

Charity Registration No. SC023559

Company Registration No. SC546994 (Scotland)

PAIN CONCERN
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

PAIN CONCERN

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Martin Dunbar, BSc (Hons), PhD, D.Clin.Psychol. Mr John Finch, MRCVS, FRCPath Dr Sue Peacock, PhD, MSc, BSc (Hons), CPsychol, AFBPsS Robin Aitchison CA, CTA (Appointed 12 April 2019) Cameron Werner Bsc, Msc (Appointed 14 June 2019) Heather Muncey, Ba, Dip Grad Phys., (Appointed 7 November Mbsp, Srp 2019) Dr Michael Serpell MB ChB, ECFMG, (Appointed 7 November FRCA, FFPMRCA, Hon.FCPod 2019)
Charity number	SC023559
Company number	SC546994
Registered office	62 - 66 Newcraighall Road Fort Kinnaird Edinburgh EH15 3HS
Independent examiner	McFadden Associates Limited 19 Rutland Square Edinburgh EH1 2BB

PAIN CONCERN

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PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2020

The trustees present their report and financial statements for the year ended 31 March 2020.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

Our charitable purposes are to promote relief for people living with pain and those caring for them and promote the preservation and protection of their physical and mental health. Our objectives are to alleviate pain and suffering and to empower people to live a full life despite pain.

Our central activities:

1. Inform;
2. Support;

3. Research and raise awareness.

1. Informing the pain community

- Pain Concern uses a variety of media platforms to support the pain community, that is people living with pain and those who care for them, whether family, friend or healthcare professionals.
- Pain Concern's website provides news and information as well as a hub for accessing our other services and signposting to local support.
- Pain Concern's Airing Pain radio programmes are a series of audio podcasts featuring the experiences of those living with everyday pain and interviews with top, internationally-recognised experts.
- Pain Concern's magazine Pain Matters, and its supplement Pain Press, contain news, features and comments on self-management techniques, research into pain treatments and personal experiences of living with pain.
- Pain Concern leaflets on pain are authored by experts with years of experience in managing pain. They are downloadable from the website or available in print.
- Pain Concern's social media presence on Facebook and Twitter allows us to keep our followers up to speed with the latest news.

2. Supporting the pain community

- Pain Concern's helpline is staffed by trained volunteers who provide information and support or just a listening ear to people wanting to talk about their own pain or that of a family member or friend.
- Pain Concern's on-line community on HealthUnlocked provides a space for people in pain to connect with each other.

3. Conducting research and raising awareness

- Pain Concern conducts and participates in research providing insight into the state of pain management services and the experiences of people in pain.
- Our policy team works to raise awareness of pain and advocate for improvements in pain education and pain management provision through engagement, participation in groups, campaigns and lobbying. We work with other organisations who share our goals.

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

Achievements and performance

The Self-Management Navigator Tool – Living Well with Pain

The Self-Management Navigator Tool (Navigator Tool for short) is an interactive booklet which is designed to foster supported self-management and actively focus healthcare consultations on meeting the patient's concerns. We identified the need for the Navigator Tool during our earlier research project, *Barriers to self-management of chronic pain in primary care*. After a small trial of the Navigator Tool in primary care, in 2019 we presented our results at the Annual Scientific Meeting of British Pain Society and at the Scottish Pain Research Community (SPaRC), where we won a best poster prize. An article about the Navigator Tool has been published in The British Pain Society's *Pain News*.

Although Covid-19 is a disruptive force, further evaluation is underway. In Gloucestershire, Dr Cathy Stannard, Consultant in Complex Pain/Transformation Programme Clinical Lead with NHS Gloucester Clinical Commissioning Group, is piloting use of the Navigator Tool in general practice. We are reprinting parts one and two of the original booklet, with a new introduction from the Scottish Government's National Lead Clinician for Chronic Pain, Professor Blair Smith, who writes: "The Navigator Tool can help patients to recognize all the different ways in which pain affects them, and therefore all the ways in which they can be helped or can help themselves. It also allows their healthcare professionals to get a quick in-depth snapshot of the most important areas to address. Most importantly, it allows an informed and realistic conversation about how we can all work together, as patients and professionals, to improve life with pain."

Airing Pain

Airing Pain is a series of half-hour audio podcasts supporting Pain Concern's vision to empower people with chronic pain to manage their pain and live life to the full. They are produced and presented by Paul Evans, a multi-award-winning producer with forty years of experience as a programme maker – 30 years with the BBC and 10 years as an independent producer. He has also lived with fibromyalgia for over half his working life, the experience of which combined with his professional expertise bring a unique quality and authenticity to *Airing Pain*.

