

Pain Concern

SC023559

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	January	2013		31	December	2013

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	22,624	-			22,624	16,421
Legacies	-	-				-
Grants	38,000	68,468			106,468	51,323
Receipts from fundraising activities	-	-				-
Gross trading receipts	-	31			31	2,015
Income from investments other than land and buildings	83	-			83	23
Rents from land & buildings	-	-				-
Gross receipts from other charitable activities	1,498	-			1,498	1,692
					-	-
A1 Sub total	62,205	68,499	-	-	130,704	71,474
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	62,205	68,499	-	-	130,704	71,474
A3 Payments						
Expenses for fundraising activities	25,346	-			25,346	10,869
Communications	989	44			1,033	-
Investment management costs	-	-			-	-
Payments relating directly to charitable activities	12,619	38,389			51,007	44,288
Employment & Volunteer Related Expenses	4,450	9,929			14,379	-
Audit / independent examination	-	-				
Prep of annual accounts	-	-			-	-
Legal costs	-	-			-	-
Other Expenditure	13,569	18			13,587	924
					-	-
					-	-
A3 Sub total	56,973	48,380	-	-	105,352	56,081
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	-
Total payments	56,973	48,380	-	-	105,352	56,081
Net receipts / (payments)	5,233	20,119	-	-	25,352	15,393
A5 Transfers to / (from) funds	(7,949)	7,949			-	-
Surplus / (deficit) for year	(2,716)	28,068	-	-	25,352	15,393

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	01	2013	To	31	12	2013

Reference and administration details

Charity name	Pain Concern
Other names charity is known by	
Registered charity number	SC023559
Charity's principal address	Unit 1-3 62-66 Newcraighall Road Edinburgh Postcode EH15 3HS

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Heather Wallace	Chair		
2	Brian A East	Treasurer		
3	Aleena Areekattel	Secretary		
4	Chris Hughes	Minutes Secretary		
5	Pamela Bell			
6	Peter Stannett			
7	Jo Cumming			
8	Paul Evans			
9	Nick Allcock	Adviser	From 09/10/2013	Trustees
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
Ken Greig	30/07/2013
David Deacon	30/07/2013
Liz Sterland	09/10/2013

Structure, governance and management

Type of governing document

The Association is a charitable unincorporated association and the charitable purposes, powers and administration arrangements are set out in our constitution.

Trustee recruitment and appointment

Trustees are appointed by members at annual general meeting. Under the constitution, the executive has limited powers to co-opt additional trustees and to appoint advisers

Objectives and activities

Charitable purposes

Our charitable purposes are to alleviate pain and suffering. We aim to empower people to live life to the full despite pain. We aim:

1. To produce information on pain using a variety of media platforms
2. To provide support to people with pain and those who care for them
3. To campaign to raise awareness about pain and improve the provision of pain management services

We believe that all the members of the pain community need to communicate effectively and understand one another, and work together in order to manage pain as well as possible.

Summary of the main activities in relation to these objects

Producing Information

- Our website provides news and information as well as a hub for accessing our other services.
- Our **Airing Pain** radio show is a series of audio podcasts featuring the experiences of those coping with and managing everyday pain and interviews with top, internationally recognised experts.
- Our magazine **Pain Matters** contains news, features and comment on self-management techniques, research into pain treatments and personal experiences of living with pain. Our leaflets on pain are authored by experts with years of experience in managing pain. They are downloadable from the website and sent out on request.
- Our social media presence on Facebook and Twitter allows us to keep our followers up to speed with the latest news.

Providing Support

- Our helpline is staffed by volunteers who provide information, support or just a listening ear to people wanting to talk about their own pain or that of a family member or friend.
- Our community on HealthUnlocked provides members with a forum to share experiences and also hosts polls and blogs.

Campaigning

- Our policy team works to raise awareness of pain and advocate for improvements in pain management provision through campaigns and lobbying. We work together with other organisations who share our goals.

