

Charity Registration No. SC023559

Company Registration No. SC546994 (Scotland)

PAIN CONCERN
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

PAIN CONCERN

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Martin Dunbar, BSc (Hons), PhD, D.Clin.Psychol.	(Appointed 23 August 2018)
	Mr John Finch, MRCVS, FRCPath	(Appointed 23 August 2018)
	Ms Janet Graves	(Appointed 23 August 2018)
	Dr Sue Peacock, PhD, MSc, BSc (Hons), CPsychol, AFBPsS	(Appointed 23 August 2018)
	Ms Heather Wallace, MA (Hons)	(Appointed 23 August 2018)
	Robin Aitchison CA, CTA	(Appointed 12 April 2019)
	Cameron Werner Bsc, Msc	(Appointed 14 June 2019)
Charity number	SC023559	
Company number	SC546994	
Registered office	62 - 66 Newcraighall Road Fort Kinnaird Edinburgh EH15 3HS	
Independent examiner	McFadden Associates Limited 19 Rutland Square Edinburgh EH1 2BB	

PAIN CONCERN

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PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2019

The trustees present their report and accounts for the year ended 31 March 2019.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2015.

Objectives and activities

Our charitable purposes are to promote relief for people living with pain and those caring for them and promote the preservation and protection of their physical and mental health.

Our objectives are to alleviate pain and suffering and to empower people to live a full life despite pain.

Our central activities:

1. Inform;
2. Support;
3. Research and raise awareness.

1. Informing the pain community

- Pain Concern uses a variety of media platforms to support the pain community, that is people living with pain and those who care for them, whether family, friend or healthcare professionals.
- Pain Concern's website provides news and information as well as a hub for accessing our other services and signposting to local support.
- Pain Concern's **Airing Pain** radio programmes are a series of audio podcasts featuring the experiences of those living with everyday pain and interviews with top, internationally-recognised experts.
- Pain Concern's magazine **Pain Matters** contains news, features and comments on self-management techniques, research into pain treatments and personal experiences of living with pain.
- Pain Concern leaflets on pain are authored by experts with years of experience in managing pain. They are downloadable from the website or available in print.
- Pain Concern's social media presence on Facebook and Twitter allows us to keep our followers up to speed with the latest news.

2. Supporting the pain community

- Pain Concern's helpline is staffed by trained volunteers who provide information and support or just a listening ear to people wanting to talk about their own pain or that of a family member or friend.
- Pain Concern's on-line community on HealthUnlocked provides a space for people in pain to connect with each other.
- Pain Concern's collaboration with the NHS to provide pain education sessions, empowers and supports people living with pain to self-manage their pain.

3. Conducting research and raising awareness

- Pain Concern conducts and participates in research providing insight into the state of pain management services and the experiences of people in pain.
- Our policy team works to raise awareness of pain and advocate for improvements in pain education and pain management provision through engagement, participation in groups, campaigns and lobbying. We work with other organisations who share our goals.

PAIN CONCERN

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

FOR THE YEAR ENDED 31 MARCH 2019

Achievements and performance

The Navigator Tool – Living Well with Pain

We developed and trialled the Navigator Tool, the purpose of which was to improve the communication between patients and healthcare professionals during consultations in primary care. The Navigator Tool (an interactive document) ensures that each consultation fosters supported self-management and shared decision-making. Our research trials combined two approaches: training for the healthcare professionals and use of the Navigator Tool during consultations. Healthcare professionals from four sites across Scotland were trained in using the tool and working holistically with their patients.

We published our findings in 2018. The tool was largely regarded as easy to use in daily practice. It was shown to facilitate 4 important aspects of communication in consultations:

- It enabled patients and healthcare professionals to see a more holistic picture of the pain
- It led to engaged efficient consultations
- It highlighted a range of self-management strategies
- It facilitated positive emotions.

