

PAi RELIEF FOUNDATION



*Clinical Sciences Centre
University Hospital Aintree
Lower Lane
Liverpool
L9 7AL*

*Established as a Charitable Incorporated Organisation
on 17th March 2014*

*Originally Established under a Deed of Trust
Dated 30th March 1979*

Annual Report and Accounts

For year ended 5th April 2017

Registered Charity No.1156227

PATRONS

*Professor Sir Michael Bond, FRSA, FRSE, FRCPsych, FRCPGlas, FRCSE
Dame Lorna EF Muirhead DCVO, DBE
Mr. R. N. S. Bigland*

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Mr. P. Fell, MA (Cantab), FRSA
Mr. D. Gee, OStJ, TD, DL
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Professor J. B. Miles, MB, ChB, FRCS (Resigned 15^h March 2017)(HonouraryPresident)
Dr. T Nash, MB, BS, Dobst RCOG, FRCA, FFPMRCA
Mr. M. Sharma, MBBS, MD, FRCA, MSc, FFPMRCA
Dr. J. C. Wells, MB, ChB, LRCP, MRCS, LMCC, SRCA, SIPP
Dr. J. R. Wiles, MBBS, FRCA, FFPMRCA*

ADMINISTRATOR

Mrs J Williams

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Dr. R Chawla, FRCA, FFPMRCA, FCARSCI
Miss. C. Cotton
Dr. A. Goebel, FRCA, MSc, PhD
Dr. N. Goodson, FRCP, PhD
Dr. S Gulati, FRCA, FFPMRCA, EDRA
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TRUSTEES' REPORT 2017

It's been another busy year for everyone at Pain Relief Foundation as we continue to work towards a future free from chronic pain. The Pain Relief Foundation and Pain Research Institute, believe that people affected by Chronic Pain must remain at the centre of everything we do and we are committed to reaching everyone affected and improving the lives of the many Chronic Pain Sufferers. Every day, extraordinary people have gone to extraordinary lengths to help us improve the lives of those affected by Chronic Pain. Every pound that is raised for us deserves to be put to the best possible use and we take that responsibility very seriously. That's why we strive to be a world-class organisation,

The continuing work of the Pain Relief Foundation would not be possible without the Board of Trustees which meets regularly to supervise and direct its activities. The Board Members comprise persons from many fields, each with in-depth and valuable skills from medicine as well as from administrative, business and commercial interests, each contributing to the effective management of the Charity. In carrying out these tasks, the trustees are very ably supported by committees of specialists who have expertise and specialist interest in chronic pain

In the last few months, we have made some changes and are pleased to announce that Professor John Miles has been appointed as the Foundation's 1st Honourary President. In 1979 Professor Miles was one of three Founder Members of the Foundation and he now remains the last of them, his partners Dr Sam Lipton and Dr David Bowsher, having died. Since the launch in 1979 the Foundation and its team, led from the front by Professor Miles, has brought the scientific world of pain medicine to Liverpool. Professor Miles has been a guiding hand in taking the Foundation and its Research Institute worldwide which has brought an acknowledgement for the many successes that have occurred across the world of pain.

The Foundation has also been very fortunate in appointing two new Patrons; Dame Lorna E. F. Muirhead, DCVO DBE. Dame Lorna spent most of her working life as a Midwife in Toxteth, Liverpool. In 1997 Dame Lorna became President of the Royal College of Midwives, the largest and oldest midwifery organisation in the world. In 2000 she was awarded Dame Commander of the Most Excellent Order of the British Empire (DBE) for services to Midwifery. As President of the Royal College of Midwives, Dame Lorna worked with five Secretaries for Health in the UK as well as working with clinicians and governments around the world.

In 2006 Dame Lorna was appointed Lord-Lieutenant of Merseyside.

Professor Sir Michael Bond, FRSA FRSE, FRCPsych, FRCPGlas, FRCSE, has also been appointed as a Patron. He was Professor of Psychological Medicine at the University of Glasgow from 1973 to 1998. He was Vice-Principal from 1986 to 1997 and Administrative Dean in the Faculty of Medicine, 1991 to 1997. He was made a Doctor of the University in 2001 and amongst many honours was he was knighted in 1995 for his services to medicine.