APPENDIX 1

Achievements and performance

Summary of Main Achievements in 2013

Airing Pain radio show

We produced a 3rd series of 18 radio shows which covered Europe, England, Northern Ireland, Wales and Scotland and finished in February 2014. There are now over 54 innovative half-hour podcasts on our website, informing and supporting people living with pain and healthcare professionals. Listener numbers have grown steadily. New shows reach 8,000 listeners within the first month of broadcast, a figure that grows steadily week on week. Listeners are still referring back to the earliest broadcasts and in 2013 independent monitoring recorded over 203,000 hits on our catalogue of programmes.

An evaluation of Airing Pain showed it to be well received by listeners, with 80% saying they were helped by listening and over 90% saying they would recommend it to others. In 2013 we were invited by the Scottish Pain Research Community (SPaRC) to present the results of the evaluation at their Scientific Meeting in Dundee. We also gave a presentation to the Physiotherapy Pain Association North.

The Scottish Government's Pharmacy Poster Campaign 2013

We were active partners in this 6-week public health campaign involving community pharmacies across Scotland. Our volunteer Publicity Officer took the lead role in developing the poster and leaflet design adopted by the campaign. The campaign hugely increased our public profile in Scotland and demands on our services, for example we experienced a 400% increase in calls to our helpline.

Rebranding

We have created a new logo, a new leaflet design and launched a vibrant new website.

Digital magazine

We have launched a digital edition of our magazine *Pain Matters*. Readers can download the free app onto their tablet or smartphone, view previews of articles and purchase a subscription or single issues. The digital edition will allow us to reach more people than ever before by making the magazine known to potential readers who may never have heard of Pain Concern or *Pain Matters* but who will now be able to discover the magazine's wealth of self-management tips and pain information by browsing the app stores.

Research

We have received money from the Health and Social Care Alliance and Edinburgh and Lothian Health Foundation for two closely-connected projects, investigating the barriers in primary care settings that hinder people in learning to self-manage their pain. The research runs over 2 years and will lead to the development of new evidence-based strategies or tools for improving this crucial aspect of healthcare service provision for people in pain. Professor Nick Allcock from Glasgow Caledonian University chairs the project steering group bringing his expert research knowledge and opportunities for collaboration. He has also joined our Executive Committee. Professor Blair Smith, Professor of Population Science at Dundee School of Medicine, chairs the project management group and Dr Pamela Bell from our executive is Chief Investigator.

New funding and new employees

Demand for our support continues to increase. We have received support from the Robertson Trust, The Hugh Fraser Foundation, The Stafford Trust and several trusts and foundations, including Awards for All. This has allowed us to employ a part-time Operations Director, and we were delighted to appoint Ailsa Roddie to this post. We were awarded a grant by the Voluntary Action Fund to employ a part-time Volunteer Coordinator, Kim Radtke, who is tasked to recruit and train new volunteers, targeting the pain community. Their joint contribution is helping to expand the charity's reach and profile.

Helpline development

Our membership of the Helplines Partnership was approved in January. We are reviewing our processes and developing our helpline training in line the requirements of the Helplines Standard, with a view to achieving full accreditation in 2015.

Quality monitoring

We have been awarded Information Standard accreditation. This prestigious award ensures that our information meets the quality standard required by the NHS and the Map of Medicine. The trustees wish to record their appreciation for the guidance and dedicated work of Liz Sterland in driving our information system to reach the standard required for accreditation.

External affairs

We are represented on various top-level policy groups: The International Association for the Study of Pain's Expert Patient Advisory Group, NHS England's Clinical Reference Group for Specialised Pain Services, the Scottish Government's Chronic Pain Steering Group, a number of its sub-committees, a number of NHS Scotland's Service Improvement Groups, RCGP's Pain Group, the Chronic Pain Policy Coalition, Pain UK and National Voices Long Term Conditions Group. We are members of the European Pain Alliance, Neurological Alliance, National Voices, the Health and Social Care Alliance, the Scottish Parliament's Cross Party Group on Chronic Pain.

Over the year we have responded to a number of consultation documents including CQCC's consultation on patient care, the Drug Driving consultation, MHRA's consultation on diclofenac, SIGN Clinical Guidelines and patient information booklet, the Scottish Government's consultation on Specialised Pain Management Services, NHS Lothian's consultation for children and young people's strategy and NICE's consultations on public health quality standards library and low back pain.

