

**ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2022**

PAIN UK CIO

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1191657

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

PAIN UK CIO
(Charitable Incorporated Organisation)

CONTENTS

Page 3	Legal & Administrative Information
Page 4	Trustees' Annual Report
Page 5	Statement of Financial Activities
Page 6	Balance Sheet
Pages 7 to 12	Notes to the Financial Statements
Page 13	Independent Examiner's Report

PAIN UK CIO
(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1191657
DATE OF REGISTRATION	6th October 2020
START OF FINANCIAL YEAR	1st November 2021
END OF FINANCIAL YEAR	31st October 2022
TRUSTEES AT 31ST OCTOBER 2022	Antony Chuter Marian Nicholson Jessica Potts Joel Brown (Appointed 16th March 2022) Jason Bingham (Appointed 16th March 2022) Rebecca Pollard (Appointed 7th May 2022) Caroline Strickland (Resigned 1st October 2022)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Association Registered 6th October 2020

OBJECTS

a) To relieve the suffering of people in pain, in particular by bringing together voluntary organisations established for the relief of pain sufferers in a common effort to improve their care, treatment and management. b) To advance the education of the general public on the causes, effects, treatment and management of pain. c) To promote social inclusion for the public benefit among people living with pain who may be socially excluded from society, or parts of society, as a result of poor management of their condition and the physical, psychological and social problems that can ensue.

CORRESPONDENCE ADDRESS	c/o Shingles Support Society 41 North Road London N7 9DP
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PRIMARY BANKERS	HSBC Bank Plc 50 Church Road Burgess Hill West Sussex RH15 9AE
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INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS
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PAIN UK CIO
(Charitable Incorporated Organisation)
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31ST OCTOBER 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity is controlled by its governing document, CIO - Association 6th October 2020 and constitutes a Charitable Incorporated Organisation.

Organisational Structure

Trustees are elected at the Annual General Meeting. There are currently six trustees as stated above.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

CHARITABLE ACTIVITIES

Charitable Activities

The COVID-19 pandemic continued to hamper activities somewhat during the year, however the Charity continued its work. During this year the Charity recruited three trustees and transferred the signatories of the Pain UK CIO's new bank account with HSBC to a new honorary treasurer. We progressed the UK Lived Experience of Pain Project (UKLEPP). At the end of the financial year, the charity had 42 charity members and over 1,300 individual members. During the year the Charity organised virtual meetings for its charity members and sent out many events and newsletters for both charity members and individual members. The Charity's two Facebook pages are very popular both with researchers seeking volunteers for their ethically approved projects and with individuals sharing pain stories.

FINANCIAL PERFORMANCE

Fundraising Activities

The charity received donations of £5,488 through Just Giving, Amazon Europe Core, Something Chronic, Giving Comm Ltd, Much Loved to individual donations.

Income and Expenditure and Statement of Assets

The charity had an excess of expenditure over income during the period of £2,578. The bank balance as at the 31st October 2022 was £17,546. During the previous financial period assets and liabilities totalling £21,650 were transferred from Pain UK (Registered Charity Number 1145561) to Pain UK CIO (1191657).

Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Observe the methods and principles of the Charity Commission Statement of Recommended Practice (SORP);
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence;
- State whether applicable accounting standards have been followed, subject to any departures disclosed and explained in the financial statements.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 08.03.23

Signed on their behalf by Trustee J.P.H.S.

Printed Name: Jessica P.H.S.

PAIN UK CIO
(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST OCTOBER 2022

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	3a	5,488	-	5,488	583
TOTAL INCOMING RESOURCES		5,488	-	5,488	583
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	4a	6,991	-	6,991	2,234
Governance Costs	4b	1,075	-	1,075	475
TOTAL RESOURCES EXPENDED		8,066	-	8,066	2,709
NET INCOMING (OUTGOING) RESOURCES		(2,578)	-	(2,578)	(2,126)
Funds Brought Forward		19,524	-	19,524	-
Transfer of Funds	17	-	-	-	21,650
TOTAL FUNDS CARRIED FORWARD		16,946	-	16,946	19,524

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.


The notes on pages 7 to 12 form part of these financial statements.

