

Charity Registration No. SC023559

Company Registration No. SC546994 (Scotland)

PAIN CONCERN
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

PAIN CONCERN

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr John Finch, MRCVS, FRCPath Adrian Hart (Appointed 5 July 2023) Richard Pell Dr Cathy Price Dr Michael Serpell MB ChB, ECFMG, FRCA, FFPMRCA, Hon.FCPod Dr Patricia Roche (Appointed 5 July 2023) Heather Wallace (Appointed 28 April 2023)
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 2023

The trustees present their report and financial statements for the year ended 31 March 2023.

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 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) (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* 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 publications on pain are authored by experts with years of experience in managing pain. They can be viewed or downloaded from the website and they are available in print.
- Pain Concern's social media presence 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 2023

Achievements and impact

Our mission

- To help people with pain develop skills to manage pain in their daily life
- To improve their physical, mental, social and economic wellbeing
- To support people in pain, their families, supporters, social circle, employers and healthcare professionals, bringing them all under one umbrella – the pain community
- To provide a powerful platform to hear the views and experiences of the all-too-often voiceless patients

Our vision

A world where people living with pain are empowered to manage their pain and live a full life, supported by a society which is aware of pain conditions and their impact

Reaching out

NHS pain teams across UK distribute our magazines and leaflets to their patients. We box and send them 800 magazines each quarter

A magazine left in reception is read 20 times

Our social media team is active every week spotlighting the issues that matter

Our community ambassadors visited 30 NHS centres reaching 200 people with pain

We attended the Welsh government's conference, *Living Well with Persistent Pain*. We created a podcast and gave a talk on Raising the Patient Voice

Forty-two new members now share our vision and values

Helping others

Pain Concern's website

15,286 web site visits every month

Impact

Our website acts as a hub directing people to our resources and those of the wider pain community

The Self-Management Navigator Tool

An interactive document to help you prepare for healthcare appointments

Talking through your concerns and possible solution can help to reduce the effect of pain on everyday life

Helps people with pain and healthcare professionals work together to improve life with pain

Encourages you to think of all the ways in which pain affects you, therefore all the ways in which you can be helped, or can help yourself

Praise

It's a revelation using something like this

A treasure chest for a busy clinician

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Impact

- Adapted by NICE for their Patient Decision Aid (PDA)
- Used by busy GPs on Orkney
- Across Canada it is helping people with pain “feel heard”

Airing Pain

podcasts-radio-transcripts

Choose from over 140 podcasts

Brings together all members of the pain community

Award-winning, clear, accurate, up-to-date information

Praise

So much more information than I got from the consultant

Talking about the difficulty of pacing resonated with me and encouraged me to persist

Always interesting to find out about the latest research

Knowing that other people with chronic pain are having similar experiences with managing pain makes me feel “normal”

Impact

1000 listens every month. All-time listens (2011-2023) 265,925

In the top 25% for listener numbers, of 5 million podcasts globally

Edition 139, Living with Persistent Pain in Wales 2023, featuring new guidance from the Welsh government, reached 66th position in the podcast listener charts

Paul Evans won Best Nations and Regions Producer at Radio Production Awards in 2015 for his programme on female genital mutilation. The judges described it as a ‘stop what you are doing’ moment. Edition 71 remains one of our most-listened-to shows

Pain Concern’s Chief Executive, Heather Wallace says “*Airing Pain* involves a unique collaboration with the UK pain societies, who open their doors to our production team, and with the clinicians, researchers and people with pain who share their expertise and experiences. We’d like to thank particularly the British Pain Society who invite us to interview world-class experts at their Annual Scientific Meetings”

Pain Matters

Informed self-management

Guest-edited by leading pain management teams. Expert contributions from those with lived experience and pain management specialists

Unrivalled team of columnists including Vidyamala Burch, Pete Moore, Karra Eloff, Lars Williams and Tim Aitkinson

Published quarterly, free of charge to anyone living with pain and healthcare professionals

