



THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION (LIMBPOWER)

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 2021**

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
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FOR THE YEAR ENDED 31 DECEMBER 2021**

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**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
OVERVIEW FROM THE CHAIR
FOR THE YEAR ENDED 31 DECEMBER 2021**

1. LETTER FROM THE CHAIR

2021 has been one of our most difficult years, yet the charity has shown great strength, resilience, and ability to adapt to support the changing community needs. This report reflects the outstanding efforts made by everyone at LimbPower to rise above these challenges to continue helping as many children as possible, young people and adults with an amputation or limb difference and their families and support networks.

2. OVERVIEW FROM THE CEO

LimbPower's small team of passionate individuals work towards one goal, supporting children, young people and adult amputees and individuals with limb difference through the rehabilitation process and back into school and community activity. We support both the individual with limb difference and their families and support network, this extended support is vital in supporting successful engagement. We do this through engaging directly with beneficiaries and their families and through working in partnership with other relevant organisation to close the gap in support services.

We are a user lead charitable organisation with Board members, staff and volunteers who have limb difference, so we understand the needs, want and desires of community members. We also understand the many barriers to participation, and we work tirelessly to remove these barriers as an organisation and as part of the larger community. When we launched LimbPower in 2009 it was to fill the gap in access to disability sports for civilian amputees, as there were no organisations working in this space. In the last ten years, there have been huge improvements and we now work with and collaborate with many organisations large and small. While there have been challenges during the Covid-19 Pandemic, we adapted and created online classes and content to fulfil our objective of supporting community members to engage in an activity.

We are incredibly proud to have supported and engaged with over 1500 individuals during 2021 and to have worked with 1,000 healthcare professionals, organisations, coaches, instructors, and teachers to support community members into activities in school, at home and in the community. We have developed new online video content and paper resources and collaborated with research projects to improve the prosthetic service and access to exercise, physical activity, and sport.

What many beneficiaries are not aware of is the work that LimbPower conducts behind the scenes to improve the access to and quality of the prosthetic service, as well as access to P.E., exercise, physical activity, and sport. LimbPower works with the Department of Health and Social Care, NHS England, Sport England, and other sector partners to promote change and service improvements. We look at gaps in service and try to fill them or bridge them through our strategic partnerships. We administer the Children's Activity Prosthetic Fund on behalf of the Department of Health and Social Care, which has given over 500 children activity prosthetics and will continue to do so in 2022, something we are immensely proud of.

2021 was a strange year as we started to come out of lock-down resulting in LimbPower offering a hybrid service to meet community needs of online and in-person engagement, reaching and supporting 500 more people than we have in previous years. Through the addition of our online programme and virtual events, we have been able to reach further across England and Wales and work with people who are not as mobile or have barriers to travel. LimbPower is committed to maintaining and developing these

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OVERVIEW FROM THE CHAIR
FOR THE YEAR ENDED 31 DECEMBER 2021**

programmes and to supporting more vulnerable and less mobile community members to improve their rehabilitation through their mental, physical, and social health.

We hope you will join us in making this a reality.

Warmest regards,

Kiera Roche
CEO and Founder

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
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HIGHLIGHTS FROM 2020
FOR THE YEAR ENDED 31 DECEMBER 2021**

3. HIGHLIGHTS FROM 2021

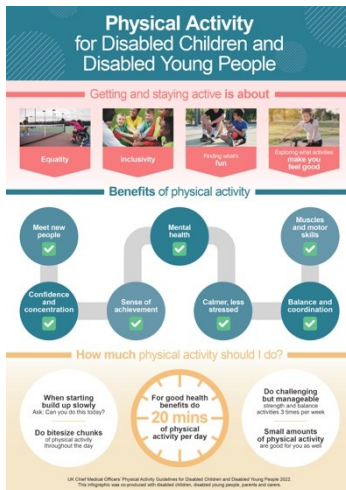
Breaking boundaries with a trek along Hadrian's Wall

Another first for LimbPower, Trustee, Paralympian and double amputee Rachel Morris joined our team of limb different walkers and pushers to take on Hadrian's Wall in the summer. Rachel is the first wheelchair user to navigate Hadrian's Wall in an all-terrain wheelchair. Rachel was joined by other limb different team members, including CEO Kiera Roche and Fitness Officer Rebecca Legon and a support crew to take on this incredible challenge and change perceptions about what people with limb difference are capable of.

New Government Infographic and Evidence Review - Physical activity for general health benefits in disabled children and disabled young people: rapid evidence reviews with the Chief Medical Officer.

LimbPower were the first NDSO to respond to the call by Sport England to support this resource and we fed the information back to the other National Disability Sports Organisations.

