the onset of the pandemic's restrictions. With members having to isolate and shield, it was necessary for the charity to offer online group peer support opportunities to ensure that our community was able to access a range of support, advice, information and connectivity; to reduce social isolation, inform, advise and empower, improve health and wellbeing.

Limbless Association

Notes to the Financial Statements - continued  
for the Year Ended 31st March 2022

**18. MOVEMENT IN FUNDS - continued**

In August 2020, the Limbless Association was awarded £45,161 by the Coronavirus Community Support Fund (DCMS) administered by the National Lottery Community Fund, to develop and launch Virtually Speaking, a series of online engagement activities for amputees during COVID-19. The funding was time limited to support the project for a period of 7 months.

**Legacy - Iraqi Support and Inclusion Project**

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

**Support Connect Outreach Project - Northern Ireland**

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

**Transfers between funds**

The transfer of funds of £93,762 to the Support Connect Hub Project is a decision made by the trustees to fund its activities from unrestricted reserves. In addition, the transfer of £18,156 from the Iraqi project fund to the general fund is in respect of legal costs incurred over the last six years in securing the funds received which were disputed.

**19. RELATED PARTY DISCLOSURES**

During the year, the following related party transactions took place in which the trustee, P. A. Judkins was also a member of the entity's key management personnel:

	31.3.22	31.3.21
	£	£
Legal panel donations received	5,000	5,000
Legal expenses	-	1,553
Trade receivables	10,000	5,000

There were no disclosable related party transactions during the previous year.

**20. FINANCIAL INSTRUMENTS**

	31.3.22	31.3.21
	£	£
<b>Financial assets</b>		
Financial assets measured at fair value through the statement of financial activity (SOFA)	<u>149,041</u>	<u>148,572</u>