Amongst the changes saw the appointment of a new Chairman to the Foundation. Mr David Cain was appointed in March 2016 after having served on the original management company since 1991 when he was the original founder and Chief Executive of the Walton Centre for Neurosurgery and Neurology. David was a former Chief Executive of a number of NHS Trusts in the region and represents senior NHS Managers on a national level.

The final change saw the appointment of a new Administrator, Julie Williams following the retirement of Mr David Emsley. Julie has been associated with the Foundation since 2010

when she took up the role of Assistant Administrator where she has learnt the day to day running of the Foundation. Julie has received tremendous support from David Emsley and I would like to take this opportunity on behalf of the Trustee's and staff of the Foundation to pass on their thanks for the service that David has given over the past 22 years. On a positive note David has remained with the Foundation on a part time basis in a new role in income development.

It's been a tough and challenging year for the reputation of charities and everyone involved has had to work even harder to secure vital funds. In many ways, research into human chronic pain still does not receive the support it needs compared with cancer charities, heart disease charities and other health related charities although the annual cost of treating Chronic Pain, exceeds the costs of treating Cancer, Heart Disease and Aids combined! Therefore, even after 38 years of dedication and determination, human chronic pain is still very much under-funded compared with other areas of health problems. Being one of the last great challenges facing medical science, it needs every support to make sure it is a fight we at Pain Relief Foundation can win and the efforts to make further headway will continue unabated. Going forward, it's our job to ensure that we keep doing the right things in the right way from responsible fundraising to responsible spending and investing.

The Charity's achievements are heavily reliant on the support of our donors and volunteers. We couldn't make our ambitious goals a reality without our supporters, many of whom have loyally supported our work over numerous years. They continue to give their time, energy and vital funds. They volunteer and support us in so many different and varying ways. So thank you for everything you do, we are extremely grateful.

Those of you who are familiar with our work, will not need reminding that the Pain Relief Foundation is not just a local charity, but an organisation of world-wide significance concerned with the promotion of research. Of equal importance is our programme concerned with the dissemination of information and of the education of practitioners, to improve the cause of pain relief. In carrying out these tasks, the trustees are very ably supported by committees of specialists who have expertise and specialist interest in chronic pain. We are very aware of the need to ensure that in promoting and conducting educational research through the Pain Research Institute, we are mindful of where research can be best carried out and who the leading researchers are for the type of work embodied in the project content.

Each year the Trustees of the Foundation decide how much money is available for research budgets in the forthcoming year and they advertise in specialist journals, on our web-site, on the specialist internet site ResearchResearch.com and in the University and NHS press, for applications from suitably qualified researchers for grants to conduct projects on chronic pain.

All applications received are initially assessed by our '*Scientific Advisory Sub-Committee*' under its Chairman, Dr Helen Poole. This committee has continued the vital task of overseeing our research work and assisting the Trustees in interpreting and analysing, the large volume of scientific information submitted by the Research Fellows. The sub-committee also advises the Trustees on which of the many applications for research grants are most deserving, and which projects should be the recipients of the limited funds which the Foundation has available. The committee ensures that each application is Peer Reviewed, so that only the most deserving projects are considered and recommendations are made to the Trustees. Whilst the bulk of the funds which we can afford to allocate, go to the associated Pain Research Institute, which in turn works in close harmony with the

University of Liverpool, other researchers are by no means excluded, if worthwhile cases can be made out. A selection of research reports can be found later in the report

A major contribution to the work of the Foundation comes from the Walton Centre for Neurology and Neurosurgery and its associated Pain Clinic. The Walton Centre supports the educational activities of the Foundation, which could not take place without the dedication of all the Pain Clinic staff, who provide education to all areas of health care staff nationally and internationally on behalf of the Foundation. Walton Pain Clinicians are also active researchers, adding to the portfolio of research supported by the Foundation. The Walton Centre Pain Clinic is one of the largest pain centers in Europe, and provides a large potential source of patients for research. We are indebted to those who volunteer for the various research projects, here and in other units where research is ongoing, supported by the Foundation.