PAIN UK CIO
(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST OCTOBER 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Oct-22 £	Total 31-Oct-21 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	650
Cash at Bank and in Hand	7	17,546	-	17,546	19,349
Total Current Assets		17,546	-	17,546	19,999
Creditors: Amounts due within one year	9	600	-	600	475
NET CURRENT ASSETS		16,946	-	16,946	19,524
TOTAL ASSETS less current liabilities		16,946	-	16,946	19,524
Creditors: Long Term Liabilities	10	-	-	-	-
NET ASSETS		16,946	-	16,946	19,524
Funds of the Charity					
General Funds		16,946	-	16,946	19,524
Restricted Funds	5	-	-	-	-
Total Funds		16,946	-	16,946	19,524

Approved by the Trustees on 08.03.23

Signed on their behalf by Trustee 

Printed Name: Jessica Potts

PAIN UK CIO
(Charitable Incorporated Organisation)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2022**

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

PAIN UK CIO
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2022

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs

Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds

These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds

These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds

These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets

Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Reducing Balance
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2. TANGIBLE FIXED ASSETS

The Charity held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st October 2022 : None

31st October 2021 : None

PAIN UK CIO

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST OCTOBER 2022

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Donations, Grants & Legacies				
Gifts & Donations	5,488	-	5,488	583
	5,488	-	5,488	583

4. RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Cost of Charitable Activities				
Bank Charges	51	-	51	34
IT Support Costs	730	-	730	100
Licenses & Subscriptions	50	-	50	-
Project Consultancy Fees	5,700	-	5,700	2,100
Training Costs	460	-	460	-
	6,991	-	6,991	2,234

b) Governance Costs

Independent Examiners Fees	9	600	-	600	475
Legal & Professional Fees		475	-	475	-
		1,075	-	1,075	475

PAIN UK CIO
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2022

5. RESTRICTED FUNDS

The CIO held no restricted funds during this or the previous financial period.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Oct-22 £	Total 31-Oct-21 £
Cash at Bank & in Hand	17,546	-	17,546	19,349
	17,546	-	17,546	19,349

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Oct-22 £	Total 31-Oct-21 £
Sundry Debtors	-	-	-	650
	-	-	-	650

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Oct-22 £	Total 31-Oct-21 £
Independent Examiners Fees	600	-	600	475
	600	-	600	475

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Fund £	Restricted Fund £	Total 31-Oct-22 £	Total 31-Oct-21 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	16,946	-	16,946	19,524
Long Term Liabilities	-	-	-	-
	16,946	-	16,946	19,524

PAIN UK CIO
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2022

12. STAFF COSTS AND NUMBERS

The CIO employed no members of staff during this or the previous financial period.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

PAIN UK CIO
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST OCTOBER 2022

17. TRANSFER OF FUNDS

During the previous financial period the Trustees of Pain UK (Registered Charity No. 1145561) sought guidance and advice and agreed to register the new Charitable Incorporated Organisation, Pain UK CIO (Registered Charity Number 1191657). All Assets and liabilities were transferred to Pain UK CIO (Registered Charity Number 1191657) during the final period ended 16th December 2021. The following assets and liabilities represent the CIO's operations prior to registering the Charitable Incorporated Organisation with the Charity Commission and the assets and liabilities transferred during the period ended 31st October 2021 are as follows:

	Unrestricted Funds £	Restricted Funds £	Total 19-Aug-21 £
Fixed Assets			
Tangible Assets	-	-	-
Current Assets			
Debtors & Prepayments	-	-	-
Cash at Bank and in Hand	22,125	-	22,125
Total Current Assets	22,125	-	22,125
Creditors: amounts falling due within one year	475	-	475
NET CURRENT ASSETS	21,650	-	21,650
TOTAL ASSETS less current liabilities	21,650	-	21,650
NET ASSETS	21,650	-	21,650
Funds of the Charity			
General Funds	21,650	-	21,650
Restricted Funds	-	-	-
Total Funds Transferred	21,650	-	21,650

PAIN UK CIO
(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Pain UK CIO on the accounts for the year ended 31st October 2022 set out on pages 5 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS



Date: 10th March 2023