



# **THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**

**REPORT OF THE TRUSTEES  
AND AUDITED FINANCIAL  
STATEMENTS  
FOR THE YEAR  
ENDED 31 DECEMBER 2019**

**LIMBPOWER**

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
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**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**MESSAGE FROM LIMBPOWER PATRON RICHARD WHITEHEAD**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## **1. MESSAGE FROM LIMBPOWER PATRON RICHARD WHITEHEAD**

I have been involved in disability sport for three decades with some incredible highs and lows. You may know me as a track athlete, you may not know that I tried many different sports to find the right fit for me, including sledge hockey, sitting volleyball and marathon running.

My passion is for there to be parity in sport where every amputee and limb different person has access to the same opportunities as their non-disabled relatives, friends and colleagues, where choice is available to be included in mainstream sport or to participate with your limb different peers at the grassroots level to opportunities as an elite athlete.

Physical activity and sport are not just about competition, it is so much more, it is about physical, social and psychological well-being about living a full, active and healthy life. Everyone of all ages, all ability and all walks of life should have access to participation in physical activity and sport.

I chose to become a Patron of LimbPower because we are working together to reduce barriers and increase facilitators to make physical activity sports accessible and the norm for people with a disability. Last year the CEO asked me if there was one particular thing that I would like to see implemented, I requested a clear pathway to participation for both recreation and competition to support community engagement. This year with the support of fellow Paralympian Scott Moorhouse, who cycled from Lands' End to John O'Groats to raise funds for LimbPower. We delivered this resource along with a great PE resource for school teachers supporting the inclusion of limb different children in school PE.

Tell us what you would like us to do next to improve access for you, we are listening.

Richard Whitehead, MBE



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
OVERVIEW FROM THE CEO  
FOR THE YEAR ENDED 31 DECEMBER 2019**

## **2. OVERVIEW FROM THE CEO**

**Every year I ask myself the same question, how can LimbPower make activity the *norm* rather than the *exception* among people with an amputation and people with limb difference?**

With this in mind, the LimbPower team, from top-down and bottom-up have been focusing on how to **turn research and insight into action**; how can we deliver programmes and services to community members who want and need to enable themselves to live a more fulfilled, mobile and active life. To achieve this, we needed to ask some simple questions;

**What do you want to take part in? Where do you want to take part? How do you want the activity to be delivered?**

Through research and insight from our key partners and our own research and insight collected from conversations, focus groups, surveys, evaluation forms and research with our partners we have gathered this insight;

- We discovered that not enough people with an amputation or limb difference participate in sufficient physical activity to achieve health benefits, more barriers than facilitators were reported to exist when striving to lead a physically active lifestyle;
- Disabled people are twice as likely as non-disabled people to be physically inactive;
- We also discovered that the majority of amputees and individuals with limb different want to be more active. Four in five disabled people want to be more active but demand is not being met. Only two in five feel they are given the opportunity to be as active as they would like to be. [Activity Alliance 28<sup>th</sup> January 2020];
- The main barriers reported by amputees and LimbPower have been and will continue to be addressed, while facilitators, which empower community members to engage and participate in these activities will continue to promote. LimbPower continue to strive for parity and a level playing field where amputees and individuals with limb difference are as active as their non-disabled relatives, friends and colleagues.

Our amazing and diverse community range in age, from birth to 100 years old, with a range of impairments, often diverse and complex. Our role is to promote facilitators by creating, delivering and sign-posting our community members to appropriate opportunities and resources to suit their age, ability, wants and needs. In this impact report, we share what LimbPower have been delivering and plan to deliver in the future to meet the needs of our community.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**OVERVIEW FROM THE CEO**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

Every year we are amazed by the individual struggles and achievements by our community members, as they share their rehabilitation journeys with us. Each and every member inspires our team to keep pushing and striving to offer opportunities to enhance physical, social and psychological rehabilitation.

We will be here for as long as we are needed.

Warmest regards,

A handwritten signature in black ink, appearing to read 'K Roche', written in a cursive style.

Kiera Roche  
CEO and Founder

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**HIGHLIGHTS FROM 2019**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

### **3. HIGHLIGHTS FROM 2019**

The key highlights from 2019 have been seeing LimbPower Friends and community members engaging in activity, whether they are just starting out on their journey or pushing their personal boundaries. LimbPower asked the team to nominate the highlights from the charity's programmes, events and resources they felt embodies the charities objectives to make activity, both physical and creative the *norm* rather than the *exception* among people with an amputation and people with limb difference?

**The inaugural #ICan Family Camp** took place in September 2019 at Longtown Activity Centre in the Brecon Beacons with 17 families attending. The #ICan Family Camp was created to **enable children with limb difference and their siblings to engage in outdoor activities and challenge their physical and mental ability**, with the objective of **increasing their confidence, independence and self-efficacy**. LimbPower run the #ICan Camps in partnership with Steps and the Limbless Association.

**The Children's Prosthetic Fund** - In 2016 The Department of Health and Social Care allocated a budget of £750,000 for the provision of prosthetics for engagement in school PE, sport, physical activity and recreation. LimbPower administer this fund. In 2019 the fund reached the incredible milestone number of 594 activity limbs delivered to children through their NHS Disablement Service Centre.

**Limb impairment resource added to the Youth Sport Trust's e-learning platform, TOP Sportsability.** Paralympian Scott Moorhouse raised an incredible £8,013 cycling from Lands' End to John O'Groats in aid of LimbPower. These funds were used to develop new guidance for PE Teachers with the Youth Sport Trust to support the engagement of children with limb difference in school PE and sport.

**Making the Most of Your Limb Centre Visit Resource** – a 12 page guide offering information to support community members to better understand and contribute to the different treatments and appointment types available to them and to empower community members to care for their residual limb, sound limb and prosthesis, as well as plan adequately for trips to the prosthetic service centre.

**A Nordic Walking Programme**, a collaboration with British Nordic Walking (BNW) to deliver Nordic Walking near the Disablement Service Centres to engage patients in recreational activity. LimbPower have trained seven amputees and healthcare professionals to deliver Nordic Walking across the country. We also worked with BNW to update their instructor training manual. Two amputees have been trained using this manual. **140 individuals have engaged with LimbPower's Nordic Walking Programme.**

**Kilimanjaro summit climb** – In October 2019 21 people, including eight amputees took part in a challenge of a lifetime, training and walking in extreme conditions to raise an astonishing **£52,485** for LimbPower and the Amputation Foundation. The individuals with an impairment, battled physical and mental challenges to overcome barriers and reach their potential, an incredibly humbling experience.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**HIGHLIGHTS FROM 2019**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**30-in-30 Challenge** - 3x HBSA Disabled Sportsperson of the Year and double below the knee amputee David Williamson embarked on an epic challenge pushing 30 marathons in 30 days in his day wheelchair, a world record and an incredible feat of endurance, both physically and mentally. David raised an incredible £22,000 for three causes including LimbPower.