We ran a social media campaign to promote the results and we created a suite of resources, including videos, on our website to encourage take-up of the Navigator Tool. We were delighted when the Scottish Public Health Network's Healthcare Needs Assessment of Adult Chronic Pain Services singled out the tool as an example of good practice. We presented our findings at the 2019 Scottish Pain Research Community (SPaRC) where we won a best poster award, and at the 2019 Annual Scientific Meeting of British Pain Society.

This was a small pilot study. Further validation of the tool is ongoing at the University of Strathclyde, and Dr Cathy Stannard, Consultant in Complex Pain/Transformation Programme Clinical Lead with NHS Gloucester Clinical Commissioning Group, is piloting use of the tool in general practice in Gloucestershire. The need for the Navigator Tool was identified by our earlier award-winning research project *Barriers to self-management of primary care: a qualitative focus* published in British Journal of General Practice in 2017, and we will continue to advocate its benefits.

Airing Pain

Airing Pain is a series of half-hour audio podcasts supporting Pain Concern's vision to empower people with chronic pain to manage their pain and live life to the full. They are produced and presented by Paul Evans, a multi-award-winning producer with forty years of experience as a programme maker – 30 years with the BBC and 10 years as an independent producer. He has also lived with fibromyalgia for over half his working life, the experience of which combined with his professional expertise bring a unique quality and authenticity to Airing Pain.

Its primary purpose is to provide support for everyone who lives with chronic pain, their families, supporters, social circle, employers and healthcare professionals, bringing them all under one umbrella: the pain community. It promotes the concept of supported self-management as a recommended, effective intervention for chronic pain, and provides a powerful platform to hear the views and experiences for the all too often, voiceless patients.

We are grateful to The British Pain Society and The International Association for the Study of Pain for their assistance in making the programmes. This year we have produced monthly programmes and reached 37,000 listeners. To date, 116 editions are available for download from Pain Concern's website and other social media platforms.

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2019**

Publications and leaflets

Our quarterly magazine Pain Matters is aimed at people living with pain, their families and healthcare professionals. 2019 saw its relaunch; each edition will now be guest-edited by staff and patients at a leading NHS pain management programme. We made this change because the magazine is valued by NHS staff as a resource for their patients after they leave the pain management programme. Our next edition will feature the Neuropathic Pain Management Programme at University College Hospital in London. Regular supporters now have the option of receiving a free monthly e-newsletter Pain Press which provides additional news and features.

We have updated our leaflets, which were all accredited by the Information Standard. This award certified that the leaflets, and aspects of our website, met the quality standard required by the NHS. The scheme ended in June 2019, but we have adopted its standards. Recent publications bear the Crystal Mark Award from the Plain English Campaign which means they can be understood by anyone with a reading age of 11 and above.

Online community and helpline

We provide peer support and help to live well with pain through our HealthUnlocked online community and our helpline. Our helpline volunteers undergo initial training, which we developed in collaboration with Dorset Community Pain Management Service. This is followed up by regular supervision sessions. Our online community is one of the most active in the UK providing high quality and humane support to 26,000 members. This year, the helpline and forum have supported 2,700 people. Looking ahead, we have an exciting plan to collaborate with NHS Glasgow and the Scottish National Residential pain management programme on a pilot project which will involve setting up private forums specifically to support their former patients.

Website

Our website acts as a hub for all our resources: Airing Pain radio programmes, Pain Matters magazine, The Navigator Tool, a suite of videos, leaflets, helpline, community forum, and we are gradually building information to help people locate a support group. In 2018 our website attracted 185,000 visits. Every month 15,700 people use our website.

Pain Education sessions

Between 2015 and 2018 Pain Concern collaborated with NHS Greater Glasgow and Clyde in providing peer-led pain education sessions in the community, which focused on living well with pain and understanding what you can do to help yourself. The project won 3 awards, notably an Alliance Self-Management Award. We exhibited a scientific poster about the sessions at the 2019 British Pain Society Annual Scientific Meeting in London. Our role in the project has concluded, but we continue to advocate for pain education sessions in primary care.