During the year the *'Education Sub Committee'* under the able Chairmanship of Dr. John Wiles, continued to deliver and increase the number of excellent educational courses on the Treatment and Management of chronic pain. The Pain Relief Foundation is noted for the level of excellence which these courses provide and they are always well supported. Dr Sharma is a member of this committee and he has taken the responsibility of organising and being responsible for the educational courses provided for doctors and other health professionals. Our annual course held each July **'The Clinical Management of Chronic Pain: - A Practical Approach'**, continues to be a huge success with health professionals attending not only locally but both nationally and internationally.

Dr Sharma has this year held the 2nd EFIC European Pain Federation Cancer Pain School. This is the second of these courses to be held in Liverpool and It was a fully subscribed. The European Federation itself reserved 15 places for doctors from a large number of European countries and sponsored their attendance. Additionally, 15 doctors attended from the UK.

Again this has proven to be another triumph. New courses are also in the process of being developed such as 'Cancer Pain Study Day', 'Pelvic Pain Study Day' and 'Therapy Perspectives in Pain Management'.

Dr Wiles remains responsible for the Annual Lecture, the Sam Lipton Lecture and the Student Essay competition. The Committee has increased the number of educational courses for doctors and other health professionals on the treatment and management of chronic pain and continues to be a huge success. The 2016 Annual Lecture titled "New Joint Management for Joint Pain: Bridging Rheumatology and Pain Research" was held in remembrance of Professor Jean-Marie Besson, and the lecture was given by Professor Serge Perrot. The lecture was attended by a large audience of both local and national health professionals. Our sincere thanks go to both Dr Manohar Sharma and Dr John Wiles for their energetic organisational skills.

Aims & Objectives

The aims and objects of the Pain Relief Foundation, as set out in the Constitution, are the advancement and promotion of all forms of medical research and in particular the relief of human pain and all painful conditions of every type whatsoever and howsoever caused and to disseminate the results of any such research throughout the world.

Policies to further Aims & Objectives

In pursuance of these aims and objectives, the continued policy of the Trustees is to:

- Fund and enable research into the causes and optimal treatment of human chronic pain.
- Provide and maintain a Pain Research Institute, headed by a Professor of Pain Science, in which research and education is conducted in pursuance of the charity's objectives.
- Undertake the support of the Pain Research Institute as a priority in the Pain Relief Foundation's funding programme. However, research grants will also be made available and awarded by open competition, for qualitative research projects carried out in other institutions.
- Support partnerships with higher education and the N.H.S directed to the understanding and treatment of human chronic pain. In particular, to provide long-term funds for the support of a Chair in Pain Science at the University of Liverpool.
- Support the dissemination of the results of such research throughout the world.
- Promote and enable education and training for doctors and other health professionals on human chronic pain and its treatments.
- Provide doctors and other health professionals with an information service on chronic pain and its treatments, in order to improve patient care.
- Provide an information service to human chronic pain sufferers and patients on chronic pain conditions.

This policy has remained unchanged since the last annual report

Chronic Pain

The 2012 National Pain Audit which was performed collaboratively by "Dr Foster", The British Pain Society, and the Health Quality Improvement Partnership has shown that the prevalence of pain in the United Kingdom to be between 8-60% of the population. Severe pain is estimated at 11% in adults, and 8% in children, with an average annual incidence of 8.3%. The costs of back pain alone account for 20% of the United Kingdom's total health expenditure

Most people do not think about chronic pain until it affects them personally, or those close to them; then they are able to think of almost nothing else. As modern medicine has been able to overcome so many previously fatal diseases, and to prolong life for millions, the terrible scourge of chronic pain remains one of the last unconquered frontiers of medicine. A population survey conducted in association with the Consumers' Association found that 7% of adults in the U.K. as a whole (about 4 million people) live in more or less constant pain from non-fatal causes – and apparently 70% of them are taking "painkillers" without obtaining relief from their pain!