Its primary purpose is to provide support for everyone who lives with chronic pain, their families, supporters, social circle, employers, and healthcare professionals, bringing them all under one umbrella: the pain community. It promotes the concept of supported self-management as a recommended, effective intervention for chronic pain, and provides a powerful platform to hear the views and experiences for the all too often, voiceless patients.

We are grateful to The British Pain Society and The International Association for the Study of Pain for their assistance in making the programmes. Over the last financial year, we produced twelve podcasts covering topics from osteoporosis to medicinal cannabis. There are over 122 editions available for download from Pain Concern's website and other social media platforms.

Pain Matters magazine

Our editor has invited staff and patients from NHS pain management programmes to guest-edit each of the different editions of *Pain Matters* quarterly magazine. Our guest-editors have brought fresh content and personal accounts that are inspiring to read. The format allows us to explore themes, for example the Neuropathic Pain Management Programme at University College Hospital in London produced an issue on neuropathic pain, NHS Lothian produced an issue on 'Compassion and Pain'. We are carrying out an evaluation of the new format. In the meantime, our editor is planning to feature facial pain and children's pain, and to produce a Welsh language edition. The magazine is once again available in digital as well as paper format and we have trialled a new format that makes the magazine more accessible to people with visual impairment. Our editor has launched a free electronic *Pain Matters Supplement*, called *Pain Press*, which provides additional news and features and extends our reach.

Leaflets, booklets and other publications

Our leaflets are updated every 3 years, and this has been a busy year for updates. Two of our booklets have been revised – Liz MacLeod's booklet *Manage Your Pain* has been updated by Dr Paul Cameron; Dr John Lee's booklet on *Neuropathic Pain* has been revised and updated by Dr Alan Fayaz. In addition to these publications, with help from Jolly Good Communications, we had articles published in *Thrive Global*, 'How a mindfulness-based approach is helping people manage chronic-pain' and in *Open Access Government*, '2020: Global Year for the Prevention of Pain'.

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

Collaborations

We helped the Faculty of Pain Medicine with the 2019 update of its *Core Standards for Chronic Pain Services*, to which we contributed the chapter on *Communication with patients*. Our *Neuropathic Pain* booklet is published in collaboration with the Shingles Support Society and the Trigeminal Neuralgia Association. Other co-badged leaflets remain in use, namely *Complex Regional Pain Syndrome* a leaflet co-produced with CRPS UK and *The Physiotherapy Works* leaflet co-produced with the Chartered Society of Physiotherapists. *Airing Pain* has involved regular collaboration with third sector organisations such as the Royal Osteoporosis Society and professional societies, especially The British Pain Society and International Association for the Study of Pain. Our plans include a radio programme and new leaflet on opioid constipation, produced in collaboration with the Maggie Centre. It is worth recording that we have worked extensively with Evaluation Support Scotland, bringing in their consultants to advise on evaluation of media projects and well as evaluation of our helpline and online community. We are also fortunate to be allocated a mentor through the Bank of Scotland mentoring scheme. We will be working with our mentor over the next few months to strengthen and develop the organisation.

Website

Every month 15,700 people use our website. It acts as a hub to all our resources, so it needs to be easy to search and find what you are looking for. For this reason, our plan is to rebuild the website in 2020.

Online communities and helpline

At HealthUnlocked, the Pain Concern online community is one of the most active forums in the UK providing high quality and humane support to its members. This year, it attracted 3,000 new members and received 13,000 posts.

The Covid-19 crisis has led to the temporary closure of our telephone helpline service, but our e-help service continues. The Scottish Government is providing a grant to allow us to set up a helpline where our volunteers can work from home fully supervised and supported. With the help of this grant, we expect to reopen the telephone service soon.

There have been three major developments in our service this year. Firstly, we have a new supervisor who is a clinical psychologist, experienced in training and working in the third sector. Secondly, we have improved how we evaluate our services with help from Evaluation Support Scotland. Thirdly, we received funding from The Health and Social Care Alliance for an exciting collaboration with NHS Glasgow and the Scottish National Residential pain management programme, which has involved setting up online communities specifically to support their former patients. This pilot will run for 18 months. The Covid-19 crisis is a set-back for sure, but patients have long complained about the lack of support following a pain management programme, so we are determined to see if this type of support can make a difference.