Carly Bauert, our Children and Family Officer worked with Brett Smith at Durham University to bring two children's focus groups together, for which we were paid a small fee. Carly appeared on Woman's Hour to speak about the resource. Carly spotted that there were no obvious disabled people in the photos and asked for an amputee to be included. We are loving being a system partner. It is also an honour to be recognised for contributing to such an important piece of work.



ReVAMP

LimbPower have further developed the reVAMP 12-week fitness and nutrition programme with Paralympian Jack Evers, to include beginners and intermediate programmes and standing and seated programme to meet the growing demand. 96 people have taken part in the 12-week programme, with many signed up for the next programme. This programme has been one of LimbPower's success stories of the Covid-19 Pandemic.

#ICan Adult Camp at the Calvert Trust

LimbPower runs an adventure weekend for 22 amputees and their families and carers at the bespoke Calvert Trust Centre in Exmoor. This event added the zing back to participants' mental, physical, and emotional well-being after the Covid-19

restrictions., fresh air, clear skies, and the surrounding countryside were just what the participants needed. This event is focused on low-level fun outdoor activities that can be engaged in across the country as an introduction to lifestyle outdoor activity, as well as supporting community members' physical and social health. We will be running another camp in February 2022 supported by Sport England.

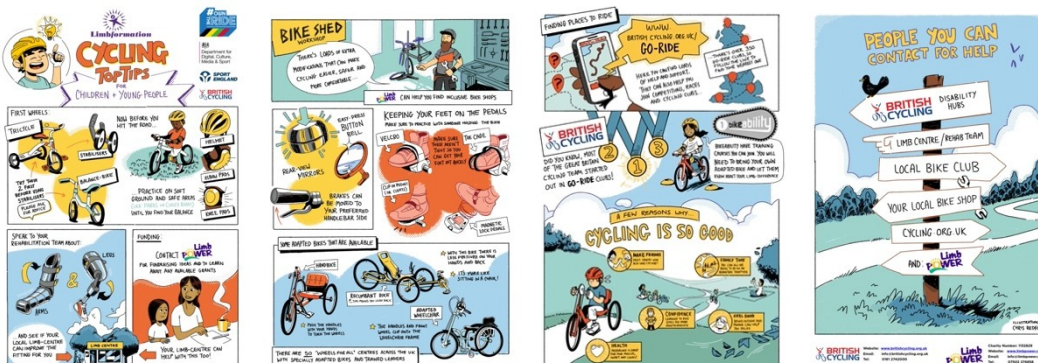
**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
HIGHLIGHTS FROM 2020
FOR THE YEAR ENDED 31 DECEMBER 2021**

#ICan Family Camp September 2021

LimbPower took 13 families with limb different children to a weekend residential camp at Longtown Outdoor Residential Centre, in the Brecon Beacons at the end of September. #ICan Family Camp offers families of a child with limb difference a residential outward-bound weekend away for the whole family. The whole family get to take part in fun and adapted (to their needs) outdoor activities including canoeing, paddle boarding and climbing with their sibling and peers, children 'like me' in a safe and supportive environment, enabling children to learn and develop new skills without the pressure of being different. The families have dedicated social time together, as well as independent focus groups for parents, limb different children and siblings. We are grateful for the support of the Limbless Association and Starworks with this project.

British Cycling Infographic

LimbPower were commissioned by the NGB, British Cycling to produce two infographics in the style of the suite of infographics previously produced for the Starworks project. The first of these infographics was completed in 2021. The target audience of the first infographic are families and children with limb differences. LimbPower received a fee for this work. This infographic will be physically launched at the LimbPower Junior Games 2022, where we will have British Cycling, Wheels for Us and Hand Cycling UK.



Online Programme

LimbPower added extra classes and content to our online live exercise classes with the introduction of two new instructors. Upper limb different personal trainer Olivia Chapman and **Paracise** and adapted Zumba teacher **Kaaren** Admiral. We developed two exercise workshops with England Athletics and British Athletics for coaches and run a virtual online rehabilitation event Beyond Boundaries for amputees, individuals with limb difference and their families, as well as their wider support network of healthcare professionals and coaches. 53 people registered to attend this live online event.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
REFERENCE AND ADMINISTRATIVE DETAIL
FOR THE YEAR ENDED 31 DECEMBER 2021**

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 nd January 2017
Ross Wadey	Appointed 20 th November 2016
Jessica Cook	Resigned 12 th December 2020
Carl Barrett	Appointed 02 nd March 2018
Angela Schroeder - Vice Chair	Appointed 20 th January 2017
Rachel Morris	Appointed 17 th November 2018
Chris Linnitt	Appointed 17 th November 2018
Ken Black	Appointed 31st March 2021
John Head (Associate)	Appointed 13 th June 2022

Auditors

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

Patron

Richard Whitehead

Ambassadors

Andrew Lewis
Anne Dickins
Anoushè Husain
Danny Green
Gemma Trotter
Helen Chapman
Jack Evers
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 2021**

5. STRUCTURE AND GOVERNANCE

LimbPower is a charitable foundation founded on 19th 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 20th November 2009, registration number 1132829. LimbPower is transitioning to a Charity Incorporated Organisation and will file next year's accounts as LimbPower RCN, 1180906.