We participated in chronic pain events held by Reckitt, Mentholatum and Pfizer and we assisted Boston Scientific with a Twitter Q&A as part of their Painful Truth campaign. Events we have attended include the Pain Champion Award Ceremony, Launch of the Pain Audit's 4th Report; King's Fund conference on Patient Champions and Commissioning, Launch of the British Pain society and the RCGP's Commissioning Pain Management Services, the British Pain Society's Map of Medicine Roadshow. Undoubtedly the highlight of our year was the launch of the SIGN Guidelines where Marion Beatson was a keynote speaker.

Looking ahead to 2014

Young adult carers

We are undertaking a project to support young adult carers supported by the City of Edinburgh Council and NHS Lothian. We will produce two radio shows, a leaflet, an online forum dedicated to young carers, a social media campaign, and we'll facilitate Q&A between young carers and experts.

Pain training

One of our priorities for 2014 is helpline development. We are developing pain training to ensure that volunteers, especially helpline volunteers have a thorough understanding of chronic pain and its management. We have set up an advisory board to steer the project, chaired by Dr Meherzin Das, Lead Clinical Consultant Psychologist at the Dorset Community Pain Service.

Collaboration

The Chartered Society of Physiotherapists have co-badged their Physiotherapy Works chronic pain briefing, which goes to healthcare professionals. NHS Grampian are producing a jointly branded edition of *A Guide to Managing Pain* to be distributed in their Healthpoint facilities. We are collaborating with NICE on publishing information on neuropathic pain. Additionally we are producing a leaflet on neuropathic pain and we will seek to co-badge it with the neuropathic pain charities that are members of Pain UK. In collaboration with the Health and Social Care Alliance and Glasgow's Pain Management Programme, we are running a pilot Walking for Health project, with walks especially adapted for chronic pain.

Airing Pain

Our 4th series begins airing on Able Radio in April 2014. Subject to funding, we will produce another 18 shows, continuing our collaboration with Sony award-winning broadcaster Paul Harvard Evans, and with internet disability radio station, Able Radio.

Pain Matters

We are carrying out a readers' survey of the magazine. It is early days but we have had some encouraging feedback.

Thanks

The trustees would like to thank Pain Concern's talented and dedicated team of volunteers, especially our Leonardo scholarship interns Ramon Carmona Rodriguez and Javier Cuadra Orta; also thanks go to Tom Green, Colin Walmsley and Project Co-ordinator Ailsa Roddie for their leadership. For Airing Pain, we'd like to thank Paul Evans and our advisory board, especially Chair of the board, Dr Linda Pollock.

Brief statement of the charity's policy on reserves

The trustees' policy is to maintain a reserves balance adequate to cover 3 months' worth of general expenditure.

The Trustees are confident that the charity had, at the balance sheet date, general reserves adequate for three months' operation, and accordingly the accounts have been prepared on that basis.

Where staff have been employed, their contracts are specifically linked to the term of the grant or funding for that project.

The charity's range of services has expanded in the last 2 years. Given the increased number of grants and projects in operation, the trustees plan to increase reserves by £6100 to provide a better contingency allowance.

Details of any deficit

Awards for All Northern Ireland (3)-2: The funds in 2012 were incorrectly classified as General Purpose. This was corrected in 2013 to Restricted and funds were transferred from General to Restricted (£7949). In 2013, general expenses exceeded forecast (£932). Consequently, the trustees have invested in Sage accounting software to accurately track incomes and expenditures by project and grant and have increased the number of volunteer accounting staff.

Donated facilities and services

The charity received from Pfizer the cost of a hotel room £230 to allow a volunteer to attend the launch of the Pfizer-funded website Pain Exchange.

Advisory Board 2013

The *Airing Pain* programmes are produced by Paul Harvard Evans under guidance of an advisory board. Members in 2013 were: Dr Linda Pollock (Chair), Dr Beverly Collett, Dr Amanda Williams, Dr Mark Turtle, Dr Mark Ritchie, Dr Martin Dunbar, Dr Martin Johnson, Celia Manson, Dr Pat Schofield, Jo Cumming, Helen Cadden, Paul Cameron.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Heather Wallace

Full name(s)

Heather Wallace

Position (e.g. Chair)