Some Highlights

2009: We win the Napp Award in Chronic Pain, allowing us to launch *Airing Pain* radio programme in 2010.

2015: Paul Evans wins best Nations and Regions Producer at the Radio Productions Awards, with the judges singling out our *Airing Pain* programme on *Female Genital Mutilation* as a 'stop what you are doing' moment.

2016: Our research *Barriers to Self-Management* in Primary Care wins poster prizes at the annual scientific meetings of the British Pain Society and the North British Pain Society.

2016 We contribute the chapter *Communication with patients* to the Royal College of Anaesthetist's *Core Standards for Pain Management*.

2017: *Barriers to Self-Management* is published in the *British Journal of General Practice*.

2017: NHS Greater Glasgow and Clyde's Pain Education Sessions, along with *Airing Pain* win Highly Commended Award at the Grünenthal Pain Awards for 'widening access to pain education.'

2019: *The Self-Management Navigator Tool* wins a Best Poster Prize at the Annual Scientific Meeting of the Scottish Pain Research Community (SPARC).

2020: *Thrive Global* publishes '*How a mindfulness-based approach is helping people manage chronic-pain*'.

2020: *Open Access Government* publishes '*2020: Global Year for the Prevention of Pain*'.

2020: *A pilot evaluation of the Self-Management Navigator Tool to enhance communication in primary care consultations about chronic pain* is published in The British Pain Society's *Pain News*.

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

Financial review

The trustees are confident that the charity will continue with its activities on a going-concern basis, and accordingly the accounts have been prepared on that basis.

Policy of reserves

The trustees' policy is to maintain sufficient reserves to cover between 3 and 6 months' worth of general expenditure. The trustees are confident that the charity had, at the balance sheet date, general reserves sufficient for three months' operation.

Risks

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate the major risks.

Structure, governance and management

Pain Concern is a charitable company limited by guarantee and not having share capital. The charitable purposes, powers and administration arrangements are set out in the Memorandum of Association and accompanying Articles.

The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

Dr Martin Dunbar, BSc (Hons), PhD,
D.Clin.Psychol.

Mr John Finch, MRCVS, FRCPath

Ms Janet Graves (Resigned 7 November 2019)

Dr Sue Peacock, PhD, MSc, BSc (Hons),
CPsychol, AFBPsS

Ms Heather Wallace, MA (Hons) (Resigned 7 November 2019)

Robin Aitchison CA, CTA (Appointed 12 April 2019)

Cameron Werner Bsc, Msc (Appointed 14 June 2019)

Heather Muncey, Ba, Dip Grad Phys., Mcsp, Srp (Appointed 7 November 2019)

Dr Michael Serpell MB ChB, ECFMG, FRCA, (Appointed 7 November 2019)
FFPMRCA, Hon.FCPod

Trustees are appointed by members at AGM; in addition, the trustees have limited powers to co-opt trustees to fill vacancies that materialise during the year.

Funding

The trustees are grateful to the many trusts and donors who have supported the charity's activities and made our achievements possible. Less than 10% of the charity's income has come from pharmaceutical companies. Over the coming year the charity will be carrying out projects funded by Foundation Scotland, The Hugh Fraser Foundation, The Health and Social Care Alliance and the Scottish Government.

The trustees' report was approved by the Board of Trustees.



Dr Martin Dunbar, BSc (Hons), PhD, D.Clin.Psychol.

Trustee

Dated: 8 October 2020

PAIN CONCERN

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PAIN CONCERN

I report on the financial statements of the charity for the year ended 31 March 2020, which are set out on pages 6 to 15.

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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006, and they consider that the audit requirement of Regulation 10(1)(a) to (c) 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 our attention.

Basis of independent examiner's report

My examination was carried out in accordance with the Statement of Standards for Reporting Accountants and 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 view given by the accounts.

Independent examiner's statement

In connection with my examination, no other matter except that referred to in the previous paragraph has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of Regulation 8 of the 2006 Accounts Regulations and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;

have not been met or

- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.