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 users); 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 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 has 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 2021**

7. OBJECTIVES AND ACTIVITIES

LimbPower understands the value and importance of engaging with our beneficiaries, volunteers, physical activity advisers and mentors whom all have a personal stake in the charity and our success.

In the beginning, LimbPower focused on delivering events and activities to aid limb-impaired persons' physical, social, and psychological rehabilitation. Since becoming a National Disability Sports Organisation in July 2014 LimbPower has developed a more in-depth knowledge of the Disability Sports Landscape and as a result, we have developed our services to include events, workshops, toolkits, coaching resources, sports action plans, membership, case studies and factsheets. We have identified new stakeholders who can help LimbPower achieve our objectives but on a larger, national scale. During the Covid-19 pandemic, LimbPower were required to change the way we work to support the needs of the community members we serve by introducing new online and virtual engagement opportunities. LimbPower is dedicated to having a positive, meaningful, and measurable impact on improving the lives of amputees and individuals with limb impairments.

Our vision is to change 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, and 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 managers, lawyers, support workers, coaches, and other sports providers on how to engage and adapt sports for the limb impaired.

- Increase the number of amputees and individuals with limb impairments taking part in physical activity, playing sports, 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 amputees 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 advice through access to useful and relevant information.
- Open dialogue and engage with stakeholders around exercise, 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 2021**

8. LIMBPOWER'S CORE VALUES

Enjoyment - LimbPower work to promote the enjoyment and fun of taking part in an activity, as well as promoting the health benefits. Encourage the whole family friends and social and support networks to engage in an activity together.

Empowerment - LimbPower work to support and enable individuals through caring, listening and responding positively to their individual and organisational needs. To motivate and inspire individuals with limb differences to change their own lives and make their voices heard. We advocate and promote positive role models as a catalyst for engagement.

Inclusion - LimbPower respects diversity, treating everyone equally, with fairness and without discrimination to create conditions and opportunities for everyone to engage in an activity.

Knowledge - LimbPower strive to be impairment-specific experts in sharing quality and accurate knowledge, advice, support and guidance to beneficiaries and partners.

ACTIONS TO ENSURE OUR VALUES ARE ADHERED TO

Respect - LimbPower work to treat everyone as individuals, with respect and dignity and celebrate people's differences. Promote sportsmanship at all our engagement opportunities.

Professionalism - LimbPower strives to always act with responsibility, transparency, integrity, honesty, and sincerity. To deliver our work with a high level of competence, efficiency quality and accountability.

Impact - To strive to make a real and sustained difference in the lives of our beneficiaries in a measurable way, through running fun and educational activities, events and workshops that empower the individuals and their families and support network.

Collaboration - LimbPower is committed to working with others to provide sustainable opportunities to affect behaviour change and have an impact on our community.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DESIRED OUTCOMES
FOR THE YEAR ENDED 31 DECEMBER 2021**

9. DESIRED OUTCOMES - PUBLIC BENEFIT

Physical well-being (Improved physical health)

LimbPower supports community members through the rehabilitation process and in 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 of 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 and reducing feelings of isolation. Mastering new skills increase 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 2021**

10. CHARITY ACTIVITIES

LimbPower has adapted our charity activities and how we deliver our programme to support the changing community needs. We have introduced more online and virtual content and programmes which has also enabled us to reach more inactive and rurally located community members. We were able to reopen some of our in-person events and charitable activities including the #ICan Camps, while other programmes were impacted by the Covid-19 pandemic including the cancellation or postponements of our summer live events and the Physical Activity Adviser programme which was hindered while the Limb Centres and Rehabilitation Centres were closed, Volunteers are still not allowed onsite at NHS Hospital Trust sites.

LimbPower's interventions work 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
Public Policy	LimbPower works with NHS England, The Department of Health, and Social Care, NHRI via Devices for Dignity (Starworks) and Sport England to engage with policymakers 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 Education), physical activity, and sport. LimbPower are engaging with the Chief Medical Officer on creating guidelines for exercise for disabled children.
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.
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?
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.
Intrapersonal	LimbPower supports 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 works to bridge the gap between rehabilitation and a physically active life.
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Table 1

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
COMMUNITY ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

11. 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 the hospital and the hospital rehabilitation programme and engaging in school and community activity. Staff, physical activity advisers, mentors, volunteers, and ambassadors all play a vital role in supporting our community members during this transition and their ongoing engagement in exercise, physical activity, and sport.