Chair

Date

03/04/14

Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	13,658	15,297			28,955	13,563
	Surplus / (deficit) shown on receipts and payments account	(2,716)	28,068			25,352	15,393
			-			-	-
						-	-
	Cash and bank balances at end of year	10,942	43,365	-	-	54,307	28,955
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
		Total	-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
		Total	-	-	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
		Total	-	-

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
		Total	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Heather Wallace</i>	Heather Wallace	3rd April 2014

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

The charity produces an ongoing series of radio programmes for those living with or treating pain. These half hour programmes are broadcast on the internet station Able Radio. Pain Concern also provides support and information in the form of magazines to members and subscribers who suffer from chronic pain as well as a telephone helpline open to enquirers nationwide. In the year reported here, funds have been received from two sources for projects that will run in the next year. On a cash basis this shows as income, amounting to £18,023.

C2 Grants

	Individual / institution	Number of grants made	£
Pharmaceutical industry awards - Unrestricted	NAPP	1	2,000
Lottery Grant - Restricted	Awards for All	1	5,000
Government Grant - General Purpose - Designated	as listed	1	12,500
Government Grant - Restricted	as listed	4	49,468
Charitable Trust Grants - as analysed	as listed	20	37,500
	Total		106,468

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)

C3b Trustee remuneration - details

Authority under which paid	£
Authorised by trustees, complies with OSCR regulations and Pain Concern's constitution. Trustee has resigned in 2014	11,700

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)

C4b Trustee expenses - details

	Number of trustees	£
Trustee's Travelling Expenses	2	2,199

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
Trustee	Donation to Pain Concern	228	0
Spouse of Trustee	Donation to Pain Concern	14,118	0
Trustee	Chair's Travelling Expenses	901	0

C6 Other information

Charitable Trust Grants	Appletree Trust	1	1,000
Charitable Trust Grants	Bernard Piggott	1	1,500
Charitable Trust Grants	Brownlie Trust	1	3,000
Charitable Trust Grants	Cameron Group	1	500
Charitable Trust Grants	CRH Trust	1	7,500
Charitable Trust Grants	Cruden Foundation	1	1,000
Charitable Trust Grants	Dorothy Howard	1	1,500
Charitable Trust Grants	IF Harvey Trust	1	3,000
Charitable Trust Grants	James Wood	1	500
Charitable Trust Grants	Jeffrey Trust	1	1,000
Charitable Trust Grants	JTH trust	1	250
Charitable Trust Grants	Martin Connell	1	1,000
Charitable Trust Grants	Reuben Fndtn	1	250
Charitable Trust Grants	RKT Harris	1	500
Charitable Trust Grants	T Sivewright Catto	1	500
Charitable Trust Grants	Xerox Trust	1	500
Charitable Trust Grants - Restricted	Bower Trust	1	500
Charitable Trust Grants - Restricted	Gloag Foundation	1	1,000
Charitable Trust Grants - Restricted	Robertson Trust	1	8,000
Charitable Trust Grants - Restricted	Voluntary Action Fu	1	4,500
		20	37,500

DONATIONS

Individuals' Donations - Development	J F	6	13,312
Individuals' Donations - General purposes	J F	2	806
Pharmaceutical industry awards - Unrestricted. Speaker fee donated at the request of a speaker	Pfizer	1	400
Individuals' Donations - Development	BAE	2	228
Individuals' Donations - Development	Various	Multiple	3,516
Gift Aid Recovered	HMRC	1	4,363
		12	22,624

Section C Notes to the Accounts

C6 Other information
Continued

Government Grants		Transaction amount (£)	Transaction amount (£)
DG Health & Social Care LTCU 2013	GPF-Designated	1	12,500
DG Health & Social Care 16B Part 1	Restricted	1	8,000
DG Health & Social Care Pharmacy Poster	Restricted	1	11,580
DG Health & Social Care 16B Part 2	Restricted	1	6,000
Health and Social Care Alliance Scotland Research 1	Restricted	1	23,888
		5	61,968

Pain Concern

SC023559

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Membership	278				278	461
Donations	22,624	-			22,624	15,960
Total	22,902	-	-	-	22,902	16,421

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Government & Lottery Grants	12,500	54,468	66,968	18,023
Industry Grants	2,000	-	2,000	14,000
Charitable Trust Grants	23,500	14,000	37,500	19,300
Other Grants			-	-
Total	38,000	68,468	106,468	51,323