David Stewart CA

19 Rutland Square
Edinburgh
EH1 2BB

Dated: 8 October 2020

PAIN CONCERN

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2020

		Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £
	Notes						
<u>Income and endowments from:</u>							
Donations and legacies	3	45,305	-	45,305	51,802	-	51,802
Charitable activities	4	4,018	51,079	55,097	21,389	28,913	50,302
Other trading activities	5	257	-	257	149	-	149
Other income	6	1,998	-	1,998	2,492	200	2,692
Total income		<u>51,578</u>	<u>51,079</u>	<u>102,657</u>	<u>75,832</u>	<u>29,113</u>	<u>104,945</u>
<u>Expenditure on:</u>							
Raising funds	7	19,935	-	19,935	8,275	-	8,275
Charitable activities	8	40,288	30,495	70,783	34,877	61,642	96,519
Total resources expended		<u>60,223</u>	<u>30,495</u>	<u>90,718</u>	<u>43,152</u>	<u>61,642</u>	<u>104,794</u>
Net (expenditure)/income for the year/ Net movement in funds		(8,645)	20,584	11,939	32,680	(32,529)	151
Fund balances at 1 April 2019		<u>53,053</u>	<u>19,617</u>	<u>72,670</u>	<u>20,373</u>	<u>52,146</u>	<u>72,519</u>
Fund balances at 31 March 2020		<u><u>44,408</u></u>	<u><u>40,201</u></u>	<u><u>84,609</u></u>	<u><u>53,053</u></u>	<u><u>19,617</u></u>	<u><u>72,670</u></u>

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

All income and expenditure derive from continuing activities.

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

PAIN CONCERN

BALANCE SHEET

AS AT 31 MARCH 2020

	Notes	2020 £	£	2019 £	£
Fixed assets					
Tangible assets	12		225		676
Current assets					
Debtors	13	27,548		8,049	
Cash at bank and in hand		61,362		69,075	
		<u>88,910</u>		<u>77,124</u>	
Creditors: amounts falling due within one year	14	<u>(4,526)</u>		<u>(5,130)</u>	
Net current assets			84,384		71,994
Total assets less current liabilities			<u>84,609</u>		<u>72,670</u>
Income funds					
Restricted funds	15		40,201		19,617
Unrestricted funds			44,408		53,053
			<u>84,609</u>		<u>72,670</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2020.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 company.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 8 October 2020.



Dr Martin Dunbar, BSc (Hons), PhD, D.Clin.Psychol.
Trustee

Company Registration No. SC546994

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

Charity information

Pain Concern is a private company limited by guarantee incorporated in Scotland. The registered office is 62 - 66 Newcraighall Road, Fort Kinnaird, Edinburgh, EH15 3HS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

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 £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 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 continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

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. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised when a liability is incurred.

Charitable activities include expenditure associated with the staging of productions and include both direct and support costs relating to these activities.

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

(Continued)

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

Support costs include central functions and have been allocated to the charitable activity on a basis consistent with their use.

1.6 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:

Computers	33.33% straight line
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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.

1.7 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).

1.8 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.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

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.

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans 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. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

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. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 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.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 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 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
Donations and gifts	17,605	23,352
Core funding	27,700	28,450
	<u>45,305</u>	<u>51,802</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

4 Charitable activities

	Magazine subscriptions and membership 2020 £	Grants 2020 £	Total 2020 £	Magazine subscriptions and membership 2019 £	Grants 2019 £	Total 2019 £
Sales within charitable activities	1,418	-	1,418	588	-	588
Performance related grants	-	53,679	53,679	-	49,714	49,714
	<u>1,418</u>	<u>53,679</u>	<u>55,097</u>	<u>588</u>	<u>49,714</u>	<u>50,302</u>
Analysis by fund						
Unrestricted funds	1,418	2,600	4,018	588	20,801	21,389
Restricted funds	-	51,079	51,079	-	28,913	28,913
	<u>1,418</u>	<u>53,679</u>	<u>55,097</u>	<u>588</u>	<u>49,714</u>	<u>50,302</u>

5 Other trading activities

	Unrestricted funds 2020 £	Unrestricted funds 2019 £
Magazine digital subscriptions	<u>257</u>	<u>149</u>

6 Other income

	Unrestricted funds 2020 £	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £
Other income	<u>1,998</u>	<u>2,492</u>	<u>200</u>	<u>2,692</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

7 Raising funds

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
<u>Fundraising costs</u>		
Other fundraising costs	19,935	8,275
	<u>19,935</u>	<u>8,275</u>
	<u><u>19,935</u></u>	<u><u>8,275</u></u>