Engagement method	Interventions
Interventions – telephone and email beneficiaries	1845
Interventions – telephone and email partners, coaches, and healthcare professionals	1452
Online classes	1287
Events	192
Children’s Activity Prosthetic Fund	594
Annual website visitors (unique users)	28,000
SOCIAL MEDIA	
Twitter follower	5,158
Tweet impressions	258,000
Instagram followers	1,257
Facebook page follower	2,671
YouTube videos viewed	8,489
LimbPower Facebook page reach	42,659
LimbPower Facebook Page Likes	2,600
Instagram follower	1598
Instagram page reach	11,639

Table 2

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
COMMUNITY ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

Interventions & Services

Programmes

Children's Activity Prosthetic Fund
Physical Activity Adviser programme
Inclusive Dance Programme
Nordic Walking Programme
ReVAMP
Walking Wednesday
Tackling Inequalities Fund

Events & Workshops

Beyond Boundaries
Manic MaraFun
Spring into Action
Q and A Workshops
Stay at Home Superheroes
Winter Wonder Wheels
#ICan Family Camp
#ICan Adult Camp
Virtual Summer Go Tri

Classes & Videos

New *Adaptive Fitness Fun Videos
Art 4 All
New* Monday Morning Motivation Videos
Paracise
Tai Chi
Yoga
Zumba
Anyone Can Dance

ReVAMP A lifechanging fitness and nutritional programme designed by Paralympian Jack Evers to support our community with a unique 12-week course of adaptive challenging exercise circuits and nutritional advice. 81 amputees and individuals with limb difference have benefitted from this programme.

#ICan Camps are designed for people with limb loss and limb difference who face many barriers and transitions, both children and adults. The Camps were created to meet the need to support children, young people and adults with an amputation or congenital limb difference on their lifelong rehabilitation journey. Camps support the development of mobility, independence, social skills, self-discipline and support a healthy mind.

Beyond Boundaries

A bespoke and interactive Beyond Boundaries Workshop supported by Irwin Mitchell, which engaged individuals in exercise and physical activity with a focus on overcoming barriers to become more active, with a mixture of dynamic live exercise classes and engaging presentations. Over 50 community members registered for this event

School Games Dance Resource

In conjunction with Para Dance UK and the Youth Sport Trust LimbPower created four new dance cards and videos which were developed for release during the School Games Week. Designed to be used by an individual child or young person or in a school or community setting and involves engaging and easy to follow routines (with supporting videos) that are accessible and fun. They support strength, balance, and flexibility and help to improve energy levels and mood. Each one is adaptable to individual's abilities. so

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

11. PARTNERSHIPS AND ENGAGEMENT

LimbPower engages with government agencies, the sports sector, health sector and charity sector to support our charities programmes and community engagement in exercise, physical and sport.

HEALTH SECTOR ENGAGEMENT

LimbPower works in partnership with the Department of Health, NHS England, National Health Research Institute via the Devices for Dignity, and the Artificial Limb Centres, who deliver the prosthetics and orthotics services. LimbPower also engages with manufacturers in the Prosthetic and Orthotic Industry. Through these relationships, we have gained credibility in the industry and have become a trusted partner that 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.

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

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 Officer is a **Patient and Public Voice** representative on this review panel.

Research - LimbPower engages with research partners to inform policy and influence change. We are currently conducting research into the pathway for complex cases, an often-overlooked demographic, with greater rehabilitation needs than more able community members. We are also conducting two pieces of impact research. **Starworks** - we work closely with the Starworks team facilitating research to support children and young people with limb difference.

SPORT SECTOR ENGAGEMENT

Sport England - LimbPower is a trusted NDSO, and system partner funded by Sport England to tackle inactivity among amputees and individuals with limb difference. LimbPower has been distributing the Tackling Inequalities Fund as part of the NDSO network. Together the seven NDSO's create access to exercise, physical activity, and sport for people with a disability.

The Seven National Disability Sports Organisations meet on a regular basis at a management, executive and marketing level, working in collaboration on programmes and sharing best practices, research and insight and communications.

Sports Sector- LimbPower continues to engage with sports sector partners and organisations including the Sports and Recreation Alliance, and The Activity Alliance. The British Paralympic Association via parasport, The Youth Sport Trust, Sporting Equals and our National Governing Body of Sport partners and Active Partnerships, supporting them to increase participation in their sport.

Charity Sector- LimbPower is a founding member of the limb loss charities network working with the leading limb loss charities and disabled people's organisations. LimbPower collaborates with the seven other NDSO organisations – WheelPower, Cerebral Palsy Sport, UK Deaf Sport, British Blind Sport, Dwarf Sports Association UK, Mencap, and Special Olympics Great Britain.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
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PARTNERSHIPS AND ENGAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

"It's 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.**

Research - Universities and Academics

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

"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**

"LimbPower has been key to our work in research and innovation for children with limb loss. Our aim is to increase research across the system to accelerate the translation of new inventions and developments in child prosthetics into everyday use. This initiative is centred on the needs of children and their families as well as the NHS and ensures there is the ideal balance of 'clinical pull' and 'technical push' to create an energetic environment in which to innovate and to partner with industry. At the centre of this are children and families, they work with us to ensure that the end innovation works for them.