Engagement cannot be delivered in isolation. LimbPower would not be able to run the events programmes, educational programmes or write the resources the charity creates without the support of funders, donors, delivery partners, industry experts and community members. LimbPower have an incredible team of volunteers who support and deliver the charities programmes, as well as a small, but dedicated team of staff and Trustees who work tirelessly and passionately to change the disability landscape for the better.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**REFERENCE AND ADMINISTRATIVE DETAIL**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

#### **4. REFERENCE AND ADMINISTRATIVE DETAIL**

Registered Charity Number: **1132829**

**Registered office**

Whitecroft  
Tandridge Lane  
Lingfield  
Surrey  
RH7 6LL

**Trustees**

The names of the current Trustees are:

Janet Williams - Chair	Appointed 22 <sup>nd</sup> January 2017
Ross Wadey	Appointed 20 <sup>th</sup> November 2016
Jessica Cook	Appointed 15 <sup>th</sup> July 2015
Carl Barrett	Appointed 02 <sup>nd</sup> March 2018
Angela Schroeder – Vice Chair	Appointed 20 <sup>th</sup> January 2017
Rachel Morris	Appointed 17 <sup>th</sup> November 2018
Chris Linnitt	Appointed 17 <sup>th</sup> November 2018

**Auditors**

Baxter & Co Chartered Certified Accountants, Lynwood House, Crofton Road, Orpington BR6 8QE

**Patron**

Richard Whitehead

**Ambassadors**

Andrew Lewis  
Anne Dickins  
Anoushe Husain  
Danny Green  
Gemma Trotter  
Helen Chapman  
Jack Eyres  
Jodie Cundy  
Rachel Morris

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
STRUCTURE AND GOVERNANCE AND THE CHARITY BACKGROUND  
FOR THE YEAR ENDED 31 DECEMBER 2019**

## **5. STRUCTURE AND GOVERNANCE**

LimbPower is a charitable foundation founded on 19<sup>th</sup> October 2009 (Trust Deed), which established the objectives and powers of the charity, governed under its Articles of Association (AoA), which have been revised and updated at various AGMs. The charity was registered with the Charity Commission on 20<sup>th</sup> November 2009, registration number 1132829.

The charity's objectives are specifically restricted to the following "The relief of ambulant disabled people (individuals with limb loss or impairments to their limbs who are not wheelchair bound); by providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts.

LimbPower aim to achieve these objectives through the provision of useful and relevant information, access to facilities and opportunities for participation in physical activity, sport and the arts.

## **6. THE CHARITY BACKGROUND**

LimbPower was created in November 2009 for the benefit of amputees and individuals with limb impairments (individuals with congenital limb differences, club foot, hip dysplasia and acquired limb impairments such as balance disorders and peripheral nerve injury). LimbPower was founded to fill a much-needed gap in disability sport, physical activity and access to the arts to improve quality of life and to aid lifelong rehabilitation. LimbPower are the lead organisation with the necessary expertise, experience and partnerships to engage, influence attitudes, change behaviour and physical activity and sporting habits of amputees and individuals with limb impairments - an estimated population of 450,000 people. LimbPower have been recognised as a National Disability Sports Organisation by Sport England and the Activity Alliance because they believe LimbPower have the credentials, track record and expertise to engage amputees and individuals with limb impairments in physical activity and sport; and the access to influence families, healthcare professionals, sports providers and government. In line with the Department of Culture Media and Sports strategy and the new Sport England strategy, LimbPower have reviewed and amended our position to adopt some of the key elements identified by both the DCMS and Sport England around disability and physical activity and sport.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**OBJECTIVES AND ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## **7. OBJECTIVES AND ACTIVITIES**

LimbPower understand the value and importance of engaging with our beneficiaries, volunteers, physical activity advisers and mentors who all have a vested interest in the charity and our success.

At the beginning LimbPower focused on delivering events and activities to aid a limb impaired persons' physical, social and psychological rehabilitation. Since becoming a National Disability Sports Organisation in July 2014 LimbPower have developed a more in-depth knowledge of the Disability Sports Landscape and as a result have developed our services to include; events, workshops, toolkits, coaching resources, sport action plans, membership, case studies and factsheets. We have identified new stakeholders who can help LimbPower deliver our objectives, but on a larger, national scale. LimbPower are dedicated to having a positive, meaningful and measurable impact on improving the lives of amputees and individuals with limb impairments.

**Our vision** is changing lives through the power of physical activity, sport and the arts.

**Our mission** is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation.

**Our aims** are to increase engagement, sustained participation and promote local inclusion to help limb impaired adults, young people and children reach their potential; to put each amputee and limb impaired person in touch with the right sport and leisure activity for their needs and ability. To provide expert knowledge and support to: the limb impaired, families physiotherapists, prosthetists, orthotists, occupational therapists, case manager, lawyers, support workers, coaches and other sport providers on how to engage and adapt sport for the limb impaired.

- Increase the number of amputees and individuals with limb impairments taking part in physical activity, playing sport and enjoying the arts;
- Build early engagement opportunities through identifying gaps in service provision and develop projects to meet the needs identified;
- Speed up and advance the rehabilitation of amputee and individuals with limb impairments (prosthetic and orthotic users) through education and engagement;
- Promote regular and sustained participation;
- Address the impairment specific issues for amputees and individuals with limb impairments.
- Support National Governing Bodies and Active Partnerships attracting our community to their sports;
- Provide advocacy and advise, through access to useful and relevant information;
- Open dialogue and engage with stakeholders around physical activity, sport and the arts;
- Raise the profile of the charity as the authority on engaging the limb loss community in activity, sport and the arts.

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

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**DESIRED OUTCOMES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## **8. DESIRED OUTCOMES**

### **Physical well-being (Improved physical health)**

LimbPower support community members through the rehabilitation process and into community activity through interventions and advocacy, improving physical health to enable a happier and more fulfilled life.

Being physically active and taking part in sport and active recreation is essential to an individual's wellbeing, reducing the impact or pre-existing medical conditions such as diabetes or vascular disease, maintenance of strength, balance and motor skills, increased energy levels, reduced falls and healthy early years.

### **Mental wellbeing**

Physical activity and active recreation can improve mental wellbeing, including reducing stress and anxiety, reducing feelings of isolation. Mastering new skills increases an individual's empowerment, happiness, confidence and self-esteem. Good mental wellbeing outcomes are equally as important as the physical benefits of taking part in physical activity and active recreation.

### **Individual development**

Being active improves educational behaviour and attainment, through greater self-esteem, confidence and direct cognitive benefits. Physical activity and sport can have a positive impact on a person's educational and employment opportunities and can also have a positive role in supporting those who are not in employment, education or training.

### **Social and community development**

Social inclusion is a vital part of the work LimbPower undertakes to reduce feelings of isolation and exclusion. Volunteering for the charity or taking part in LimbPower's participation events and activities gives community members a sense of belonging and supports stronger inclusion and reduces feelings of isolation. These activities promote links with other people both disabled and non-disabled.



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**CHARITY ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## 9. CHARITY ACTIVITIES

LimbPower's charitable activities include interventions across the whole social ecology of health because the barriers to participation span all levels; by addressing the barriers and facilitators to physical activity at these different levels of health, LimbPower's interventions are more likely to be effective than working at one level in isolation.

Social ecology of health level	Engagement	Activity
Public Policy	LimbPower work with NHS England, The Department of Health and Social Care, NHRI via Devices for Dignity (Starworks) and Sport England to engage with policy makers and advocate for the inclusion of amputees and individuals with limb difference in decision making in both prosthetic rehabilitation and the inclusion in recreation, school PE, physical activity and sport.	Children's Prosthetic Fund Prosthetic Review Panel Disability Power 100 list Sport England Programme Attendance at Parliamentary meetings
Community	LimbPower work with the Activity Alliance, the British Paralympic Association through parasport and the other National Disability Sport Organisations (NDSOs), National Governing Bodies of Sport (NGBs), Active Partnerships, Prosthetic Service Centres, Limb Loss charities, Bodies and Associations to promote the inclusion of amputees and individual with limb difference in rehabilitation, physical activity and sport. With the objective of breaking down the physical, technical and social barriers to inclusion and participation.	Association and group memberships Strategic partnerships Children's Prosthetic Panel Resources Educational resources, Player Pathway, Schools PE Resource
Institutional	LimbPower is a user-led charity (50% of the Board, 60 % of staff and 80+% of volunteers are limb different or parents of limb different children). Beneficiaries are at the heart of the organisation, with a focus on parity for community members. Our strategy is founded on one question, how can LimbPower make activity, both physical and creative the <i>norm</i> rather than the <i>exception</i> among people with an amputation and people with limb difference?	Research and insight Knowledge, education and development Workforce (PPA's, Coaches, Mentors and volunteers) Presentations for Universities and partners. British Nordic Walking conference Marketing and PR Social media campaigns, effective knowledge transfer Collaborative working
Interpersonal	LimbPower support community members on an intrapersonal level through social networking opportunities at events, workshops, open days, conference and exhibitions and through our virtual networking opportunities through social media support groups, LimbPower staff also support family members and advocate and connect community members through volunteer mentors and Physical Activity Advisers.	Participation events and workshops; Family Camps/Teen Camp LimbPower Games/Junior Games Nordic Walking Instructor training Social media and online communities inc. LimbPower Facebook Groups Ambassadors, Mentors Challenges and challenge events
Intrapersonal	LimbPower support community members at an intrapersonal level by offering opportunities to develop their physical skills, improve their physical and mental well-being, build confidence and self-esteem and provide knowledge to support attitude change. LimbPower also work to Bridge the gap between rehabilitation and a Physically active life.	Resources/Factsheets/infographics Participation Events/workshops Fundamental Skills Advanced Rehab Case Studies and videos Social Media Campaigns Knowledge of rehabilitation process Advocacy through Staff, Physical Activity Advisers and mentors. Children's prosthetic fund Children's prosthetic fund

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**COMMUNITY ENGAGEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## **10. COMMUNITY ENGAGEMENT**

LimbPower exists to support community members through the rehabilitation process. This is the most crucial part of the charity's engagement work. Supporting individuals with limb loss or limb difference and their families through the life- long rehabilitation process. LimbPower work to bridge the gap between leaving hospital and the hospital rehabilitation programme and engaging in school and community activity. Staff, physical activity advisers, mentors and ambassadors all play a vital role in supporting our community members during this transition and their ongoing engagement in activity.

Engagement method	Interventions
Adult interventions – Sports Development Officer	1,000
Children and family interventions - Children's Officer	2,000
Physical Activity Advisers face-to-face patient interventions	258
Physical Activity Advisers professional interventions	58
Coffee morning/workshop attendee	125
Nordic Walking Instructors have instructed	140
Children's Prosthetic Fund	594
Fundamental Skills Workshops	39
Website and social media networks	300
Event participants since 2018	2,346
Annual website visitors (unique users)	11,565
You tube videos viewed	4,345
Twitter follower	4,161
Tweet impressions	91,000
The LimbPower Facebook page followers	2,000
Facebook Page post reach	30,000

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
COMMUNITY ENGAGEMENT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**Physical Activity Adviser Programme – Getting Inactive Disabled People Active** - continues to grow. This year we recruited three new Adviser's in Newcastle, Oxford and Roehampton. All Advisers engage with local activity providers to provide information to patients and staff. This year they have engaged with 436 patients and staff either at the centre or coffee mornings. It is hoped to extend the programme further next year to Sheffield, Birmingham and Preston.

**Nordic Walking Programme** - Please see the highlight section on page 4.

**The Children's Prosthetic Fund** - Please see the highlight section on page 4.

#### **LimbPower Games**

The LimbPower Games is LimbPower's flagship event. LimbPower identified through observation, research and communication with people with limb difference, that what was needed was an event/s to bridge the gap between finishing hospital rehabilitation and engaging independently in community activity. Over the last ten years the LimbPower Games has helped hundreds of amputees and individuals with limb impairments to gain confidence, improve mobility and find a great new physical activity which suits their ability, needs and aspirations. The LimbPower Games has even been responsible for starting some athletes on the road to the Paralympics! **83% of past participants to our events have said that they have gone on to take up a sport.** Thanks to the generous support over the last ten years of the Douglas Bader Foundation, Stewart's Law and OttoBock **we have been able to run this event for 10 years.**

#### **LimbPower Junior Games**

A one-day participation event for children aged 5 to 18 years with the objectives of; improving self-efficacy, self-confidence and self-esteem, creating a safe and supportive environment among peers "children like me". Children can relax and explore their potential without worrying about being different. This is an inclusive event where siblings are encouraged to participate alongside their limb impaired sibling. This is a vital ingredient in supporting inclusion. This year LimbPower introduced an under 5's programme to support younger families. We identified through research that young children are excluded from most of the engagement activities for children with limb difference. 62 children joined LimbPower for an amazing day of physical activity and sport, including climbing, swimming, athletics, cycling, archery, volleyball, wheelchair basketball, football and wheelchair tennis.

*"This was the best LimbPower Junior Games ever!"* child attending LimbPower Junior Games 2019

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
COMMUNITY ENGAGEMENT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**Fundamental Skills Workshops**

LimbPower launched the Fundamental Skills workshops in March 2018 to support children who have received activity limbs through the Children's Prosthetic Fund. The workshops are for child amputees aged 5-18. This programme teaches children how to use their prosthesis for core fundamental skills and prosthetic proficiency, with the objective to engage inactive children in school PE and community activities. Children with amputations and limb impairments can be excluded from school and community activities through social, physical and psychological barriers, this programme is designed to reduce the physical and psychological barriers to engagement in school and community activity. **In 2019, 39 children took part in two Fundamental Skills workshops in Bath and Nottingham.**

**#ICan Youth Camps**

Children with limb loss and limb difference face many barriers in life and struggle with key transitions such as starting a new school or leaving school and moving into work. **LimbPower collaborate with Steps and the Limbless Association to deliver adventure/activity camps** for children with limb difference to aid their physical, social and psychological well-being, with a focus on building resilience, confidence, self-esteem and self-efficacy with the objective of reducing isolation through making friends and establishing their own relationships with the healthcare professionals who support them through their lifelong rehabilitation. LimbPower encourage participating children to bring a similar aged friend or sibling to promote inclusion. **12 children attended the 2019 #ICan Team Teen Camp at Longtown Activity Centre in the Brecon Beacons**

**#ICan Family Camp** - Please see the highlight section on page 4.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
PARTNERSHIPS AND ENGAGEMENT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

## **11. PARTNERSHIPS AND ENGAGEMENT**

### **PARTNER ENGAGEMENT**

*'LimbPower has been absolutely fundamental to enabling us to help translate new funding, into children and young people getting sports and activity prostheses. Their expert advice alone has been of tremendous benefit, but they have also been engaging for us with the professionals in limb centres, supporting them, and providing intelligence back to the Department. The way in which limb centres have taken up the opportunity of the new funding, despite very limited previous experience of prescribing children's sports prostheses, is largely due to LimbPower's efforts in working with the sector. They are also of course very active in supporting young people and their families'. Gareth James, Dementia and Disabilities Unit, tDepartment of Health and Social Care.*

LimbPower engage with government agencies, the sport sector, health sector and charity sector to support the charities programmes and community engagement.

**Policy - Creating positive change through influence, policy and communication.** LimbPower play a key role in advocating for policy change; including access to prosthetic technology in activity prosthetics; prosthetics research and development and advocating for better access to physical activity, sport and the arts.

**Sport England** – LimbPower are a trusted NDSO partner funded by Sport England to tackle inactivity among ambulant disabled people with a physical impairment. Together the seven NDSO's, funded by sport England, create accessibility to physical activity and sport for people with a disability.

**Prosthetic Service Review** – NHS England are responsible for planning and buying specialised services for disabled people who need complex disability equipment including prosthetics, orthotics and wheelchair services. NHS England are conducting a review of the prosthetic service. LimbPower's Chief Executive is a **Patient and Public Voice** representative on this review panel.

#### **Engagement**

**Sports Sector** - LimbPower continues to engage with sport sector partners and organisations including the Sports and Recreation Alliance (we are members), The Activity Alliance (we are members), The British Paralympic Association via parasport, The Youth Sport Trust, and our National Governing Body of Sport partners, County Sports Partnerships and associations, supporting them to increase participation in their sport through sport action plans and affiliate agreements including:

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**PARTNERSHIPS AND ENGAGEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

Sport England	LimbPower are their chosen organisation for the engagement of people with limb loss and limb difference in physical activity and sport. This is a long-standing partnership which LimbPower value enormously.
Activity Alliance	Activity Alliance (AA), and the physical impairment NDSOs have worked together to produce sport specific pathways for both participation and competition for amputees and individuals with limb difference, to support LimbPower's core market engagement.
Youth Sport Trust	Development of Topsability cards including advice for children with limb difference to address the increase in enquiries from parents and schools on how to ensure that young amputees are fully included in the school curriculum. Available on the YST and LimbPower websites.
NGB Engagement. - British Cycling, British Triathlon, The FA and the England Amputee Football Association, UK Athletics and England Athletics, Volleyball England, the Tennis Foundation, Swim England, British Nordic Walking, British Gymnastics, England Golf and Golf Foundation, British Weightlifting, England Netball and RYA.	
Swim England	LimbPower engage with <b>Swim England</b> , linking disablement service centres into Swim England's strategic areas. Swim England are also running the swimming sessions at the Junior Games. In 2020 the two organisations will collaborate on a resource to support amputees and individuals with limb difference to either learn to swim or go back to swimming.
Football Association	LimbPower work with the <b>FA</b> and the England Amputee Football Association to engage community members in Walking Football and crutch football. The FA supported by LimbPower's Sports Development Officer have produced a video featuring the different variations of amputee football.
British weightlifting	LimbPower and the other physical impairment NDSOs supported a British Weightlifting workshop with over 30 amputees attending.
British Cycling	LimbPower are working with British Cycling around engaging more children with limb difference in cycling, using the ReadySetRide and Bikeability. LimbPower have agreed to pilot this at the Fundamental Skills Workshops.
British Triathlon	LimbPower, CP Sport and <b>British Triathlon</b> have <b>collaborated</b> on a project to encourage more people to try Triathlon. Using the Go-tri series being coordinated in the NW via British Triathlon.
Para Dance UK	LimbPower are working with Para Dance UK to deliver dance workshops at LimbPower events and to recruit disabled dance instructors.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
PARTNERSHIPS AND ENGAGEMENT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**Charity Sector** - LimbPower engages with a number of limb loss charities and disabled peoples organisations. LimbPower collaborate with the seven other NDSO organisations - WheelPower, Cerebral Palsy Sport, UK Deaf Sport, British Blind Sport, Dwarf Sport Association UK, Mencap, Special Olympics Great Britain.

*"It's really important that when and where charities can identify opportunities to pool knowledge and resources with the aim of greater outcomes for beneficiaries, that collaborations are nurtured. Over the last few years, LimbPower and the Limbless Association have worked together to raise awareness and standards of support in the limb loss sector as well as identifying individual projects to meet any service gaps identified. We have very much welcomed LimbPower's support in facilitating the I CAN Young Persons project, jointly devised by Steps, LimbPower and the LA, with the aim of continuing to develop this initiative over the next few years. The LimbPower Games is a regular fixture in the LA event calendar and we have thoroughly enjoyed taking part in such an inspirational event. We look forward to continuing to explore collaborative approaches. Our joint aim is to ensure that those experiencing limb loss and limb impairment are appropriately supported at each stage of the rehabilitation pathway. Congratulations LimbPower on another successful year!" **Deborah Bent, CEO, Limbless Association.***

We collaborate with the other limb loss charities on programme areas including;

- Joint social media campaigns including #LimbLossAwarenessMonth and #I Can campaign;
- The Children's Prosthetic Fund;
- The Limbformation website;
- I Can children and family Camps;
- Dance workshops;
- At third party events and attend each other's events and activities and joint projects.

We collaborate with the other seven NDSOs including

- NDSO operations meetings, co-ordinating a training and resources matrix;
- Physically Impairment Network (PIN) have met twice. The group are working on a PIN events calendar, feasibility of a collaborative event and collaborative research;
- Go-Tri triathlons with CP Sport and British Triathlon;
- Development of participation pathway documents with the other NDSO's and Activity Alliance.

Superheroes and Artic One - LimbPower work with and support the Superhero Tri series and the Arctic One para-triathlon, along with British Triathlon to promote engagement in activity among our community members. The value of these events is in their participation and the opportunity to socialise with other people 'like me'. This is often an overlooked but important aspect of participation.



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**PARTNERSHIPS AND ENGAGEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**Healthcare Sector**

LimbPower work in partnership with the Department of Health, NHS England, National Health Research Institute via Devices for Dignity, and the Artificial Limb Centres who deliver the prosthetics and orthotics services. LimbPower also engage with manufactures in the Prosthetic and Orthotic Industry. Through these relationships we have gained credibility in the industry and have become a trusted partner which we harness to influence the provision of prosthetics and orthotics. Key industry experts sit on our Sports Advisory Panel and Children's Prosthetics Panel sharing invaluable insight and supporting research and the development of resources and programmes.

Department of Health and social Care	LimbPower are contracted by the Department of Health and Social Care to administer the Children's Prosthetic Fund.
NHS England	<b>Prosthetic Service Review</b> – NHS England are responsible for planning and buying specialised services for disabled people who need complex disability equipment. LimbPower's CEO is a <b>Patient and Public Voice</b> representative for the Prosthetic Service Review.
Moving Medicine	LimbPower engaged and supported the development of a lower limb amputee module for the Moving Medicine website, developed by the Faculty of Sport and Exercise Medicine in partnership with Sport England and Public Health England.
Devices for Dignity (Starworks)	LimbPower work in an advisory role to inform Starworks about living with limb difference and wearing a prosthesis as a child. We collaborate on areas of research and innovation. LimbPower have supported many of the workshops and sandpit events, in response to these research findings Starworks funded the development of the Limbformation website.
BAPO	LimbPower are working with BAPO to develop a consumer element to the annual trade conference including two separate workshops.
NW Rehab clinical group-	The North West Rehab Groups work continues to be supported by LimbPower. This group continues to grow its membership and reach. There is also a physical trauma group set up attached to the main group.
OT's	LimbPower presented at the National OT conference in Liverpool.
Limb Centre Managers Forum	LimbPower presented at the National Limb Centre Managers forum at Crewe. The presentation covered the work of LimbPower and how centres can engage with us. 30 managers attended.
BACPAR	LimbPower presented at the conference and also had a stand. During the two days LimbPower engaged with over 300 delegates.



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
PARTNERSHIPS AND ENGAGEMENT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**Research - Universities and Academics**

Research and insight underpin LimbPower's strategy and the work the charity undertakes. Research and insight provide LimbPower with evidence to determine what programmes, campaigns, resources, events and activities to deliver on behalf of community members and beneficiaries, as well as who to engage with, what engagement is required and how to engage with partners to advise and support work providing quality opportunities for amputees and people with a limb impairment.

In 2019 LimbPower engaged with **Leeds University** to better understand the community requirements for a one-stop portal for children and families affected by limb loss and limb difference. LimbPower also partnered with Starworks (Devices for Dignity) at Sheffield University.

**St Mary's University and Queen Mary's Hospital collaboration – Gateway to Activity** focused on the process of knowledge translation, turning knowledge into accessible resources and formats increasing knowledge and activity uptake. Outcome to improve the transition process from hospital to home to improve the health and well-being of people who have experienced an amputation.

**St Mary's University collaboration - Enabling Families to Support Children with an Amputation or Limb Difference.** A qualitative resources project focused on what children with limb difference need, to engage in physical activity and sport. This is a qualitative study following 10 families and drilling down to understand the barriers and facilitators in a real-life setting.

**Roehampton University – The Impact of LimbPower's Nordic Walking Programme.** LimbPower have commissioned Dr Siobhan to undertake a study to measure the impact of LimbPower's Nordic walking programme on the amputees and individuals with limb difference who engage in the programme

**Salford University – 'Wear and use of prostheses in sport by adolescents with upper limb absence: a mixed methods'.** Real time use of prostheses in sport by adolescents with upper limb absence. A research study building upon previous research around prosthetics conducted by Salford University on behalf of LimbPower.

**Salford University – An investigation into the validity of 3D printing as a method to produce upper limb sports prosthesis for specialised sports'.** Data on the real time use of prostheses in sport by children with upper limb absence and student Bronwyn Jones is conducting 'An investigation into the validity of 3D printing as a method to produce upper limb sports prosthesis for specialised sports'.

**St Mary's University – Physical Activity and Sport Survey.** LimbPower have commissioned Ross Wadey of St Mary's University to conduct the 2018/2019 Physical Activity and Sport Survey to evaluate the levels of activity among amputees and individuals with limb difference and to understand the programme and services they want to access. 2018/2019.

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
MARKETING AND COMMUNICATIONS  
FOR THE YEAR ENDED 31 DECEMBER 2019

## 12 MARKETING AND COMMUNICATIONS

*"LimbPower is a vibrant and visionary organisation delivering life changing initiatives to people living with conditions that impact on their mobility and mental health. BAPO have been proud to support their work and collaborate on projects to make a difference to individuals lives and we appreciate their time and commitment working with our profession to inform our practice and ultimately improve the care that we give individuals accessing our services in the UK". Lynne Rowley, Chair of The British Association of Prosthetists and Orthotists.*

### COMMUNITY ENGAGEMENT

LimbPower works with individuals and families affected by amputation and limb difference on a daily basis via the Physical Activity Advisers and staff offering advice, support and signposting to local and national opportunities, sharing useful and relevant resources and educational materials. LimbPower support direct interventions with an e-Newsletter, Newsletter, social media, direct mail, email and communication with other charities and user groups. LimbPower also offers support and advice to healthcare professionals, lawyers, case managers and teachers who engage with the rehabilitation of amputees and individuals with limb difference. We received hundreds of phone calls, emails, letters and messages asking for advice on health, fitness, prosthetics, orthotics, physical activity and sport.

#### Social Media Campaigns -

LimbPower run three annual social media campaigns. These campaigns focus on sharing the physical and mental health benefits of engaging in physical activity and sport for people with a physical impairment. People with a physical disability are 50% more likely to be inactive than their non-disabled friends and family members. Sharing educational material, information resources and inspirational case studies is a vital part of the engagement programme to increase engaging in activity. Our research and research by other organisations has highlighted that one of the major barriers to participation for our community members is lack of information. LimbPower work to address this lack of information through our marketing and social media campaigns, through our website and online communities and through our advocacy work.

- **Limb Loss Awareness Month** is an awareness campaign from America brought to the UK by LimbPower. LimbPower engage with other limb loss charities, service providers, manufacturers and community members. This campaign runs throughout the month of April to raise awareness of limb loss and limb difference. LimbPower ran a social media campaign called [#GetMoving](#) to raise awareness of the physical health benefits and mental health benefits of engaging in physical activity with a focus on moving more at home, in the office and for children. LimbPower created a series of three infographics called 'Move More at Home', 'Move More at Work' and 'Move More for Children';
- **I can campaign;** celebrates the International Day of Persons with Disabilities and European Limb Loss Day on 3rd December. This is a social media campaign to promote the positive experiences of individuals with limb loss and limb difference. This campaign ran in partnership with LimbPower, Limbless Association and the London Prosthetic Centre;

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
MARKETING AND COMMUNICATIONS  
FOR THE YEAR ENDED 31 DECEMBER 2019**

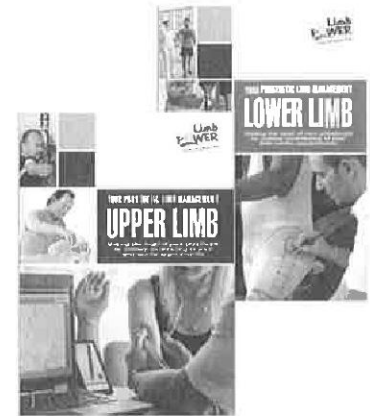
- **Active August** is a social media campaign focused on influencing people with limb loss and limb difference to exercise, to help them kick start a more healthy and active lifestyle to aid their rehabilitation and improve their quality of life. Through sharing and promoting the Ottobock Fitness App (available through the apple store and on android mobile phones) and LimbPower's exercise videos (available on YouTube and the LimbPower website [www.limbpower.com](http://www.limbpower.com)) We aim to support and encourage more members of our community, as they build their independence through increased mobility. #ActiveAugust.

**Resources** - LimbPower have produced 54 resources to support inactive amputees and individuals with limb difference to engage in activity and to support active amputees and individuals with limb difference to develop their self-efficacy to sustain their engagement in physical activity.

<https://limbpower.com/resources>

#### NEW THIS YEAR

**Making the Most of Your Limb Centre Visit Resource** - Through research we identified the major barriers to participation in physical activity for amputees and individuals with limb difference is socket fit and socket conform. To address this LimbPower created two guides; for upper limb different and lower limb different community members to enable them to get the most from their visits to the prosthetic service centre. This 12 page guide provides information enabling community members to better understand and contribute to the different treatments and appointment types available to them to empower community members to care for their residual limb, sound limb and prosthesis, and plan adequately for trips to their prosthetic service centre. <https://limbpower.com/resources/publications>



**Player Pathway resource to increase engagement in activity.** Access can be more challenging for persons with a limb impairment. There are a myriad of questions, challenges and barriers to overcome, whether just starting to get active or progressing from beginner to a higher level. The new *Player Pathway* resource produced with support from Sport England's Inclusive Sport Fund and the Activity Alliance shows the different opportunities from grass roots to elite level and highlights the organisations who can support beneficiaries on their journey and how they can access this support. The resource also highlights how LimbPower can support community members at the different levels of participation.

<https://limbpower.com/resources/info-sheets/player-pathway-athletes-limb-impairments>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
MARKETING AND COMMUNICATIONS  
FOR THE YEAR ENDED 31 DECEMBER 2019**

This new resource sits alongside LimbPower's suite of *Accessing Sport and Physical Activity Fact Sheets* created to engage individuals with limb impairments in physical activity and sport.



**Top Tips Information Cards for children and families** - With funding from Starworks, LimbPower worked with healthcare professionals and families to develop a series of Top Tip information cards. The themes were selected from the children and families research and Sandpit focus groups conducted by Starworks with support from LimbPower. The overriding themes were friendship, going on holiday, at home, visiting the limb centre, hygiene and attending school. These information cards have been designed in a child friendly format and have been well received by children, families and healthcare professions. The Top Tip Information Cards are available for download on both the Limbformation and LimbPower websites.

**Limb impairment resource added to the Youth Sport Trust's e-learning platform, TOP Sportsability.** New guidance for PE Teachers to support more children to engage in school PE. With 594 sports and activity limbs provided to school age children through the Children's Prosthetic Fund, there has been a rise in the number of children using a sports or activity prosthesis in school PE. LimbPower identified a knowledge gap around how to engage children with an activity prosthesis in school PE and sport. This resource was created for schools providing information and advice for teachers around including amputees and children with limb difference in school PE and school sport. LimbPower worked in partnership with schools, young people and their families to develop practical advice and tips. **The launch date for this project is May 2019.**

Gareth Barton, Head of PE, said: "Our PE department are great at thinking of adaptive ways in which we include all students, whether that's by changing rules, equipment or incorporating leadership roles with the lessons. Our students are also great at supporting SEND students within PE lessons, they always aim to include them with all activities and help the staff to support these students."

"These resources will be invaluable in taking learnings and applying them across a range of different subjects like drama. We also have a large number of school trips and visits throughout the year and resources like this can only enhance the student's experience of these trips and make everything that they do inclusive."

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
MARKETING AND COMMUNICATIONS  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**Engaging Children in Physical Activity and Sport Presentations** – LimbPower commissioned Ken Black, the creator of the Topsability Cards, Founder of the Inclusion Club and independent Inclusive Physical Activity and Sport adviser, to create three PowerPoint presentations for Schools, Limb Centre Staff and families to support the engagement of children in school PE and sport.

**The Limbformation online** portal was created with funding from Starworks in response to research conducted among families of children with limb loss and limb difference. The need for a one stop website was clearly identified by families, professionals and other interested parties. We responded to the seven key areas identified in the research as areas that families and professionals needed support with. The top request from our extensive online research with all interested parties was that we produce short videos of young amputees, their families and the professionals working with them. The second request was for downloadable information resources to share with the wider community such as schools, sports clubs and other social groups. This website will be officially launched in the summer of 2020. [www.limbformation.com](http://www.limbformation.com). LimbPower manage the Limbformation website on behalf of the community.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
FUNDRAISING  
FOR THE YEAR ENDED 31 DECEMBER 2019**

### **13. FUNDRAISING**

LimbPower are enormously grateful for every single donation we receive from individuals, families and organisations. We thank each and every one of our donors for supporting the work of the charity in so many creative and interesting ways, from fundraising challenges, tea morning and sponsored events to poetry readings and photoshoots. LimbPower could not run our invaluable service without their support. The determination and dedication we have witnessed from our supporters is astounding.

LimbPower has focused its fundraising programme on organisations and companies working with the community LimbPower serves, such as prosthetic and orthotic manufacturers and service providers and grant makers who already provide grants in the area of disability sport. By focusing our fundraising activities in this way, LimbPower are able to make the best use of the limited resources the charity has.

#### **Kilimanjaro summit climb**

In October, 21 people, including eight amputees set off on the challenge of a lifetime to climb Kilimanjaro. Training and walking with nine amputees and friends in extreme conditions to raise an astonishing £52,485 for LimbPower and Amputation Foundation. Seeing individuals with an impairment battle physically and mentally to overcome barriers to reach their potential was a humbling experience.

#### **30-in-30**

3x HBSA Disabled Sportsperson of the Year and double below the knee amputee, David Williamson embarked on an epic challenge called the '30-in-30 challenge', where he pushed 30 marathons in 30 days in his day wheelchair: a world record and an incredible feat of endurance. David raised an incredible £22,000 over 30 days for three causes.

#### **AmpuTEA FeBREWary**

February saw our annual tea and coffee morning event, aimed at engaging less active community members, creating a great social opportunity to combat isolation and raising invaluable funds for LimbPower.

#### **Manic MaraFun and Family Fund Day**

Our annual community social combined with a fun fundraising event designed to engage the whole family in supporting each other and LimbPower.

### **MAIN GRANT PROVIDERS**

Sports England, Department of Health and Starworks.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
FUNDRAISING  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**OUR CORPORATE AND TRUST SPONSORS**

Beast Prosthetics, Opcare, Blatchford, Otto Bock Healthcare PLC, Dorset Orthopedic, Pace Rehabilitation, Stewarts, Swim England Ltd, Douglas Bader Foundation, Dorset Orthopedic, Leigh Day Solicitors, Irwin Mitchell, Fieldfisher.

**OUR DONORS**

LimbPower receive many donations throughout the year. Without your donations we could not deliver the important and invaluable services that we offer the limb different community. If your name is not on this list and you have made a donation to LimbPower please accept our sincerest apologies and please do get in touch so that we can amend the donor report.

Our fundraisers receive donations from colleagues, friends and family. We do not have a record of all these generous donations which enable us to continue our work. We thank each and every one of you for your contribution to our fundraiser's incredible efforts and achievements throughout the year.

ABILITY MATTERS GR, Rebecca Ashby, Miranda Asher, Clare and Adam Barnes, Carly Bauert, Caroline Bennett, Sue Bey (Bay Tree), Claire Blackburn, Phil Boufield, Emma Brown, Laura Cartmill, Juanita Caseley, Dakota Catsby Potts, Helen Chapman, CHAS A BLATCHFORD, Leigh Chitty, Jonathan Clapp, Deborah Connell, Chris Cooper, Katy Crossman, Emma Davies, Zana Dean, Nick Dodge, Nicola Dodge, Jules Edmondson, Dean Edwards, Sara El Rabe, Em SEVEN LTD Robert Fawell, Susan Ferguson, Judi Ferreira, Chris Finan-hood, FINECO BANK, Ian Forsyth, David Fosler, Nichola Fosler, Alan Fox, Anne Garland, George Glew, P R Graham, Pippa Graham, Simon Grater, Debbie Grosch-Squance, Jamie Harris, Rachel Haynes, Joshua Heath, HINCKLEY RUGBY, Tim Howart, Paula Hudgell, Stuart Hughes, Allyson Irvine, Bahman Jalaladini, Lisa Jimenez, Emma Kearns, Mick Kirby, Kevin Kitto, Tracy Kitto, Angela Kozlowsji, Lucy Lambert, Byran Leaver, Rebecca Legon, Chris Linnitt, Melene Locke, Gerry Mac, Alison Marie, CJ Martin, Paul McDonald, Neil McLoughlin, Lee Millard, Rachel Milton, Gary Milton, Tunde Modra Swain, Sara Moran, Alastair Morris, Rachel Morris, Nike Inc., Sarah Newbury, Georgina O'Toole, Chris Parsons, Poli Patterson, Francesca and Michael Perissinotto, Christian Peter, Phil McCormick, Isabel Richards, Ripon Golf Club, Kiera Roche, Robert Roche, Paul Rogers, Audrey Salmon, Meva Singh Dhesi, HUGH STEEPER LTD, Gary Stephenson, Stumps and Cranks, Tandridge Golf Club, Kate Tilley, Janet Trigwell, Alexandra Vargova, Gill B Watson, Sarah Watson, Watt-SMI CECT&CE, Jacqueline Webber, Sarah L Weyma, Alison White, Michelle Whyte, Shelly Whyte, David Williamson, Jennifer Wilson, Jen Windsor, Thomas Woodrow, Mr Woodrow, Juliette and Trevor Woolf, Richard Zacharzewski, Ellie Zavaroni.



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
RISK MANAGEMENT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

## **14 RISK MANAGEMENT**

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Trustees acknowledge their responsibility for the Charity's system of internal control and for reviewing its effectiveness while recognising that such a system is designed to manage rather than eliminate the risk of failure to achieve the Charity's objectives and that there is reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the responsibility of management to implement the Trustees' policies.



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## **15. STATEMENT OF TRUSTEES RESPONSIBILITIES**

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure of the charitable organisation for that year end 31 December 2019. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose, with reasonable accuracy at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination is unaware;
- and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the external examiner is not aware of that information.

Approved by order of the board of Trustees on 19/09/2020 and signed on its behalf by



Janet Williams – Trustee Chairperson

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
INDEPENDENT AUDITORS REPORT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

## **16. INDEPENDENT AUDITOR'S REPORT**

We have audited the financial statements of The British Ambulant Disabled Sports and Arts Foundation (LimbPower) for the year ended 31 December 2019 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinion we have formed.

### **Respective responsibilities of trustees and auditor**

As explained more fully in the Trustees' Responsibilities Statement set out on page 26, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

### **Scope of the audit of the financial statements**

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of:

- Whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed;
- The reasonableness of significant accounting estimates made by the trustees; and
- The overall presentation of the financial statements.

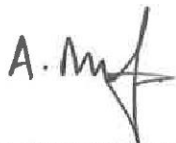
In addition, we read all the financial and non-financial information in the Report of the Trustees to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)  
INDEPENDENT AUDITORS REPORT  
FOR THE YEAR ENDED 31 DECEMBER 2019**

**Opinion on financial statements**

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 December 2019 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Charities Act 2011.



Andrew Morgan Meredith FCCA, Senior Statutory Auditor  
For and on behalf of  
Baxter & Co  
Chartered Certified Accountants  
Lynwood House  
Statutory Auditor  
Crofton Road  
Orpington  
Kent  
BR6 8QE

Date: *21 September 2020*

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**17. STATEMENT OF FINANCIAL ACTIVITY**

				Year Ended 2019	Period Ended 2018
	Notes	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Voluntary income	2	10,721	124,964	135,685	278,855
Activities for generating funds	3	135,485	-	135,485	67,776
		<hr/>	<hr/>	<hr/>	<hr/>
<b>Total</b>		<b>146,206</b>	<b>124,964</b>	<b>271,170</b>	<b>346,631</b>
<b>EXPENDITURE ON</b>					
Costs of generating funds	4	47,381	-	47,381	47,937
<b>Charitable activities</b>					
Sports England - Inclusive Sports		-	63,945	63,945	97,456
Department of Health - Children Prosthetic Fund		-	26,934	26,934	43,171
Department of Health – Fundamental Skills		-	11,067	11,067	-
LimbPower Adult and Junior Games		-	14,066	14,066	15,713
Starworks		-	9,213	9,213	27,896
Other Charitable activities		48,988	-	48,988	30,434
Support and Admin costs		24,975	-	24,975	26,971
Governance Cost	5	4,978	-	4,978	7,858
		<hr/>	<hr/>	<hr/>	<hr/>
<b>Total</b>		<b>126,322</b>	<b>125,225</b>	<b>251,547</b>	<b>297,436</b>
		<hr/>	<hr/>	<hr/>	<hr/>
<b>NET INCOME/(EXPENDITURE)</b>		<b>19,884</b>	<b>(261)</b>	<b>19,623</b>	<b>49,195</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		157,173	61,160	218,333	169,138
		<hr/>	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>177,057</b>	<b>60,899</b>	<b>237,956</b>	<b>218,333</b>
		<hr/>	<hr/>	<hr/>	<hr/>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**BALANCE SHEET**  
**AS AT 31 DECEMBER 2019**

**18. BALANCE SHEET**

				Year Ended 2019	Period Ended 2018
	Notes	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	8	3,467	-	3,467	5,772
		<u>3,467</u>	<u>-</u>	<u>3,467</u>	<u>5,772</u>
<b>CURRENT ASSETS</b>					
Debtors	9	4,232	18,837	23,069	18,104
Cash at bank		<u>177,805</u>	<u>75,837</u>	<u>253,642</u>	<u>206,802</u>
		<u>182,037</u>	<u>94,674</u>	<u>276,711</u>	<u>224,906</u>
<b>CREDITORS</b>					
Amounts falling due within one year	10	<u>(8,447)</u>	<u>(33,775)</u>	<u>(42,222)</u>	<u>(12,345)</u>
<b>NET CURRENT ASSETS</b>		<u>173,590</u>	<u>60,899</u>	<u>234,489</u>	<u>212,561</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>177,057</u>	<u>60,899</u>	<u>237,956</u>	<u>218,333</u>
<b>NET ASSETS</b>		<u>177,057</u>	<u>60,899</u>	<u>237,956</u>	<u>218,333</u>
<b>FUNDS</b>					
Unrestricted funds:					
General fund				<u>177,057</u>	<u>157,173</u>
Restricted funds:					
Sports England, Department of Health and Starworks				<u>60,899</u>	<u>61,160</u>
<b>TOTAL FUNDS</b>				<u>237,956</u>	<u>218,333</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**BALANCE SHEET**  
**AS AT 31 DECEMBER 2019 ....CONTINUED**

The Trustees acknowledge their responsibilities for

- Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard;
- Preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of each financial year and of its surplus or deficit for each financial year.

The financial statements were approved by the Board of Trustees on 19.09.2020 and were signed on its behalf by:



Janet Williams - Trustee Chairperson

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

## **19. NOTES TO THE ACCOUNTS**

### **ACCOUNTING POLICIES**

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

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

#### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds. It is probable that the income will be received and the amount can be measured reliably.

#### **Expenditure**

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

#### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computers and Office equipment - 20% straight line method.

#### **Taxation**

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

#### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### **Accounting period**

The Report and Financial Statements have been prepared for the 12 month period ended 31<sup>st</sup> December 2019. The comparative figures relate to the 18 month period ended 31<sup>st</sup> December 2018.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**2a. VOLUNTARY INCOME**

	2019	2018
	£	£
Subscriptions	245	445
Donations	6,783	14,577
Third Party donation	-	2,651
Sponsorship	<u>3,693</u>	<u>55,166</u>
	<u><u>10,721</u></u>	<u><u>72,839</u></u>

**2b. Grants**

	2019	2018
	£	£
Department of Health- Children Prosthetics Fund	19,725	29,800
Starworks	9,067	43,700
Sports England – Inclusive Sports Fund	84,172	114,516
Department of Health – Fundamental Skills	<u>12,000</u>	<u>18,000</u>
	<u><u>124,964</u></u>	<u><u>206,016</u></u>

**3. Activities for generating income**

	2019	2018
	£	£
Super Hero Tri	3,146	4,171
Mania Mara fun	2,479	701
I Can programme	18,447	14,486
AmpuTEA FeBREWary	4,064	3,639
Walking Events	15,303	2,376
LimbPower Junior & Adult Games	13,431	4,160
LimbPower Ball	-	20,410
Kilimanjaro Expeditions	52,485	-
Other individual fundraising activities	<u>26,130</u>	<u>17,833</u>
	<u><u>135,485</u></u>	<u><u>67,776</u></u>

**4. COSTS OF GENERATING FUNDS**

	2019	2018
	£	£
Staff costs	9,040	12,213
Marketing & advertising	4,670	4,245
LimbPower Ball	-	6,622
Event costs	10,499	-
Other fundraising costs	11,586	15,063
LimbPower Games	<u>11,586</u>	<u>9,794</u>
	<u><u>47,381</u></u>	<u><u>47,937</u></u>



**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**NOTES TO THE FINANCIAL STATEMENTS CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**5. GOVERNANCE COSTS**

	<b>2019</b>	2018
	<b>£</b>	£
Staff costs	<b>4,336</b>	5,258
Book-keeping and payroll services	<b>556</b>	528
Legal & professional fees	-	2,019
Trustees travel expenses	<b>86</b>	53
	<b><u>4,978</u></b>	<u>7,858</u>

**6. TRUSTEES' REMUNERATION AND BENEFITS**

There were no Trustees' remuneration or other benefits for the period ended 31 December 2019 (2018: £nil)

**7. STAFF COSTS**

Staff costs were as follows:-

	<b>2019</b>	2018
	<b>£</b>	£
Salaries and wages	<b>88,781</b>	127,515
Social security cost	<b>7,205</b>	7,686
	<b><u>95,986</u></b>	<u>135,201</u>

The average number of staff employed by the charity during the financial year was 4 (2018: 5).

No employee received emoluments of more than £60,000 in the 12 month period from 1 January to 31 December 2019 (2018:nil).

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**8. TANGIBLE FIXED ASSETS**

	Computers and office equipment £
<b>COST</b>	
At 1 Jan 2019	12,484
Additions	<u>-</u>
At 31 December 2019	<u><b>12,484</b></u>
<b>DEPRECIATION</b>	
At 1 January 2019	6,712
Charge for year	<u>2,305</u>
At 31 December 2019	<u><b>9,017</b></u>
<b>NET BOOK VALUE</b>	
At 31 December 2019	<u><b>3,467</b></u>
At 31 December 2018	<u><b>5,772</b></u>

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

	2019	2018
	£	£
Trade debtors	<b>2,000</b>	16,065
Prepayments	<b>2,232</b>	2,039
Accrued income – Sports England Grant	<b>18,837</b>	-
	<u><b>23,069</b></u>	<u><b>18,104</b></u>

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

	2019	2018
	£	£
Trade creditors	<b>3,547</b>	2,332
Social security and other tax	-	6,513
Accrued expense	<b>4,900</b>	3,500
Deferred Income	<b>33,775</b>	-
	<u><b>42,222</b></u>	<u><b>12,345</b></u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

**11. MOVEMENT IN FUNDS**

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
<b>Unrestricted funds</b>			
General fund	157,173	19,884	177,057
<b>Restricted funds</b>			
Sports England	39,957	6,161	46,118
Starworks	6,588	(146)	6,442
Department of Health – Children Prosthetic Fund	14,615	(7,209)	7,406
D of Health – Fundamental Skills	-	933	933
<b>TOTAL FUNDS</b>	<u><u>218,333</u></u>	<u><u>19,623</u></u>	<u><u>237,956</u></u>

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

	Incoming resources £	Resources expended £	Adjustment £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	146,206	(126,322)	-	19,884
<b>Restricted funds</b>				
Sports England	84,173	(78,011)	-	6,161
Starworks	9,067	(9,213)	-	(146)
D of Health – Children Prosthetics Fund	19,725	(26,934)	-	(7,209)
D of Health – Fundamental Skills	12,000	(11,067)	-	933
	<u>124,964</u>	<u>(125,225)</u>	<u>-</u>	<u>(261)</u>
<b>TOTAL FUNDS</b>	<u><u>271,170</u></u>	<u><u>(251,547)</u></u>	<u><u>-</u></u>	<u><u>19,623</u></u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

	2019	2018
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Voluntary income</b>		
Subscriptions	245	445
Donations	6,783	14,577
Third party donation	-	2,651
Sponsorship donation	3,693	55,166
	<u>10,721</u>	<u>72,839</u>
 <b>Activities for generating funds</b>		
Super Hero Tri	3,146	4,171
Mania Mara fun	2,479	701
I can programme	18,447	14,486
AmpuTEA FeBREWary	4,064	3,639
Walking Events	15,303	2,376
LimbPower Junior & Adult Games	13,431	4,160
Kilimanjaro	52,485	-
LimbPower Ball	-	20,410
Individual fundraising activities	26,130	17,833
	<u>135,485</u>	<u>67,776</u>
 <b>Grant</b>		
Department of Health – Children Prosthetics Fund	19,725	41,800
Starworks	9,067	42,700
Department of Health – Fundamental Skills	12,000	18,000
Sports England – Inclusive sports	84,172	103,516
	<u>124,964</u>	<u>206,016</u>
 <b>Total incoming resources</b>	<u>271,170</u>	<u>346,631</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

	2019	2018
	£	£
<b>COSTS OF GENERATING FUNDS</b>		
Staff costs	9,040	12,213
LimbPower Games	11,586	9,794
LimbPower Ball	-	6,622
Marketing and advertising	4,670	4,245
Events costs	10,499	-
Other fundraising	11,586	15,063
	<u>47,381</u>	<u>47,937</u>
<b>Charitable activities</b>		
Sports England – project costs	63,945	97,456
Department of Health – Children Prosthetics Fund	26,934	43,171
Starworks	9,213	27,896
Department of Health – Fundamental Skill	11,067	
LimbPower Games Junior and Adult	14,066	15,713
Activity kits and research		27,896
Other charitable activities – including depreciation	48,988	30,434
	<u>174,213</u>	<u>214,670</u>
<b>Support costs and General Admin Cost</b>		
<b>General Admin costs</b>		
Staff wages	11,909	10,280
Travel expenses	402	-
General office expenses	1,361	1,268
Insurance	418	347
IT support and telephone	505	561
Postages	78	468
Book-keeping and accountancy	2,224	2,113
Office stationeries and printing costs	4,119	4,581
Advertising & marketing	2,196	3,543
Subscriptions	145	551
Bank charges	927	1,147
Depreciation	691	2,112
	<u>24,975</u>	<u>26,971</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2019**

	2019	2018
	£	£
<b>Governance costs</b>		
Staff and wages costs	4,336	5,257
Bookkeeping and payroll	556	529
Trustee Travel	86	53
Legal & professional fees	<u>          </u>	<u>2,019</u>
	<u>4,978</u>	<u>7,858</u>
 <b>Total resources expended</b>	 <b>251,547</b>	 <b>297,436</b>
	<u>          </u>	<u>          </u>
 <b>Net Surplus for the year</b>	 <b>19,623</b>	 <b>49,195</b>
	<u>          </u>	<u>          </u>