8 Charitable activities

	Support and information services	Support and information services
	2020	2019
	£	£
Staff costs	21,348	35,469
Depreciation and impairment	451	225
Fees	12,615	13,404
Direct costs	10,469	4,461
Marketing	5,125	14,956
Other costs	306	1,938
Travel	267	1,211
Overheads	493	2,891
	<u>51,074</u>	<u>74,555</u>
Share of support costs (see note 9)	17,995	20,498
Share of governance costs (see note 9)	1,714	1,466
	<u>70,783</u>	<u>96,519</u>
	<u><u>70,783</u></u>	<u><u>96,519</u></u>
Analysis by fund		
Unrestricted funds	40,288	34,877
Restricted funds	30,495	61,642
	<u>70,783</u>	<u>96,519</u>
	<u><u>70,783</u></u>	<u><u>96,519</u></u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

9 Support costs

	Support costs	Governance costs	2020	Support costs	Governance costs	2019
	£	£	£	£	£	£
Staff costs	-	-	-	2,275	-	2,275
Rent	11,537	-	11,537	10,946	-	10,946
Insurance	594	-	594	1,245	-	1,245
Repairs	1,199	-	1,199	262	-	262
Telephone	2,331	-	2,331	2,612	-	2,612
Travel	56	-	56	-	-	-
Sundries	1,153	-	1,153	1,327	-	1,327
Bank charges	251	-	251	390	-	390
Support costs heading 8	874	-	874	1,441	-	1,441
Accountancy	-	1,608	1,608	-	1,432	1,432
Legal and professional	-	106	106	-	34	34
	<u>17,995</u>	<u>1,714</u>	<u>19,709</u>	<u>20,498</u>	<u>1,466</u>	<u>21,964</u>
Analysed between						
Charitable activities	<u>17,995</u>	<u>1,714</u>	<u>19,709</u>	<u>20,498</u>	<u>1,466</u>	<u>21,964</u>

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year.

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2020	2019
	Number	Number
Support and information services	<u>2</u>	<u>4</u>
Employment costs		
	£	£
Wages and salaries	21,005	37,443
Social security costs	-	(89)
Other pension costs	343	390
	<u>21,348</u>	<u>37,744</u>

There were no employees whose annual remuneration was £60,000 or more.

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2020

12 Tangible fixed assets

	Computers £
Cost	
At 1 April 2019	901
At 31 March 2020	<u>901</u>
Depreciation and impairment	
At 1 April 2019	225
Depreciation charged in the year	451
At 31 March 2020	<u>676</u>
Carrying amount	
At 31 March 2020	<u>225</u>
At 31 March 2019	<u><u>676</u></u>

13 Debtors

	2020 £	2019 £
Amounts falling due within one year:		
Trade debtors	26,166	3,633
Other debtors	-	3,019
Prepayments and accrued income	1,382	1,397
	<u>27,548</u>	<u>8,049</u>

14 Creditors: amounts falling due within one year

	2020 £	2019 £
Other taxation and social security	-	(2)
Trade creditors	3,300	3,899
Other creditors	147	32
Accruals and deferred income	1,079	1,201
	<u>4,526</u>	<u>5,130</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at 1 April 2018 £	Incoming resources £	Resources expended £	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 31 March 2020 £
Community	5,507	-	(1,865)	3,642	-	(3,642)	-
Education	10,501	-	(9,500)	1,001	-	(1,001)	-
Helpline	2,215	11,143	(4,215)	9,143	1,750	(9,143)	1,750
Leaflets	3,440	-	(2,219)	1,221	3,450	(1,221)	3,450
Radio	13,061	17,970	(26,421)	4,610	9,150	(6,477)	7,283
Magazine	600	-	(600)	-	4,100	(1,403)	2,697
Research	16,822	-	(16,822)	-	-	-	-
Project Co- ordination	-	-	-	-	1,000	-	1,000
Online Community	-	-	-	-	31,629	(7,608)	24,021
	<u>52,146</u>	<u>29,113</u>	<u>(61,642)</u>	<u>19,617</u>	<u>51,079</u>	<u>(30,495)</u>	<u>40,201</u>

16 Analysis of net assets between funds

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £
Fund balances at 31 March 2020 are represented by:						
Tangible assets	225	-	225	676	-	676
Current assets/ (liabilities)	44,183	40,201	84,384	52,377	19,617	71,994
	<u>44,408</u>	<u>40,201</u>	<u>84,609</u>	<u>53,053</u>	<u>19,617</u>	<u>72,670</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2019 - none).