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Magazine Subscriptions	1,248				1,248	1,692
Share of Stand at BPASM	250				250	
					-	
					-	
					-	
					-	
					-	
Total	1,498	-	-	-	1,498	1,692

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Payroll Costs	50	9,921			9,971	
Producing leaflets & magazine	1,444	20,792			22,236	5,557
Postage & stationery	6,136	-			6,136	2,483
Volunteer expenses	4,767	939			5,706	3,011
Rent, Rates & Insurance	4,486	3,664			8,150	2,964
Subs to Voluntary Orgs	278	-			278	333
Sundry Expenses	4,446	-			4,446	7,399
Telephone & Helpline	1,456	85			1,541	1,733
Training & Prof Fees	1,490	-			1,490	924
Development	25,121	-			25,121	10,869
Website & Computer Maintenance	2,274	18			2,292	
Radio programme costs	2,588	12,960			15,548	20,606
Other product costs	2,437	-			2,437	202
Total	56,973	48,380	-	-	105,352	56,081

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
	General Purposes	Magazine and Leaflets	Gov grant LTCU 2013 Designated			
Receipts						
Donations	22,624		-		22,624	18,113
Legacies					-	-
Grants	25,500		12,500		38,000	16,300
Receipts from fundraising activities					-	-
Gross trading receipts					-	1,975
Income from investments other than land and buildings	83				83	23
Rents from land & buildings					-	-
Gross receipts from other charitable activities	1,498				1,498	-
Sub total	49,705	-	12,500	-	62,205	36,411
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total	-	-	-	-	-	-
Total receipts	49,705	-	12,500	-	62,205	36,411
Payments						
Expenses for fundraising activities	25,346		-		25,346	10,869
Communications	989		-		989	-
Investment management costs					-	-
Payments relating directly to charitable activities	6,284	-	6,335		12,619	16,655
Employment & Volunteer Related Expenses	4,450		-		4,450	-
Audit / independent examination					-	-
Prep of annual accounts					-	-
Legal costs					-	-
Other Expenditure	13,569		0		13,569	924
-					-	-
Sub total	50,638	-	6,335	-	56,973	28,448
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	50,638	-	6,335	-	56,973	28,448
Net receipts / (payments)	(932)	0	6,165	-	5,233	7,963
Transfers to / (from) funds	(7,949)				(7,949)	(1,500)
Surplus / (deficit) for year	(8,881)	0	6,165	-	(2,716)	6,463
Balance on Fund B/Forward at beginning of year	13,658				13,658	
Surplus / (Deficit) from above	(8,881)	0	6,165	-	(2,716)	6,463
Balance on Fund C/Forward	4,777	0	6,165	-	10,942	6,463

Nature and purpose of funds

The restricted fund activities described on the analysis of the restricted funds are augmented by the additional information and support services noted above. Funding for these, for ancillary objectives such as development of the charity's resource website, lobbying and representation for those who suffer from chronic pain and ongoing administration and capacity building, is not currently restricted in nature. The Long Term Conditions Unit has made a 'worthy cause' payment in 2013 that the trustees designated to fund Airing Pain programmes and also to support the magazine, helpline and website development. All these are means of disseminating the information about pain management. The expenses under Development represent the cost of Fundraising consultant. The charity's fundraising focus has been to increase the receipts of money from grant givers and similar agencies, rather than running specific fundraising events. The success of this work is seen in the doubling of the charity's income from a standing start, enabling the charity to develop. However the trustees recognise the need for fundraising to increase unrestricted reserves to cover future overheads. Details of the deficit are covered in Appendix 1.

