



Pain UK

An alliance providing a voice for people in pain

## **2016 Annual Report**

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# Chair's Report

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First of all, my thanks goes to all our members, both charities and individuals, who do the work at the coalface for people living in and with pain, you are a key focus for Pain UK.

Next, I want to thank our volunteers and, of course, the other trustees of Pain UK. This is a charity that runs on nothing but goodwill and kindness, in reality - and we have that among our volunteers and trustees in spades.

Lastly, I would like to thank all of our donors who have financially helped Pain UK over the past year. Our year end is actually October 31st, so we are right in the middle of our financial year at the moment. We are a low-cost charity and your gifts go a long way and make our continued work possible.

# Chair's Report (continued)

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Since our last AGM, we have said goodbye to several well-known faces in Pain UK but welcomed in a team of new trustees. We have worked well together since then and have the following achievements to show for our efforts:

- A guide to state benefits for people living in and with pain.
- The Pain UK **Call to Action** - delivered to every member of parliament in Westminster.
- **The Pain Charter**. This charter to be displayed in all places of health care for those organisations to be open that they will: Listen, Believe, Diagnose and Treat/Care for people who live with or in pain. The Pain Charter is due to be launched later this year.
- I and another trustee attended the Societal Impact of Pain meeting in Brussels.
- I made radio appearances on BBC Sussex, BBC Surrey, BBC West Midlands, BBC Merseyside and one appearance which was syndicated across all local BBC local radio stations in the UK.

# Chair's Report (continued)

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- We started the Pain UK newsletter: this is a newsletter for the members and often about the member charities.
- We have created membership for individuals and now have over 500 individual members. We now have 10,000 hits a week on the Pain UK website, many directing people to our member charities. More on that from our Vice-Chair.
- We discovered that holding training days is perhaps not achievable as needs and availability are too diverse - so we are looking into setting up and administering a fund for member charities to apply to for small training grants.
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# Chair's Report (continued)

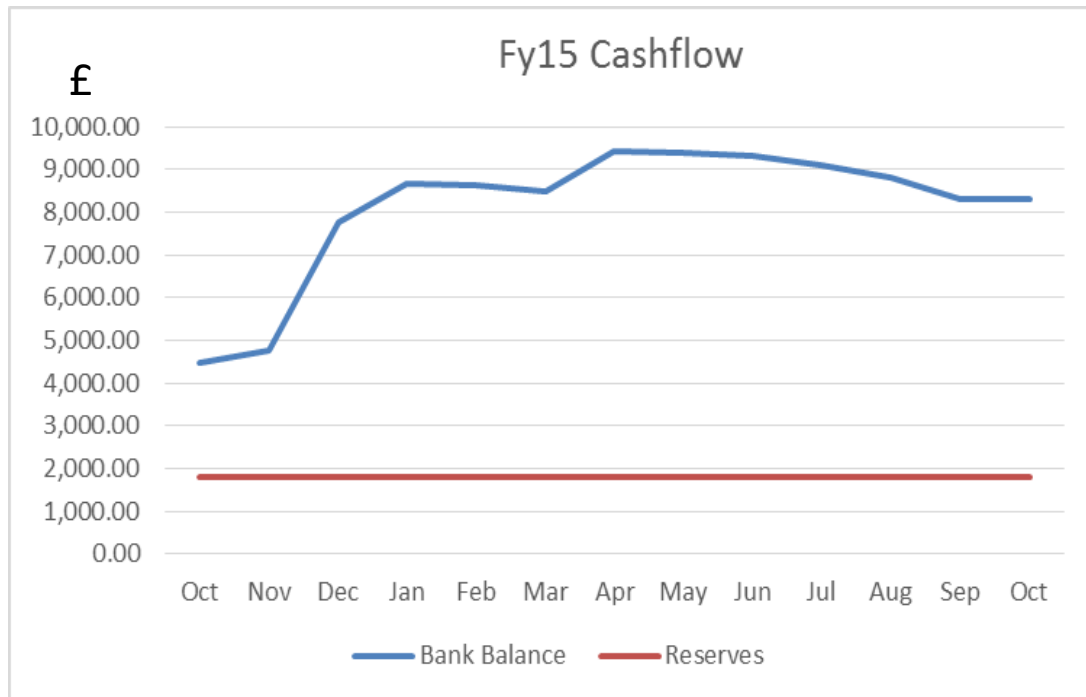
- At a parliamentary reception of the Chronic Pain Policy Coalition (CPPC) parliamentary reception I gave a short talk about our 'Pain Messages' which were co-badged with the British Pain Society and the CPPC.
- We are working with a marketing and branding expert who teaches at a university in London on two projects. One is a rebranding of Pain UK and the other a badge for people who live with pain, similar to the 'Baby on Board' badge project that Transport for London has run for the last decade.