LimbPower's open and trusting approach means that children and young people go to them for support, guidance, and advice. We recognised their vital work right away and we are delighted that they see us as key collaborators. I can honestly say that our knowledge of unmet needs in this area, our networks, our base knowledge and our 16 funded projects would be very limited with the support of LimbPower." **Nathaniel Mills NIHR Devices for Dignity MedTech Co-operative and NIHR Children and Young People MedTech Co-operative, Programme Manager.**

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2021**

12 MARKETING AND COMMUNICATIONS

COMMUNITY ENGAGEMENT

LimbPower supports children, young people and adults affected by amputation and limb difference, via our programmes and services and through our dedicated staff and a team of **85 volunteers** offering advice, support, and signposting to local and national opportunities, sharing useful and relevant resources and educational materials. LimbPower offers marketing and public relations interventions to reach and communicate with beneficiaries and their support network of charities, user groups, healthcare professionals and services. LimbPower also offers support and advice to healthcare professionals, sports and exercise professionals and teachers who engage in the rehabilitation of amputees and individuals with limb difference.

Building our community

LimbPower's primary objective is to support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social, and mental well-being, to do this we need to reach as many community members as possible through a variety of communication channels. Each year our number of members, subscribers and followers increases and in 2021 we received double the number of website visitors with 24,000 unique users visiting our website, and all our social media channels received more subscribers, followers and likes. The figures are in table 2 on page 10.

Social Media Campaigns

LimbPower runs three annual social media campaigns, focusing on sharing the physical and mental health benefits of engaging in physical activity and sport. People with a physical disability are 50% more likely to be inactive than their non-disabled friends and family members. This figure increased due to the additional barriers presented to disabled people during the Covid-19 pandemic. Sharing educational material, information resources and inspirational case studies is a vital part of the engagement programme to increase participation in exercise, physical activity, sport, and art. Our research and research by other organisations highlight that one of the major barriers to participation for our community members is a lack of information. LimbPower work to address this lack of information through our resources and marketing and social media campaigns and through our website and online communities.

Limb Loss Awareness Month is an awareness campaign to promote the positive aspects of limb difference. LimbPower engages with other limb loss charities, service providers, manufacturers, and community members. This campaign runs throughout the month of April. 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 these infographics called 'Move More at Home', 'Move More at Work' and 'Move More for Children'.

Active August online campaign

This year's campaign focused on physical and mental health to support our community members during the Covid-19 pandemic to help kick-start a healthy and active lifestyle, with excellent engagement levels from community members. We shared some fantastic resources including the Otto bock Fitness App, Otto bock workout, and LimbPower's exercise videos including new Adaptive Fitness Fun exercise videos with Jack Eyers (all available on YouTube and the LimbPower website www.limbpower.com). During August, we received 432 social media posts and engaged with 1,193 active

members with our live exercise and yoga sessions being the most popular. The online campaign reached 3,578 people and over 7,000 people have viewed our online videos.
#ActiveAugust

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
MARKETING AND COMMUNICATIONS
FOR THE YEAR ENDED 31 DECEMBER 2021**

- **I can campaign;** to celebrate 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.

Resources - LimbPower has produced 178 resources, 67 paper resources and 113 videos 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. This does not include the extensive resource library for the subscription reVAMP videos. <https://limbpower.com/resources>

NEW THIS YEAR

Summer Top Tips

A guide for amputees and individuals with limb differences to plan for the summer season, with useful and relevant information on tackling heat and perspiration, travel, accommodation, and accessibility.

Cycling Resource

LimbPower in conjunction with British Cycling produced a new Children's Cycling Infographic to join our suite of child-centric infographics to support the physical, mental, and social well-being of children with limb difference. This resource was created to address the needs of limb-impaired children to take part in cycling. LimbPower worked with families and British Cycling representatives to develop this fun illustrated guide to navigating the world of cycling in response to research and insight from parents and children.

Camp Resource

LimbPower created a fun infographic with illustrations, listing what families and individuals with limb difference should pack to join one of our residential camps. LimbPower worked with families and individuals with limb difference to provide this infographic.

Parasport

LimbPower collaborated with the BPA and Parasport to produce three at-home workout videos to support disabled people during the lockdown. These videos were well received with over 2,000 views. All three videos are available on the Parasport YouTube Channel and on the LimbPower YouTube channel.