Pain Concern

SC023559

Additional analysis (3)**6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below			
	Project Co- ordinator 1 Hugh Fraser Trust	Project Co- ordinator 2 Gloag	Project Co- ordinator 3 Robertson Trust	Volunteer Co- ordinator VAF	B/fwd from second page	Total restricted funds	Total restricted funds last period
Receipts							
Donations					-	-	
Legacies					-	-	
Grants		1,000	8,000	4,500	54,968	68,468	35,023
Receipts from fundraising activities					-	-	-
Gross trading receipts					31	31	40
Income from investments other than land and buildings					-	-	-
Rents from land & buildings					-	-	-
Other charitable activities					-	-	-
Sub total	-	1,000	8,000	4,500	54,999	68,499	35,063
Receipts from asset & investment sales							
assets					-	-	
investments					-	-	
Sub total	-	-	-	-	-	-	-
Total receipts	-	1,000	8,000	4,500	54,999	68,499	35,063
Payments							
Expenses for fundraising activities	-	-	-	-	-	-	-
Communications	-	-	-	-	44	44	-
Investment management costs					-	-	-
Payments relating directly to charitable activities	-	-	-	-	38,389	38,389	27,633
Employment & Volunteer Related Expenses	5,000	1,000	401	3,255	273	9,929	-
Audit / independent examination					-	-	-
Prep of annual accounts					-	-	-
Legal costs					-	-	-
Other Expenditure					18	18	-
-					-	-	-
Sub total	5,000	1,000	401	3,255	38,723	48,379	27,633
Payments relating to asset and investment movements							
Purchases of fixed assets						-	
Purchase of investments						-	
Sub total	-	-	-	-	-	-	-
Total payments	5,000	1,000	401	3,255	38,723	48,379	27,633
Net receipts / (payments)	(5,000)	-	7,599	1,245	16,276	20,120	7,430
Transfers to / (from) funds					7,949	7,949	
Surplus / (deficit) for year	(5,000)	-	7,599	1,245	24,224	28,068	7,430
Balance on Fund B/Forward at beginning of year	5,000				10,297	15,297	
Surplus / (Deficit) from above	(5,000)	-	7,599	1,245	24,224	28,068	
Balance on Fund C/Forward	-	-	7,599	1,245	34,521	43,365	

Nature and purpose of funds

Project Co-ordinator and Volunteer Co-ordinator: The charity has received funding from 4 different charitable trusts to enable it to employ two members of staff. Three streams of funds are being used sequentially to fund the Project Co-ordinator, and the Volunteer Co-ordinator post is being funded in two tranches from the same trust, a second tranche will be received at the start of 2014. It should be noted that there is a surplus balance of £5000 brought forward from 2012 relating to The Project Co-ordinator Hugh Fraser Fund so this fund ends 2013 with a £0 balance.

Additional analysis (3)**6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 1 - enter name of fund below	Restricted fund 3 - enter name of fund below			
	Airing Pain Awards for All N Ireland	Airing Pain Awards for All Wales	Long Term Conditions Unit 2012	Health and Social Care Alliance Research	B/fwd from third page	Total restricted funds	Total restricted funds last period
Receipts							
Donations					-	-	
Legacies					-	-	
Grants		5,500		23,888	25,580	54,968	
Receipts from fundraising activities					-	-	-
Gross trading receipts	31				-	31	
Income from investments other than land and buildings					-	-	-
Rents from land & buildings					-	-	-
Other charitable activities					-	-	-
Sub total	31	5,500	-	23,888	25,580	54,999	-
Receipts from asset & investment sales							
assets						-	
investments						-	
Sub total	-	-	-	-	-	-	-
Total receipts	31	5,500	-	23,888	25,580	54,999	-
Payments							
Expenses for fundraising activities	-	-	-	-	-	-	-
Communications	-	-	14	30	-	44	-
Investment management costs					-	-	-
Payments relating directly to charitable activities	8,277	4,900	8,478	-	16,734	38,389	
Employment & Volunteer	-	-	8	265	-	273	-
Audit / independent					-	-	-
Prep of annual accounts					-	-	-
Legal costs					-	-	-
Other Expenditure				18	-	18	-
-					-	-	-
Sub total	8,277	4,900	8,500	313	16,734	38,723	-
Payments relating to asset and investment movements							
Purchases of fixed assets					-	-	
Purchase of investments					-	-	
Sub total	-	-	-	-	-	-	-
Total payments	8,277	4,900	8,500	313	16,734	38,723	-
Net receipts / (payments)	(8,245)	600	(8,500)	23,575	8,846	16,276	-
Transfers to / (from) funds	7,949					7,949	
Surplus / (deficit) for year	(297)	600	(8,500)	23,575	8,846	24,224	-
Balance on Fund B/Forward at beginning of year	297		10,000			10,297	
Surplus / (Deficit) from above	(297)	600	(8,500)	23,575	8,846	24,224	
Balance on Fund C/Forward	0	600	1,500	23,575	8,846	34,521	