Pain Matters Supplement

An 8-weekly supplement about Pain Concern plus news from the wider pain community

Our stories – our volunteers – how you can help

Our indefatigable fundraisers – how they are helping

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

What they said

"Your magazine offers hope"

"I would encourage all healthcare professionals involved in the management of pain to read Pain Matters" Dr Martin Johnson, RCGP Lead for chronic pain

From contributors

For the first time I felt a little bit less alone with the pain and realised that I was part of a much larger pain community – Lindsay McLean, Pain Matters 83

The link worker supported me to reach my goals and start living life again – Nicola, Pain Matters 83

What's worked in the end has been the efforts I've put into understanding, accepting and adapting to the problems – Tom McDonough, Pain Matters 84

Helpline

Someone to turn to when there's nowhere to turn

Telephone and email support

What they said

Wow! This really is a fantastic help, as was our discussion yesterday

Thank you – I will go through all that you have suggested

Whilst we can't provide a cure for the pain, even the smallest amount of information, new resources or suggesting techniques that they may not have tried yet, can make such a big difference – helpliner

Impact

200 calls every month

Callers feel more optimistic by the end of a call

Special collaboration with NHS Forth Valley

The aim of the project was to provide pain education and emotional support to pain patients waiting to see Pain Specialist services. This project with NHS Forth Valley is an example of joint working with a territorial health board and the third sector for the benefit of patients. Callers felt:

- empowered to tackle the broader problems of daily living
- able, via self-management advice, to understand pain and activity management, and
- deal with emotional distress to prevent further decline in function
- they would be better able to make best use of NHS pain services when seen

Pain Concern and NHS Forth Valley presented a poster about the project, winning the North British Pain Associations 'People's Choice' poster prize

Pain Concern Community (on HealthUnlocked)

High-quality and humane support

Every month

- 2,000 members are active
- 423 new posts
- 192 new members join

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

What they said

Whilst listening to the podcast, I had a kind of "light bulb" moment

This site is about the only place where I've been able to talk about my recurring pain!

Impact

Peer support enables people to develop the knowledge, skills, and confidence to self-manage and address other issues that might be affecting their health, such as loneliness or self-esteem – NHS website

Volunteers

35 volunteers are helping us to help others

In 2022 we were awarded the Volunteer Friendly Award

What they said

I would tell people who are thinking about volunteering that being with a charitable organisation is rewarding, and good for mental and physical health – volunteer

People enjoy volunteering at Pain Concern, feel supported and get a lot out of volunteering – Volunteer Scotland

Working together

We collaborated with

- The British Pain Society, holding a joint stand at Glasgow Central Station
- Faculty of Pain Medicine - Katy Gordon updated the chapter on communication in their Core Standards
- Flippin Pain on producing a Fibromyalgia webinar
- Able Radio broadcasting *Airing Pain*
- UK Health Security Agency on a leaflet about Shingles vaccination
- NICE on their Patient Decision Aid for chronic primary pain
- The Institute of Osteopathy who featured Pain Concern and published an article by Sue Peacock on the *Self-Management Navigator Tool* in *Osteopathy Today*
- Professional Help Counselling who supervise and support our helpliners

We are members of

- ARMA (Arthritis and Musculoskeletal Alliance)
- The Health and Social Care Alliance
- The Helpline Partnership
- National Counselling and Psychotherapy Service
- SAFEcic (safeguarding specialists)

We are represented on

- NHS Gloucester's Living Well with Pain Clinical Priorities Group
- Scottish Government's 3rd Sector Network
- Scottish Pain and Research Community (SPaRC)
- SIGN Management of chronic pain guideline development group

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

The future

Pain Education Sessions

The Pain Education Session is for anyone who has had pain for 12 weeks or more. The 2-hour session will give you a better understanding of your pain to help you manage it more effectively in the long term

Why?