School Games Resource

In conjunction with Para Dance UK and the Youth Sport Trust LimbPower created four new dance cards and videos which were developed for release during the School Games Week. Designed to be used by an individual child or young person or in a school or community setting and involves engaging and easy-to-follow routines (with supporting videos) that are accessible and fun. They support strength, balance, and flexibility and help to improve energy levels and mood. Each one is adaptable to an individual's abilities, so people can simply take them at their own pace.

Exercise Case Studies

LimbPower produced five new case studies featuring amputees and individuals with limb difference who took part in the online exercise classes and reVAMP during 2021 to gain insight into how beneficial these online programmes were for the participants and to share the value of this programme with other limb different community members. You can view the case studies here <https://limbpower.com/resources/case-studies>.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
FUNDRAISING
FOR THE YEAR ENDED 31 DECEMBER 2021**

13. FUNDRAISING

LimbPower are enormously grateful for every single donation we receive from individuals, families, and organisations. We thank each 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 Grantmakers who already provide grants in disability sports. By focusing our fundraising activities in this way, LimbPower can make the best use of the limited resources the charity has.

O2 Climb

In February, our team of explorers braved the wind and rain to walk over the roof of the O2 Arena in London to raise funds for #ICan Camps. The team included five children and two limb different adults. Considering the appalling weather, we had a wonderful day.

2.6 Challenge

LimbPower were negatively affected when this year's participation and fundraising events had to be cancelled or postponed due to the COVID-19 pandemic. The 2.6 challenge was launched to aid assistance to charities facing these uncertain times, and this national fundraiser arrived with perfect timing. Our epic team of 32-super-amputee and their families united in a sports activity of their choice, to include the numbers 2.6 or 26 in their challenge.

Hadrian's Wall

What an incredible and awe-inspiring experience. Phenomenal team of amputees, partners, friends, and supporter. As a team, throughout our challenge, we trekked a whopping 45 kilometres along Hadrian's wall. Our team included LimbPower trustee and Paralympian Rachel Morris who completed the trek in an all-terrain wheelchair, the first-ever wheelchair user to do so.

Stay At Home Superhero series 2021

The evil villain Covid-19 didn't stop our awesome community from completing their super sporting mission in summer 2021. Oh no! 36 LimbPower Superheroes stepped up to the new, month-long 'At Home' challenge raising an awesome £9985.36.

Winter Wonderwheels 2021

To ensure everyone stayed super motivated for the second-ever month-long At Home challenge. LimbPower had 24 Superheroes and Sidekicks take part in their own personal challenge and we raised an incredible £17,840.24. A very special mention needs to go out to new LimbPower Junior, Arthur Stone and his family and friends who raised £12,480.25.

THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
FUNDRAISING
FOR THE YEAR ENDED 31 DECEMBER 2021

A huge thank you to all our fantastic fundraisers, funders, donors' supporters, and wonderful volunteers. Your support is immeasurable and invaluable to our fundraiser's incredible efforts and achievements throughout the year.

MAIN GRANT PROVIDERS

Sports England, Department of Health and Starworks, Toyota Parasport, Tackling Inequalities Fund

OUR CORPORATE AND TRUST SPONSORS

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

FUNDRAISERS

We celebrate our fundraisers and volunteers on our website, social media, and stories. 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 one of you for your contribution.

OUR DONORS

LimbPower receives 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 donated to LimbPower please accept our sincerest apologies and please do get in touch so that we can amend any reports and documents.

VOLUNTEERS

LimbPower's incredible volunteers fuel our charity engine. These wonderful individuals who give up their time to support LimbPower and the community members are invaluable resources. Thank you for all you do!

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
RISK MANAGEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

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 2021**

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 2021. 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

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 2021**

11. 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 2021 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 2021**

11. 16. INDEPENDENT AUDITOR'S REPORT

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 of 31 December 2021 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

Date:

For and on behalf of

Baxter & Co

Chartered Certified Accountants

Lynwood House

Statutory Auditor

Crofton Road

Orpington

Kent

BR6 8QE

**FOUNDATION
(LIMBPOWER)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

17. STATEMENT OF FINANCIAL ACTIVITY

					Year Ended 2021	Year Ended 2020
		Unrestrict ed funds	Designate d funds	Restricted funds	Total funds	Total funds
	Note s	£	£	£	£	£
INCOME AND ENDOWMENTS FROM						
Voluntary income	2	54,371	-	105,712	160,083	158,536
Activities for generating funds	3	56,479	-	-	56,479	66,602
Total		110,850	-	105,712	216,562	225,13
EXPENDITURE ON						
Costs of generating funds	4	(28,475)	-	36,752	8,277	51,139
Charitable activities						
Sports England - Inclusive Sports Department of Health		-	-	42,050	42,050	53,679
- Children Prosthetic Fund		10,293	-	26,300	36,593	34,522
- Fundamental Skills		-	-	610	610	
LimbPower Adult and Junior Games Starworks		-	-	-	-	8,320
Research and Insight		16,350	-	-	16,350	
I Can Camp - Adult and Family		17,426	-	-	17,426	
Other Charitable activities		3,783	-	-	3,783	8,285
Support and Admin costs		38,441	-	-	38,441	22,581
Governance Cost	5	-	-	-	4,944	5,872
Total		139,325	-	68,960	208,285	173,99
NET INCOME/(EXPENDITURE)						
RECONCILIATION OF FUNDS						
Total funds brought forward		105,592	89,887	93,616	289,095	237,95
Total funds carried forward		77,117	89,887	130,368	297,372	