PAIN CONCERN

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

FOR THE YEAR ENDED 31 MARCH 2019

External affairs

We helped NHS Choices editors update the NHS website's patient information on long-term pain, and we collaborated with the International Association for the Study of Pain, planning and promoting the 2018 Global Year for Excellence in Pain Education. We co-badged a leaflet on Complex Regional Pain Syndrome with the charity CRPS UK. The Physiotherapy Works leaflet on chronic pain, which we co-badged with the Chartered Society of Physiotherapists, has been updated and is on their website. Pain Concern's researcher acted as a jury member for the Alliance Self-Management Awards. Our representatives sit on top-level policy groups in England and Scotland, including the Scottish Government's National Advisory Committee for Chronic Pain, the Chronic Pain Policy Coalition, NHS England's Clinical Reference Group for Specialised Pain Services, and globally, the International Association for the Study of Pain's Expert Patient Panel. At the time of writing, the Faculty of Pain Medicine is updating its Core Standards for Chronic Pain Services, for which we have updated the chapter on Communication with patients.

Some highlights

2009: Pain Concern wins the Napp Award for Chronic Pain which allowed us to launch Airing Pain in 2010.

2015: Paul Evans wins Best Nations and Regions Producer at the Radio Productions Awards, with the judges singling out our Airing Pain programme on Female Genital Mutilation as a 'stop what you are doing' moment.

2016: Barriers to Self-Management wins Poster Prizes at the annual scientific meetings of the North British Pain Association and the British Pain Society

2017: Barriers to Self-Management is published in the British Journal of General Practice.

2017: The Pain Education Sessions, along with Airing Pain, win Highly Commended Award in the Grünenthal Pain Awards for 'widening access to pain education'.

2019: The Navigator Tool wins a Best Poster Prize at the Annual Scientific Meeting of the Scottish Pain Research Community (SPaRC).

Financial review

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

Policy of reserves

The trustees' policy is to maintain sufficient reserves to cover 3 months' worth of general expenditure. The trustees are confident that the charity had, at the balance sheet date, general reserves sufficient for three months' operation.

Risks

The terms 'Pain Concern' and 'Airing Pain' are now protected by trade mark. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate the major risks.

Structure, governance and management

Pain Concern is a charitable company limited by guarantee and not having share capital. The charitable purposes, powers and administration arrangements are set out in the Memorandum of Association and accompanying Articles.

The Trustees, who are also the directors for the purpose of company law, and who served during the year were:

Dr Pamela Bell FFPMRCA	(Resigned 23 August 2018)
Chris Hughes	(Resigned 23 August 2018)
Jean Gaffin OBE	(Resigned 23 August 2018)
Derek Sims	(Resigned 23 August 2018)
Andrew Waldie FCA	(Resigned 23 August 2018)

PAIN CONCERN

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2019

Dr Martin Dunbar, BSc (Hons), PhD, D.Clin.Psychol.	(Appointed 23 August 2018)
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Cameron Werner Bsc, Msc	(Appointed 14 June 2019)

Trustees are appointed by members at AGM; in addition, the trustees have limited powers to co-opt trustees to fill vacancies that materialise during the year.

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

Ms Heather Wallace, MA (Hons)
Trustee
Dated: 12 September 2019

PAIN CONCERN

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PAIN CONCERN

I report on the accounts of the charity for the year ended 31 March 2019, which are set out on pages 7 to 15.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006, and they consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)(c) of the Act and to state whether particular matters have come to our attention.