Chronic pain affects millions of people in the UK, causing widespread suffering and poor health. Many receive little help or it is too late. Pain Education Sessions can help people from early diagnosis to live a fuller life with pain

Community outreach

We'll liaise with

- Libraries to extend our drop-in sessions
- Community organisations
- Link workers and social prescribers

Why?

Harnessing the experience and expertise of people with lived experience to support people in similar circumstances brings hope and increased resilience – Health and Social Care Alliance

Financial review

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

Policy on 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. In 2022 the charity became a member of SAFEcic who provide expert advice on how to attain the highest levels of safeguarding.

PAIN CONCERN

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

FOR THE YEAR ENDED 31 MARCH 2023

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:

Robin Aitchison CA, CTA	(Resigned 25 April 2023)
Dr Martin Dunbar, BSc (Hons), Phd, D. Clin. Psychol.	(Resigned 31 August 2022)
Mr John Finch, MRCVS, FRCPath	
Richard Pell	
Dr Cathy Price	
Dr Michael Serpell MB, ChB, ECFMG, FRCA, FFPMRCA, Hon. FCPod	
Sue Peacock	(Resigned 2 August 2022)

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.

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



Dr Cathy Price

Trustee

Dated: 19 December 2023



**Dr Michael Serpell MB ChB, ECFMG,
FRCA, FFPMRCA, Hon.FCPod**

Trustee

Dated: 19 December 2023

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 2023, which are set out on pages 9 to 18.

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.

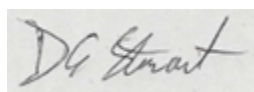
Independent examiner's statement

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: 22 December 2023

PAIN CONCERN

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £ As restated	Restricted funds 2022 £ As restated	Total 2022 £ As restated
	Notes						
Income and endowments from:							
Donations and legacies	3	67,912	-	67,912	57,318	-	57,318
Charitable activities	4	339	51,520	51,859	14,734	58,920	73,654
Other trading activities	5	650	-	650	218	-	218
Other income	6	100	-	100	254	-	254
Total income		69,001	51,520	120,521	72,524	58,920	131,444
Expenditure on:							
Raising funds	7	22,708	-	22,708	22,012	-	22,012
Charitable activities	8	43,664	71,503	115,167	31,447	45,706	77,153
Total resources expended		66,372	71,503	137,875	53,459	45,706	99,165
Net income/(expenditure) for the year/ Net movement in funds							
		2,629	(19,983)	(17,354)	19,065	13,214	32,279
Fund balances at 1 April 2022		77,831	37,165	114,996	58,766	23,951	82,717
Fund balances at 31 March 2023		80,460	17,182	97,642	77,831	37,165	114,996

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 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	12		-		865
Current assets					
Debtors	13	11,107		6,461	
Cash at bank and in hand		96,845		119,140	
		<u>107,952</u>		<u>125,601</u>	
Creditors: amounts falling due within one year	14	<u>(10,310)</u>		<u>(11,470)</u>	
Net current assets			97,642		114,131
Total assets less current liabilities			<u>97,642</u>		<u>114,996</u>
Income funds					
Restricted funds	15		17,182		37,165
Unrestricted funds			80,460		77,831
			<u>97,642</u>		<u>114,996</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 2023.

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 19 December 2023.



.....
Mr John Finch, MRCVS, FRCPath
Trustee

Company Registration No. SC546994

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

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 2023

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 2023

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
	2023	2022
	£	£
		As restated
Donations and gifts	10,112	7,168
Core funding	57,800	50,150
	<u>67,912</u>	<u>57,318</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Magazine subscriptions and membership 2023 £	Grants 2023 £	Total 2023 £	Magazine subscriptions and membership 2022 £	Grants 2022 £	Total 2022 £
Sales within charitable activities	1,587	-	1,587	10,470	-	10,470
Performance related grants	-	50,272	50,272	-	63,184	63,184
	<u>1,587</u>	<u>50,272</u>	<u>51,859</u>	<u>10,470</u>	<u>63,184</u>	<u>73,654</u>
Analysis by fund						
Unrestricted funds	326	13	339	10,470	4,264	14,734
Restricted funds	1,261	50,259	51,520	-	58,920	58,920
	<u>1,587</u>	<u>50,272</u>	<u>51,859</u>	<u>10,470</u>	<u>63,184</u>	<u>73,654</u>