Nature and purpose of funds

Airing Pain: The charity produces a series of radio programmes for those living with or treating pain. These half hour programmes are broadcast on the internet station Able Radio. Costs incurred include the collection of interview material, the production and presentation costs of creating the programme, the broadcasting fees, and the administrative back up. Specific Funding was received for N Ireland and Wales and are shown here individually. In addition programmes were made using funds as shown on Additional notes (3) - 3. It should be noted that there is a surplus balance of £297 brought forward from 2012 relating to **Awards for All Northern Ireland** fund so this fund ends 2013 with a £0 balance. **The Health and Social Care Alliance Research** project is the first part of a two year research project running primarily in 2014 and 2015 to gather information on the accessibility of pain management services in Scotland. **Long Term Conditions Unit 2012** represents a grant received in the previous year with expenditure in 2013.

Pain Concern

SC023559

Additional analysis (3)

6 Breakdown of restricted funds

Restricted fund
3 - enter name of
fund below

	Pharmacies Poster Campaign	Scottish Government Section 16B -1	Scottish Government Section 16B -2	Total restricted funds	Total restricted funds last period
Receipts					
Donations				-	
Legacies				-	
Grants	11,580	8,000	6,000	25,580	
Receipts from fundraising activities				-	-
Gross trading receipts				-	
Income from investments other than land and buildings				-	-
Rents from land & buildings				-	-
Other charitable activities				-	-
Sub total	11,580	8,000	6,000	25,580	-
Receipts from asset & investment sales					
assets				-	
investments				-	
Sub total	-	-	-	-	-
Total receipts	11,580	8,000	6,000	25,580	-
Payments					
Expenses for fundraising activities	-	-	-	-	-
Communications	-	-	-	-	-
Investment management costs				-	-
Payments relating directly to charitable activities	11,580	4,111	1,043	16,734	
Employment & Volunteer	-	-	-	-	-
Audit / independent Prep of annual accounts				-	-
Legal costs				-	-
Other Expenditure				-	-
-				-	-
Sub total	11,580	4,111	1,043	16,734	-
Payments relating to asset and investment movements					
Purchases of fixed assets				-	
Purchase of investments				-	
Sub total	-	-	-	-	-
Total payments	11,580	4,111	1,043	16,734	-
Net receipts / (payments)	-	3,889	4,957	8,846	-
Transfers to / (from) funds					
				-	
Surplus / (deficit) for year	-	3,889	4,957	8,846	-
Balance on Fund B/Forward				-	
Surplus / (Deficit) from above	-	3,889	4,957	8,846	
Balance on Fund C/Forward	-	3,889	4,957	8,846	

Nature and purpose of funds

Airing Pain: The charity produces a series of radio programmes for those living with or treating pain. These half hour programmes are broadcast on the internet station Able Radio. Costs incurred include the collection of interview material, the production and presentation costs of creating the programme, the broadcasting fees, and the administrative back up. See previous page for N Ireland and Wales. **The Pharmacy Poster campaign** was the re-imbusement of the design and printing of posters and SFAX leaflets, together with the purchase of distribution boxes, all specifically commissioned by The Scottish Government for distribution to pharmacies throughout Scotland.

OSCR

Office of the Scottish Charity Regulator

Independent examiner's report on the accounts							v2
Report to the trustees/members of	Charity name PAIN CONCERN						
Registered charity number	SC023559						
On the accounts of the charity for the period	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	January	2013		31	December	2013
Set out on pages	1 to 9					(remember to include the page numbers of additional sheets)	
Respective responsibilities of trustees and examiner	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
Basis of independent examiner's statement	My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.						
Independent examiner's statement	In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]						
	<ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations 						
	have not been met, or						
	<ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 						
Signed:	<i>R Robertson</i>			Date:	09/06/14.		
Name:	ROSS ROBERTSON						
Relevant professional qualification(s) or body (if any):							
Address:	28 CARBERRY ROAD INVERESK EH21 8PR						

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose