

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

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

Limbless Association

Contents of the Financial Statements
for the Year Ended 31st March 2023

	Page
Trustees' Report	1 to 21
Independent Examiner's Report	22
Statement of Financial Activities	23
Balance Sheet	24
Notes to the Financial Statements	25 to 36

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

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

The Trustees present their annual report and financial statements for the year ended 31 March 2023. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the charities Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019).

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

The Charity Background

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

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

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

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

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

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

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

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

Supporting Lives Beyond Limb Loss

Our Aim

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

Our Mission

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

Our Vision

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

OUR GOALS

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

OUR VALUES

RESPECT

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

INTEGRITY

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

DIVERSITY

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

ACHIEVEMENT

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

EXCELLENCE

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

PROFESSIONALISM

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

ASPIRING

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

TRUSTWORTHY

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

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

A message from LA Chair of Trustees, David Rose

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

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

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

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

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

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

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

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

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

Limbless Association

Trustees' Report for the Year Ended 31st March 2023

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

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

David Rose, Chair of Trustees, Limbless Association

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

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

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

Charity Achievements 2022 – 2023

Context

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

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

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

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

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

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

OBJECTIVES AND ACTIVITIES

Limbless Association Activity Review 2022/23

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

Strategic Representation and Engagement

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

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

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

Partnerships

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

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

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

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

Research

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

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

Research projects the LA is currently supporting:

PLACEMENT

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

DUSTER

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

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

HAMLET

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

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

LA Services and Projects

We aim to ensure that NO AMPUTEE NEED COPE ALONE

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

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

Informing

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

Advising

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

Supporting

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

Connecting

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

OUR SERVICES, SUPPORT AND ACTIVITIES

LA HELP DESK – Advice, Information and Signposting

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

LA Information Resources

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

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

LA SUPPORT AND CONNECT OUTREACH PROJECT

Key aims:

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

Key outreach activities:

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

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

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

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

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

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

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

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

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

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

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

LA Kitchen at MCH Billericay

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

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

VOLUNTEER VISITOR – LA PEER TO PEER SUPPORT SERVICE

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

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

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

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

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

Key Aims and Developments

Aims

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

Developments

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

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

Key Achievements

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

Outcomes for service users

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

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

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

Outcomes for volunteers

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

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

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

The Power of Peer Support: CPD accredited webinar

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

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

Hosted and facilitated by the LA and VV teams

Guest Speakers: Angie Hobson, Neil Hopper and Helen Harvey

Agenda

Welcome and introductions

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

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

Expanding access to peer support – breakout workshop

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

Limbless Association and Volunteer Visitor programme

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

Group Panel discussion

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

Attendee overview

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

Webinar evaluation of learning outcomes:

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

Participant learner feedback:

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

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

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

Lives Beyond Limb Loss: The Power of Peer Support

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

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

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

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

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

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

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

TTBAA Programme content

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

Learning Outcomes

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

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

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

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

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

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

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

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

Monitoring/evaluation methods

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

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

89% felt well informed about amputation

100% felt well informed about recovery and what comes next

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

70% felt well informed about the services and support available

60% felt more confident about their rehabilitation journey

39% felt less isolated

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

67% felt supported in their limb loss journey

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

TTBAA Participant feedback

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

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

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

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

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

ACCESS TO LEGAL ADVICE - The LA Legal Panel

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

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

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

Bolt Burdon Kemp LLP (BBK)

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

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

Fieldfisher

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

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

HEALTH AND WELLBEING

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

LIMBLESS ASSOCIATION MEMBERSHIP

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

Our members voices shape and influence our services:

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

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

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

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

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

The solutions the LA is developing:

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

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

LIVES BEYOND LIMB LOSS PROGRAMME

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

LA YOUNG AMBASSADORS PROGRAMME

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

COMMUNICATIONS

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

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

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

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

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

ENGAGEMENT

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

Prosthetic and Orthotics Students Awards

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

David Rose, Chair of the LA:

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

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

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

Thank you to Limb Loss Legal Panel and corporate supporters

OUR CORPORATE SUPPORTERS

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

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

Financial review and aims 2022/2023

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

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

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

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

Reserves Policy

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

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

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

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

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

STATEMENT OF TRUSTEES RESPONSIBILITIES

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

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

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

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

02487661 (England and Wales)

Registered Charity number

803533

Registered office

Mayflower Community Hospital
Blunts Wall Road
Billericay
CM12 9SA

Trustees

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

Company Secretary

Ms D J Bent – CEO

Independent Examiner

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

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

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

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

David Rose

.....
D M Rose - Trustee

Independent Examiner's Report to the Trustees of
Limbless Association

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

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

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

Responsibilities and basis of report

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

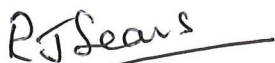
Having satisfied myself that the financial statements of the charitable company are not required to be audited under Part 16 of the Act and are eligible for independent examination, I report in respect of my examination of the charitable company's financial statements carried out under Section 145 of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

Independent examiner's statement

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

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

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



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

Date: 29th JANUARY 2024

Limbless Association

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31st March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Voluntary income	3	18,826	94,105	112,931	400,214
Activities for generating funds	4	75,744	-	75,744	81,219
Investment income	5	<u>4,959</u>	<u>-</u>	<u>4,959</u>	<u>3,149</u>
Total		<u>99,529</u>	<u>94,105</u>	<u>193,634</u>	<u>484,582</u>
EXPENDITURE ON					
Raising funds	6	78,320	-	78,320	87,977
Charitable activities	7				
Charitable activities		<u>92,106</u>	<u>313,372</u>	<u>405,478</u>	<u>424,136</u>
Total Expenditure		<u>170,426</u>	<u>313,372</u>	<u>483,798</u>	<u>512,113</u>
Net Loss on investments		<u>(6,096)</u>	<u>-</u>	<u>(6,096)</u>	<u>469</u>
NET EXPENDITURE FOR YEAR		(76,993)	(219,267)	(296,260)	(27,062)
Transfers between funds	18	<u>(119,000)</u>	<u>119,000</u>	<u>-</u>	<u>-</u>
Net movement in funds		(195,993)	(100,267)	(296,260)	(27,062)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>366,960</u>	<u>225,063</u>	<u>592,023</u>	<u>619,085</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>170,967</u></u>	<u><u>124,796</u></u>	<u><u>295,763</u></u>	<u><u>592,023</u></u>

CONTINUING OPERATIONS

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

All income and expenditure derived from continuing activities.

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

The notes form part of these financial statements

Limbless Association (Registered number: 02487661)

<u>Balance Sheet</u>					
<u>31st March 2023</u>					
	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS					
Tangible assets	14	13,495	1,276	14,771	27,108
Investments	15	<u>142,945</u>	<u>-</u>	<u>142,945</u>	<u>149,041</u>
		156,440	1,276	157,716	176,149
CURRENT ASSETS					
Debtors	16	37,800	10,000	47,800	70,655
Cash at bank and in hand		<u>5,657</u>	<u>113,520</u>	<u>119,177</u>	<u>386,650</u>
		43,457	123,520	166,977	457,305
CREDITORS					
Amounts falling due within one year	17	<u>(28,930)</u>	<u>-</u>	<u>(28,930)</u>	<u>(41,431)</u>
NET CURRENT ASSETS		<u>14,527</u>	<u>123,520</u>	<u>138,047</u>	<u>415,874</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>170,967</u>	<u>124,796</u>	<u>295,763</u>	<u>592,023</u>
NET ASSETS		<u>170,967</u>	<u>124,796</u>	<u>295,763</u>	<u>592,023</u>
FUNDS	19				
Unrestricted funds				170,967	366,960
Restricted funds				<u>124,796</u>	<u>225,063</u>
TOTAL FUNDS				<u>295,763</u>	<u>592,023</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

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

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

David Rose

.....
D M Rose - Trustee

The notes form part of these financial statements

1. CHARITY INFORMATION

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

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The Charity constitutes a public entity as defined by FRS102.

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

Going concern

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

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

Charitable funds

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

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

Incoming resources

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

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

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

Expenditure

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

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

2. ACCOUNTING POLICIES - continued

Tangible fixed assets

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

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

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

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

Fixed asset investments

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

Impairment of fixed assets

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

Taxation

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

Cash and cash equivalents

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

Basic financial assets

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

Basic financial liabilities

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

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

Employee benefits

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

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

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

2. ACCOUNTING POLICIES - continued

Pension contributions

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

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

Critical accounting estimates and judgements

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

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

3. VOLUNTARY INCOME

	31.3.23	31.3.22
	£	£
Donations	23,647	22,918
Legacies	3,379	227,186
Grants	<u>85,905</u>	<u>150,110</u>
	<u><u>112,931</u></u>	<u><u>400,214</u></u>

4. ACTIVITIES FOR GENERATING FUNDS

	31.3.23	31.3.22
	£	£
Legal panel	40,500	40,500
Events and other income	31,416	29,045
Advertising income	<u>3,828</u>	<u>11,674</u>
	<u><u>75,744</u></u>	<u><u>81,219</u></u>

5. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
CAF Income and growth fund	4,563	3,120
Interest receivable	<u>396</u>	<u>29</u>
	<u><u>4,959</u></u>	<u><u>3,149</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

6. RAISING FUNDS

Raising donations and legacies

	31.3.23	31.3.22
	£	£
Staff costs	28,065	21,525
Miscellaneous office costs	520	306
Rent, rates and water	479	4,691
Advertising	6,758	8,445
Telephone	1,301	1,297
Events and fundraising costs including Step forward printing costs	27,488	36,644
Website costs	3,137	4,311
Light and heat	-	312
Project travel, accommodation and subsistence	1,853	1,892
Printing, postage and stationery	2,718	3,066
Legal and professional	1,220	1,183
Depreciation	4,781	4,305
	<u>78,320</u>	<u>87,977</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs £	Totals £
Charitable activities	<u>348,045</u>	<u>57,433</u>	<u>405,478</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Staff costs	280,952	259,627
Rent	719	7,505
Postage and stationery	2,061	2,311
Advertising	9,011	11,260
Project travel, accommodation and subsistence	17,330	15,230
Marketing and Communication costs including Step forward publications costs	11,362	21,071
Legal and professional	2,507	12,976
Direct project costs	11,647	8,444
Telephone	6,523	8,890
Donations	1,152	625
Depreciation	4,781	4,306
	<u>348,045</u>	<u>352,245</u>

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

9. SUPPORT COSTS

	Other £	Governance costs £	Totals £
Charitable activities			
	<u>44,489</u>	<u>12,944</u>	<u>57,433</u>

Governance costs includes Independent Examination fees of £9,120 (includes 2022 under provision £3,020), (2022 - £4,900).

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

Other

	31.3.23 Charitable activities	31.3.22 Total activities
	£	£
Staff costs	11,613	13,626
Rent	1,198	11,728
Light and heat	-	780
Telephone	5,918	7,477
Postage and stationery	4,298	5,239
Legal and professional	1,534	5,073
Insurance	2,225	2,152
Travelling	1,867	2,103
Advertising and website	6,758	8,445
Office costs, repairs and maintenance	3,094	1,387
Bank charges	1,203	488
Depreciation Computer equipment	<u>4,781</u>	<u>4,305</u>
	<u>44,489</u>	<u>62,803</u>

Governance costs

	31.3.23 Charitable activities	31.3.22 Total activities
	£	£
Staff costs	743	1,797
Printing, postage and stationery	1,445	1,811
Legal and professional	9,120	5,188
Events, meetings and conferences	<u>1,636</u>	<u>292</u>
	<u>12,944</u>	<u>9,088</u>

10. NET INCOME/(EXPENDITURE)

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

	31.3.23 £	31.3.22 £
Depreciation - owned assets	<u>14,344</u>	<u>12,917</u>

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

11. TRUSTEES' REMUNERATION AND BENEFITS

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2022 - Nil).

Trustees' expenses

Trustees received a total of £1,318 (2022 - £362) in reimbursed travel and accommodation expenses within the year. The number of Trustees who were paid expenses was 1 (2022 - 2).

12. STAFF COSTS

	31.3.23 £	31.3.22 £
Wages and salaries	296,555	269,506
Social security	16,389	14,959
Pension contributions	<u>6,686</u>	<u>6,722</u>
	<u><u>319,630</u></u>	<u><u>291,187</u></u>

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

	31.3.23 <u>13</u>	31.3.22 <u>16</u>
Administrative staff		

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Voluntary income	75,495	324,719	400,214
Activities for generating funds	81,219	-	81,219
Investment income	<u>3,149</u>	<u>-</u>	<u>3,149</u>
Total	<u>159,863</u>	<u>324,719</u>	<u>484,582</u>
EXPENDITURE ON			
Raising funds	87,977	-	87,977
Charitable activities	<u>130,813</u>	<u>293,323</u>	<u>424,136</u>
Total	<u>218,790</u>	<u>293,323</u>	<u>512,113</u>
Net gains on investments	<u>469</u>	<u>-</u>	<u>469</u>
NET INCOME/(EXPENDITURE)	(58,458)	31,396	(27,062)
Transfers between funds	<u>(75,606)</u>	<u>75,606</u>	<u>-</u>
Net movement in funds	(134,064)	107,002	(27,062)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>501,024</u>	<u>118,061</u>	<u>619,085</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>366,960</u></u>	<u><u>225,063</u></u>	<u><u>592,023</u></u>

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

14. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1st April 2022	41,214	17,274	58,488
Additions	<u>2,007</u>	<u>-</u>	<u>2,007</u>
At 31st March 2023	<u>43,221</u>	<u>17,274</u>	<u>60,495</u>
DEPRECIATION			
At 1st April 2022	21,082	10,298	31,380
Charge for year	<u>8,644</u>	<u>5,700</u>	<u>14,344</u>
At 31st March 2023	<u>29,726</u>	<u>15,998</u>	<u>45,724</u>
NET BOOK VALUE			
At 31st March 2023	<u>13,495</u>	<u>1,276</u>	<u>14,771</u>
	<u>=====</u>	<u>=====</u>	<u>=====</u>
At 31st March 2022	<u>20,132</u>	<u>6,976</u>	<u>27,108</u>

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1st April 2022	149,041
Revaluations	<u>(6,096)</u>
At 31st March 2023	<u>142,945</u>
NET BOOK VALUE	
At 31st March 2023	<u>142,945</u>
	<u>=====</u>
At 31st March 2022	<u>149,041</u>

There were no investment assets outside the UK.

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

15. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31st March 2023 is represented by:

	Listed investments £
Valuation in 2023	(6,096)
Valuation in 2022	469
Valuation in 2021	7,205
Cost	<u>141,367</u>
	<u>142,945</u>

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade debtors	32,040	26,975
Prepayments and accrued income	<u>15,760</u>	<u>43,680</u>
	<u>47,800</u>	<u>70,655</u>

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	7,822	23,584
Social security and other taxes	2,978	3,847
Other creditors	2,030	-
Accruals and deferred income	<u>16,100</u>	<u>14,000</u>
	<u>28,930</u>	<u>41,431</u>

Deferred income

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

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

The movement on deferred income was as follows:

	31.3.23 £	31.3.22 £
Brought forward as at 1st April	4,000	4,000
Deferred income recognised	4,000	4,000
Deferred income released	<u>(4,000)</u>	<u>(4,000)</u>
Balance carried forward as at 31st March	<u>4,000</u>	<u>4,000</u>

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

18. LEASING AGREEMENTS

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

	31.3.23	31.3.22
	£	£
Within one year	956	956
Between one and five years	2,778	3,319
In more than five years	<u>2,597</u>	<u>3,427</u>
	<u><u>6,331</u></u>	<u><u>7,702</u></u>

19. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds				
General fund	366,960	(76,993)	(119,000)	170,967
Restricted funds				
Support and Connect Glasgow	9,581	-	-	9,581
Support Connect Hub Project		(119,000)	119,000	-
Peer Support Project	100,625	(56,804)	-	43,821
Iraqi Project	105,576	(44,473)	-	61,103
Support Connect Hub Project - Ireland	<u>9,281</u>	<u>1,010</u>	<u>-</u>	<u>10,291</u>
	<u>225,063</u>	<u>(219,267)</u>	<u>119,000</u>	<u>124,796</u>
TOTAL FUNDS	<u><u>592,023</u></u>	<u><u>(296,260)</u></u>	<u><u>-</u></u>	<u><u>295,763</u></u>

Limbless Association

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

19. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	99,529	(170,426)	(6,096)	(76,993)
Restricted funds				
Support Connect Hub Project	17,300	(136,300)	-	(119,000)
Peer Support Project	66,805	(123,609)	-	(56,804)
Iraqi Project	-	(44,473)	-	(44,473)
Support Connect Hub Project - Ireland	10,000	(8,990)	-	1,010
	<u>94,105</u>	<u>(313,372)</u>	<u>-</u>	<u>(219,267)</u>
TOTAL FUNDS	<u>193,634</u>	<u>(483,798)</u>	<u>(6,096)</u>	<u>(296,260)</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	501,024	(58,458)	(75,606)	366,960
Restricted funds				
Support and Connect Glasgow	9,581	-	-	9,581
Limbless Association Children's Fund	4,305	(4,305)	-	-
Iraqi Project	-	123,732	(18,156)	105,576
Support Connect Hub Project – Ireland	-	9,281	-	9,281
Support Connect Hub Project	15,362	(109,124)	93,762	-
Peer Support Project	87,644	12,981	-	100,625
Virtual Speaking	1,169	(1,169)	-	-
	<u>118,061</u>	<u>31,396</u>	<u>75,606</u>	<u>225,063</u>
TOTAL FUNDS	<u>619,085</u>	<u>(27,062)</u>	<u>-</u>	<u>592,023</u>

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

19. MOVEMENT IN FUNDS - continued

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

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

Restricted Funds:-**Limbless Association Children's Fund**

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

Support and Connect Glasgow Fund

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

Support Connect Hub project

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

Peer Support project

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

Virtual Speaking project

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

Notes to the Financial Statements - continued
for the Year Ended 31st March 2023

19. MOVEMENT IN FUNDS - continued

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

Legacy - Iraqi Support and Inclusion Project

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

Support Connect Outreach Project - Northern Ireland

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

Transfers between funds

The transfer of funds of £119,000 to the Support Connect Hub Project is a decision made by the trustees to fund its activities from unrestricted reserves.

20. RELATED PARTY DISCLOSURES

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

	31.3.23 £	31.3.22 £
Legal panel donations received	5,000	5,000
Trade receivables	15,000	10,000

21. FINANCIAL INSTRUMENTS

	31.3.23 £	31.3.22 £
Financial assets		
Financial assets measured at fair value through the statement of financial activity (SOFA)	<u>142,944</u>	<u>149,041</u>