**THE BRITISH AMBULANT
DISABLED SPORTS AND
ARTS FOUNDATION**
(LIMBPOWER)
BALANCE SHEET AS AT 31 DECEMBER 2021

18. BALANCE SHEET

				Year Ended 2021	Year Ended 2020
	Unrestricte d funds	Designate d funds	Restricted funds	Total funds	Total funds
otes	N	£	£	£	£
FIXED ASSETS					
Tangible assets	8 3,370	-	-	3,370	4,408
	3,370	-	-	3,370	4,408
CURRENT ASSETS					
Debtors	4,600	-	34,458	39,058	45,316
Cash at bank	9	134,747	93,387	292,292	265,323
		139,347	98,616	331,350	310,639
CREDITORS					
Amounts falling due within one year					
10					
(14,543)					
-					
(22,805)					
(37,348)					
(25,952)					

NET CURRENT ASSETS

124,804
93,387
75,811
294,002
284,687

TOTAL ASSETS LESS CURRENT LIABILITIES

128,174
93,387
75,811
297,372
289,095

NET ASSETS

128,174

93,387	
<u>75,811</u>	
297,372	
289,095	

FUNDS

Unrestricted funds:

General fund

Designated fund

128,174	105,592
<u>93,387</u>	<u>89,887</u>

221,561	195,479
---------	---------

Restricted funds:

Sports England, Department of Health and Starworks

<u>75,811</u>	<u>93,616</u>
---------------	---------------

TOTAL FUNDS

<u>297,372</u>	<u>289,095</u>
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**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
BALANCE SHEET AS AT 31 DECEMBER 2021**

The Trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard.
- (b) 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.

The financial statements were approved by the Board of Trustees in **October 2022** 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 2021**

19. NOTES TO THE ACCOUNTS

1. 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 31st December 2021. The comparative figures relate to the 18-month period ended 31st December 2020.

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021**

2a. VOLUNTARY INCOME

	2021	2020
	£	£
Subscriptions	965	1,285
Donations	42,192	21,012
Research and Insight	5,950	-
Sponsorship	5,264	7,500
	<u>54,371</u>	<u>29,797</u>

2b. Grants

	2021	2020
	£	£
Department of Health- Children Prosthetics Fund	26,300	26,300
Starworks	-	27,200
Sports England – Inclusive Sports Fund	79,412	75,239
Other Grants	-	-
	<u>105,712</u>	<u>128,739</u>

3. Activities for generating income

	2021	2020
	£	£
Super Hero Tri	2,367	6,035
Mania Mara fun	-	4,415
I Can programme	25,492	3,672
AmputEA FeBREWary	456	2,295
Walking Events	13,775	1,647
LimbPower Junior & Adult Games	-	25,390
Winter Wonderwheels	3,189	17,179
Running Events	3,982	-
Other individual fundraising activities	<u>7,218</u>	<u>5,969</u>
	<u>56,479</u>	<u>66,602</u>

4. COSTS OF GENERATING FUNDS

	2021	2020
	£	£
Staff costs	11,332	9,435
Marketing & advertising	8,426	3,765
Limbformation Project Costs	-	-
Event costs	14,618	9,175
Other fundraising costs	12,247	8,869
LimbPower Ball	1,465	-
LimbPower Games	-	8,320
	<u>48,088</u>	<u>39,564</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021**

5. GOVERNANCE COSTS

	2021	2020
	£	£
Staff costs	4,533	4,494
Book-keeping and payroll services	411	
Legal & professional fees	-	1,000
	<u>4,944</u>	<u>5,872</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2021 (2020: £nil)

7. STAFF COSTS

Staff costs were as follows: -

	2021	2020
	£	£
Salaries and wages	96,082	100,304
Social security cost	<u>8,787</u>	<u>8,653</u>
	<u>104,869</u>	<u>108,957</u>

The average number of staff employed by the charity during the financial year was 4 (2020: 4).

No employee received emoluments of more than £60,000 in the 12-month period from 1 January to 31 December 2021 (2020: nil).