Basis of independent examiner's report

My examination was carried out in accordance with the Statement of Standards for Reporting Accountants and Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - (ii) to prepare accounts which accord with the accounting records and comply with the accounting requirements of Regulation 8 of the 2006 Accounts Regulations and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;

have not been met or

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

David Stewart CA

19 Rutland Square
Edinburgh
EH1 2BB

Dated: 12 September 2019

PAIN CONCERN

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2019

	Notes	Unrestricted funds £	Restricted funds £	Total 2019 £	Total 2018 £
<u>Income and endowments from:</u>					
Donations and legacies	3	51,802	-	51,802	42,267
Charitable activities	4	21,389	28,913	50,302	123,904
Other trading activities	5	149	-	149	679
Other income	6	2,492	200	2,692	-
Total income and endowments		<u>75,832</u>	<u>29,113</u>	<u>104,945</u>	<u>166,850</u>
<u>Expenditure on:</u>					
Raising funds	7	8,275	-	8,275	20,427
Charitable activities	8	34,877	61,642	96,519	159,302
Total resources expended		<u>43,152</u>	<u>61,642</u>	<u>104,794</u>	<u>179,729</u>
Net income/(expenditure) for the year/ Net movement in funds		32,680	(32,529)	151	(12,879)
Fund balances at 1 April 2018		<u>20,373</u>	<u>52,146</u>	<u>72,519</u>	<u>85,398</u>
Fund balances at 31 March 2019		<u><u>53,053</u></u>	<u><u>19,617</u></u>	<u><u>72,670</u></u>	<u><u>72,519</u></u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PAIN CONCERN

BALANCE SHEET

AS AT 31 MARCH 2019

	Notes	2019 £	£	2018 £	£
Fixed assets					
Tangible assets	12		676		-
Current assets					
Debtors	14	8,049		-	
Cash at bank and in hand		69,075		83,616	
		<u>77,124</u>		<u>83,616</u>	
Creditors: amounts falling due within one year	15	<u>(5,130)</u>		<u>(11,097)</u>	
Net current assets			71,994		72,519
Total assets less current liabilities			<u>72,670</u>		<u>72,519</u>
Income funds					
Restricted funds	16		19,617		52,146
Unrestricted funds			53,053		20,373
			<u>72,670</u>		<u>72,519</u>

For the financial year ended 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the Board of Trustees on 12 September 2019

Ms Heather Wallace, MA (Hons)
Trustee

Company Registration No. SC546994

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

1 Accounting policies

Company information

Pain Concern is a private company limited by guarantee incorporated in Scotland. The registered office is 62 - 66 Newcraighall Road, Fort Kinnaird, Edinburgh, EH15 3HS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees' continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2019

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts, VAT and other sales related taxes.

1.5 Resources expended

Expenditure is recognised when a liability is incurred.

Charitable activities include expenditure associated with the staging of productions and include both direct and support costs relating to these activities.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

Support costs include central functions and have been allocated to the charitable activity on a basis consistent with their use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	33.33% straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use, the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of the time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

If the recoverable amount of an asset is estimated to be less than its carrying amount, the carrying amount of the asset is reduced to its recoverable amount. An impairment loss is recognised immediately in income/(expenditure) for the year, unless the relevant asset is carried at a revalued amount, in which case the impairment loss is treated as a revaluation decrease.

Recognised impairment losses are reversed if, and only if, the reasons for the impairment loss have ceased to apply. Where an impairment loss subsequently reverses, the carrying amount of the asset is increased to the revised estimate of its recoverable amount, but so that the increased carrying amount does not exceed the carrying amount that would have been determined had no impairment loss been recognised for the asset in prior years. A reversal of an impairment loss is recognised immediately, unless the relevant asset is carried in at a revalued amount, in which case the reversal of the impairment loss is treated as a revaluation increase.

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2019

1 Accounting policies

(Continued)

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised when the charity becomes party to the contractual provisions of the instrument.

Financial assets are offset, with the net amounts presented in the accounts when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest.

Basic financial liabilities

Basic financial liabilities, including trade and other payables, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Accounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2019

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	2019 £	2018 £
Donations and gifts	23,352	15,467
Core funding	28,450	26,800
	<u>51,802</u>	<u>42,267</u>
For the year ended 31 March 2018		<u><u>42,267</u></u>

4 Charitable activities

	Unrestricted £	Restricted £	2018 £	2018 £
Magazine subscriptions and membership	588	-	588	2,006
Grants	-	49,714	49,714	121,898
	<u>588</u>	<u>49,714</u>	<u>50,302</u>	<u>123,904</u>

5 Other trading activities

	Unrestricted funds £	Total 2018 £
Non-charitable trading activities	149	679
For the year ended 31 March 2018	<u><u>679</u></u>	<u><u>679</u></u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2019

6 Other income

	Unrestricted funds £	Restricted funds £	Total 2019 £	Total 2018 £
Referral and general income	2,492	200	2,692	-
	<u>2,492</u>	<u>200</u>	<u>2,692</u>	<u>-</u>
For the year ended 31 March 2018	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

7 Raising funds

	Unrestricted funds £	Total 2018 £
<u>Fundraising costs</u>		
Other fundraising costs	8,275	20,427
	<u>8,275</u>	<u>20,427</u>
For the year ended 31 March 2018		
Fundraising costs	<u>20,427</u>	<u>20,427</u>

8 Charitable activities

	2019 £	2018 £
Staff costs	35,469	78,579
Depreciation and impairment	225	-
Fees	13,404	19,802
Direct costs	4,461	11,256
Marketing	14,956	13,251
Other costs	1,938	6,239
Travel	1,211	997
Overheads	2,891	9,528
	<u>74,555</u>	<u>139,652</u>
Share of support costs (see note 9)	20,498	16,590
Share of governance costs (see note 9)	1,466	3,060
	<u>96,519</u>	<u>159,302</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2019

9 Support costs

	Support costs £	Governance costs £	2019 £	2018 £	Basis of allocation
Staff costs	2,275	-	2,275	3,415	
Rent	10,946	-	10,946	4,749	
Insurance	1,245	-	1,245	863	
Repairs	262	-	262	396	
Telephone	2,612	-	2,612	834	
Travel	-	-	-	625	
Sundries	1,327	-	1,327	5,209	
Bank charges	390	-	390	499	
Support costs heading 8	1,441	-	1,441	-	
Accountancy	-	1,432	1,432	2,160	Governance
Legal and professional	-	34	34	900	Governance
	<u>20,498</u>	<u>1,466</u>	<u>21,964</u>	<u>19,650</u>	
Analysed between					
Charitable activities	<u>20,498</u>	<u>1,466</u>	<u>21,964</u>	<u>19,650</u>	

12 Tangible fixed assets

	Computers £
Cost	
Additions	901
At 31 March 2019	<u>901</u>
Depreciation and impairment	
Depreciation charged in the year	225
At 31 March 2019	<u>225</u>
Carrying amount	
At 31 March 2019	<u>676</u>

13 Financial instruments

	2019 £	2018 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	<u>75,727</u>	<u>83,616</u>
Carrying amount of financial liabilities		
Measured at amortised cost	<u>5,132</u>	<u>11,134</u>

PAIN CONCERN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2019

14 Debtors

	2019 £	2018 £
Amounts falling due within one year:		
Trade debtors	3,633	-
Other debtors	3,019	-
Prepayments and accrued income	1,397	-
	<u>8,049</u>	<u>-</u>

15 Creditors: amounts falling due within one year

	2019 £	2018 £
Other taxation and social security	(2)	(37)
Trade creditors	3,899	6,685
Other creditors	32	3,369
Accruals and deferred income	1,201	1,080
	<u>5,130</u>	<u>11,097</u>

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2018 £	Movement in funds		Balance at 31 March 2019 £
		Incoming resources £	Resources expended £	
Community	5,507	-	(1,865)	3,642
Education	10,501	-	(9,500)	1,001
Helpline	2,215	11,143	(4,215)	9,143
Leaflets	3,440	-	(2,219)	1,221
Radio	13,061	17,970	(26,421)	4,610
Magazine	600	-	(600)	-
Research	16,822	-	(16,822)	-
	<u>52,146</u>	<u>29,113</u>	<u>(61,642)</u>	<u>19,617</u>