5 Other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Magazine digital subscriptions	<u>650</u>	<u>218</u>

6 Other income

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Other income	<u>100</u>	<u>254</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

7 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising costs</u>		
Other fundraising costs	22,708	22,012
	<u>22,708</u>	<u>22,012</u>

8 Charitable activities

	Support and information services	Support and information services
	2023	2022
	£	£
		As restated
Staff costs	55,412	42,613
Depreciation and impairment	864	865
Fees	16,953	5,358
Direct costs	17,036	11,956
Marketing	2,558	612
Other costs	5,977	2,043
Overheads	4,648	-
	<u>103,448</u>	<u>63,447</u>
Share of support costs (see note 9)	9,980	12,042
Share of governance costs (see note 9)	1,739	1,664
	<u>115,167</u>	<u>77,153</u>
Analysis by fund		
Unrestricted funds	43,664	31,447
Restricted funds	71,503	45,706
	<u>115,167</u>	<u>77,153</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

9 Support costs

	Support costs	Governance costs	2023 Support costs	Governance costs	2022
	£	£	£	£	£
			As restated	As restated	As restated
Rent	6,696	-	6,696	9,173	9,173
Repairs	2,255	-	2,255	1,947	1,947
Telephone	113	-	113	239	239
Sundries	549	-	549	74	74
Stationery and office consumables	367	-	367	609	609
Accountancy	-	1,686	1,686	-	1,651
Legal and professional	-	53	53	-	13
	<u>9,980</u>	<u>1,739</u>	<u>11,719</u>	<u>12,042</u>	<u>13,706</u>
Analysed between Charitable activities	<u>9,980</u>	<u>1,739</u>	<u>11,719</u>	<u>12,042</u>	<u>13,706</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:

	2023 Number	2022 Number
Support and information services	<u>4</u>	<u>4</u>

Employment costs

	2023 £	2022 £
Wages and salaries	55,412	41,833
Other pension costs	-	780
	<u>55,412</u>	<u>42,613</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 2023

12 Tangible fixed assets

	Computers
	£
Cost	
At 1 April 2022	3,496
At 31 March 2023	3,496
Depreciation and impairment	
At 1 April 2022	2,632
Depreciation charged in the year	864
At 31 March 2023	3,496
Carrying amount	
At 31 March 2022	865

13 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	10,927	3,117
Other debtors	-	2,318
Prepayments and accrued income	180	1,026
	<u>11,107</u>	<u>6,461</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	7,936	131
Other creditors	101	227
Accruals and deferred income	2,273	11,112
	<u>10,310</u>	<u>11,470</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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 2021 £	Incoming resources £	Resources expended £	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Community	-	-	-	-	6,000	(5,000)	1,000
Helpline	2,032	29,100	(22,187)	8,945	16,600	(20,292)	5,253
Radio	7,808	8,320	(7,334)	8,794	15,500	(13,988)	10,306
Magazine	-	-	-	-	4,500	(3,877)	623
Project Co- ordination	6	21,500	(3,731)	17,775	1,000	(18,775)	-
Online Community	12,141	-	(10,490)	1,651	-	(1,651)	-
Video	1,964	-	(1,964)	-	7,920	(7,920)	-
	<u>23,951</u>	<u>58,920</u>	<u>(45,706)</u>	<u>37,165</u>	<u>51,520</u>	<u>(71,503)</u>	<u>17,182</u>

16 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Tangible assets	-	-	-	865	-	865
Current assets/(liabilities)	80,460	17,182	97,642	76,966	37,165	114,131
	<u>80,460</u>	<u>17,182</u>	<u>97,642</u>	<u>77,831</u>	<u>37,165</u>	<u>114,996</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).