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021**

8. TANGIBLE FIXED ASSETS

	Computer s and office equipmen t £
COST	
At 1 January 2021	16,121
Additions	<u>840</u>
At 31 December 2021	<u>16,961</u>
DEPRECIATION	
At 1 January 2021	11,713
Charge for year	<u>1,878</u>
At 31 December 2021	<u>13,591</u>
NET BOOK VALUE	
At 31 December 2021	<u><u>3,370</u></u>
At 31 December 2020	<u><u>4,408</u></u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	4,600	3,500
Prepayments	-	3,363
Accrued income	<u>34,458</u>	<u>38,453</u>
	<u><u>39,058</u></u>	<u><u>45,316</u></u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	7,520	5,748
Social security and other tax	1,846	4,354
Accrued expense	5,177	4,900
Deferred Income	<u>22,805</u>	<u>10,950</u>
	<u><u>37,348</u></u>	<u><u>25,952</u></u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2021**

11. MOVEMENT IN FUNDS

	At 1.1.21	Net movemen t in funds	Transfer between funds	At 31.12.21
	£	£	£	£
Unrestricted funds				
General fund	105,592	(36,975)	-	68,617
Designated fund	89,887	3,500	-	93,387
Restricted funds				
Sports England				
Starworks				
Truecolours				
25,322				
-				
37,362				
-				
5,000				
-				
-				
-				
105,046				
25,322				
5,000				
Department of Health – Children Prosthetic Fund				
-				
-				
-				
-				
D of Health – Fundamental Skills				
610				
(610)				
-				
-				
TOTAL FUNDS				
5				
8,277				
-				
297,372				

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

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	105,850	(139,325)	(3,500)	(36,975)
Designated fund	-	-	3,500	3,500

Restricted funds

Sports England

Starworks

Truecolours

79,412

-

5,000

(42,050)

-

-

-

-

-

37,362

-

5,000

D of Health – Children Prosthetics Fund

26,300

(26,300)

-

-

D of Health – Fundamental Skills

-

(610)

(610)

110,712
(68,960)
-
41,752

TOTAL FUNDS
216,562
(208,285)
-
8,277

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021	2020
	£	£
INCOME AND ENDOWMENTS		
Voluntary income		
Subscriptions	965	1,285
Donations	42,192	21,012
Research and Insight	5,950	-
Sponsorship donation	<u>5,264</u>	<u>7,500</u>
	54,371	29,797
Activities for generating funds		
Super Hero Tri	2,367	6,035
Mania Mara fun		4,415
I can programme	25,492	3,672
AmputEA FeBREWary	456	2,295
Walking Events	13,775	1,647
LimbPower Junior & Adult Games		25,390
Running Events	3,982	-
Winter Wonderwheels		17,179
Individual fundraising activities	<u>10,407</u>	<u>5,969</u>
	56,479	66,602
Grant		
Department of Health – Children Prosthetics Fund	26,300	26,300
Starworks		27,200
Department of Health – Fundamental Skills		
Sports England – Inclusive sports	<u>79,412</u>	<u>75,239</u>
	<u>105,712</u>	<u>128,739</u>
Total incoming resources	<u>216,562</u>	<u>225,138</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021	2020
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	11,332	9,435
LimbPower Games	-	8,320
LimbPower Ball	1,465	
Marketing and advertising	8,426	3,765
Events costs	14,618	9,175
Other fundraising	<u>12,247</u>	<u>8,869</u>
	<u>48,088</u>	<u>39,564</u>
Charitable activities		
Sports England – project costs	42,050	53,679
Department of Health – Children Prosthetics Fund	36,593	34,522
Starworks	-	8,320
Department of Health – Fundamental Skill	610	323
LimbPower Games Junior and Adult	-	853
Research and Insight	16,350	
I Can Camp – Adult and Family	17,426	
Other charitable activities – including depreciation	<u>3,783</u>	<u>8,285</u>
	<u>116,812</u>	<u>105,982</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	13,513	7,737
Travel expenses		321
Rent	4,250	
General office expenses	1,407	918
Staff Training	2,397	
Insurance	2,903	4,573
IT support and telephone	3,756	398
Postages	1,076	252
Book-keeping and accountancy	1,234	1,511
Office stationeries and printing costs	1,608	3,374
Advertising & marketing	2,107	1,418
Subscriptions	2,927	353
Bank charges	700	917
Depreciation	<u>563</u>	<u>809</u>
	<u>38,441</u>	<u>22,581</u>

**THE BRITISH AMBULANT DISABLED SPORTS AND ARTS FOUNDATION
(LIMBPOWER)
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021	2020
	£	£
Governance costs		
Staff and wages costs	4,533	4,494
Bookkeeping and payroll	411	378
Legal & professional fees	-	1,000
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	4,944	5,872
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Total resources expended	208,285	173,999
	<hr/>	<hr/>
Net Surplus for the year	8,277	51,139
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