I will let our membership lead and vice-chair lead tell you much more about their areas of work.

This is the end of the first year of three for this trustee board. The key for the trustees this year has been keeping things manageable, so we may not have done a huge amount but we have done what we could achieve and do so well.

I believe we are well placed to go a long way with the Pain Charter and in turn help raise awareness of the devastating impact that chronic or persistent pain has on someone's life and the lives of the people around them.

# Treasurer's Report



The Audited Financial Report for 2015 has been circulated at this meeting.

Pain UK ended the financial year with £4000 in excess of prior year end due to lack of take up of training. This surplus will be applied to programme activities during FY16.

In order to provide an on-going service to members Pain UK seeks to maintain adequate financial stability. A Reserves Policy, set at one year's operating costs, was put in place. For FY15 the reserves figure was set at £1,800.

Support was received from the following companies during the financial year

Pfizer £3000

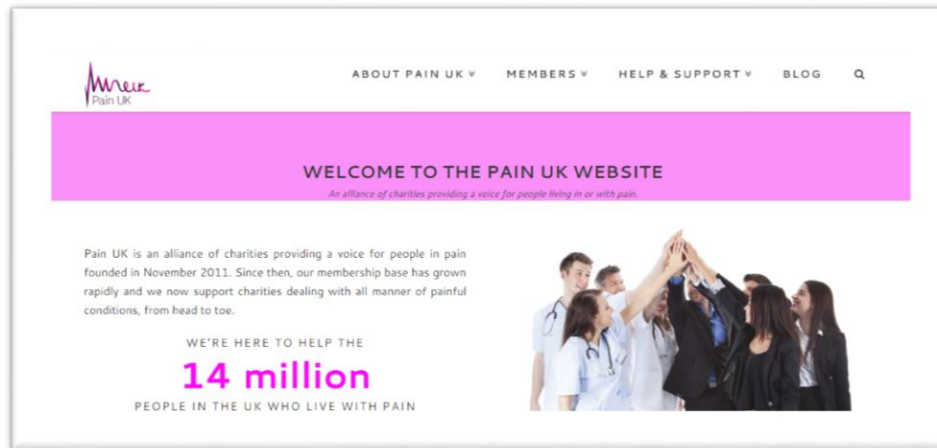
ABPI £900

Donation for education £3000 St Jude Medical

# Vice-Chair's Report

## New Website

- ✓ Over **110,000** users since Feb 2015
- ✓ **25%** visitors using tablet/mobile devices
  - ✓ Over **500** newsletter subscribers
- ✓ Over **18,000** clicks to member charity websites
- ✓ A **250%+** increase in website traffic from last year



## Publications

An informative Benefit Information document was published to give insight to the benefits system for those who are suffering with Pain.



# Membership Secretary's Report for April 2015-March 2017

We have twenty nine charity members at present – having lost one when Fibro Action merged with Fibromyalgia Association.

The membership team keeps in touch with many organisations that offer a wide range of services and opportunities for charities and their members. This year, we have circulated:

- 7 emails re free training events on such things a communication with the media, fundraising, etc.;
- 4 invitations to events which would help raise awareness of their charities, such as the BMA Patient Information Awards, and the TNA's AGM, where members' leaflets were displayed on the Pain UK stand;
- an invitation to contribute to the Cochrane review re psychological treatments for chronic pain;
- the offer of a free copy of 'How to live with Chronic Pain' by Toni Bernhard, Wisdom Publications;
- the 29 page booklet listing funding sources e.g. charitable trusts.

We have invited members to post the link to the survey on 'Sleep, fatigue and Chronic Pain' for their patient members to complete.



# Membership Secretary's Report (continued)

We have circulated two Pain UK newsletters with news from our charities.

## **European representation:**

Our membership secretary represents Pain UK on the board of Pain Alliance Europe (PAE)

PAE is an umbrella charity, with 33 charity members from all over Europe. Marian attended five meetings in Brussels including the launch of the EU's special interest group on **Brain, Mind and Pain**.

Pain UK members have been invited to endorse the aims of the SIP (Societal Impact of Pain) meeting in May and obtain a (free) full page in the conference brochure.





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**Thank You**

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