Previous epidemiology research conducted by the Pain Research Institute has shown that almost one third of homes in the U.K. have at least one adult member of the family who suffers from unrelieved chronic pain and this is a matter of concern. Human Chronic Pain is on the increase, which is due to many causes, but includes changing work patterns, social lifestyles and other related health issues. Sadly, because there is an ever increasing number of patients, only a little more than 50% of those attending Pain Clinics are completely relieved of their pain. A further study from the Walton Centre Pain Clinic showed that patients consider they can live and lead normal lives with mild to moderate pain. Reducing pain from severe to mild/moderate levels is of considerable value.

This situation highlights just how much research and associated work still needs to be carried out if we are to dominate chronic pain and to ease the inhuman suffering which it causes. The staff at the Pain Research Institute and in the other Laboratories which are funded by the

Foundation, acknowledge that much remains to be done, and they are relentless in their efforts to solve the many problems and unexplained factors.

We have previously reported on a survey which had been undertaken to reveal the true extent of chronic pain, the level of incidence across the population, the effects which chronic pain has on family life, on the ability to work and how pain affects social status and quality of life. The independent statistics that were published made very uncomfortable reading; they verified the findings of the Pain Research Institute and highlighted the need to push back the boundaries of research.

Among its achievements to date, the Foundation's Pain Research Institute has been able to produce a new and reliable nerve stimulator for the treatment of certain types of pain; to develop mechanical means of supporting and alleviating painful spinal collapse which can be inserted at operation; to produce new antibodies to substances circulating in the body fluids of some pain patients; to rapidly analyse, quantitatively, morphine and its breakdown products in body fluids and hence to develop methods of separating out the active painkilling element of morphine and so to elucidate the biochemical reason why morphine fails to relieve pain in some cancer patients in whom it ought to do so – and the Pain Research Institute in collaboration with the Walton Centre pain clinic found that another drug, methadone, works in these morphine-resistant cases because it undergoes different chemical handling in the body.

Pioneering recordings have been made from the spinal cords of patients in pain who are undergoing operations for the relief of pain, which has led to technical improvements in the operation, as well as yielding valuable scientific data; new methods have been evolved to test sensation and autonomic nervous function which are improving the diagnosis, and therefore the treatment, of certain kinds of nerve pain, which will be of immediate help to all doctors dealing with chronic pain.

To date, more than 500 publications in medical and scientific journals and books have issued from the Pain Research Institute since 1981. The team of doctors and scientists ably helped and supported by their external advisers, have ambitious plans for future research which, if funding can be obtained, bid fair to make substantial advances in the understanding, and the relief, of human pain and suffering. Chronic pain presents many psychological problems and physical conditions for the sufferer. The quoted statistics above identify that the constant pain can and does impact on their job and their ability to work. Indeed, many sufferers go on to actually lose their jobs because of their inability to cope and this can often be the start of the downward spiral leading to the loss of friends, withdrawal from the family circle, and as in some cases, even poverty. The pain prevents them being active in many ways – such as lifting, carrying just small things, taking exercise and even sleeping – many sufferers lose so much sleep that they are constantly tired and feel helpless. The resultant disability and depression can be sufficiently severe to lead to suicide.

Hospital studies show that acute pain slows recovery through a host of medical complications. Severe pain can make breathing difficult and it places stress on the heart and circulatory systems. There are also indications that pain can suppress the immune system, which in turn may allow disease to take hold, such as cancer. When pain persists, it can produce dramatic personality changes and it can and does permanently alter family and work relationships.

The Pain Relief Foundation's funding for the '*Pain Relief Foundation Professor of Pain Science*' post, has secured a solid base for a vibrant and energetic academic structure which is necessary if the Institute is to continue moving forward with a concentrated programme of research into human chronic pain. It has helped the Foundation to co-ordinate and further develop the extensive teaching of undergraduates, postgraduates, nurses and other medical professionals that is essential to the further improvement in the treatment and relief of chronic pain. This role is further supported following the appointment of a Senior Clinical Lecturer which is also funded by the Pain Relief Foundation.

The Pain Research Institute

As modern medicine has been able to overcome so many previously fatal diseases, and to prolong life for millions, the terrible scourge of chronic pain remains one of the last unconquered frontiers of medicine.

Many pain-related research projects need access to a large number of patients. The Pain Clinic at the Walton Centre NHS Foundation Trust, Liverpool, has a throughput of over 7,000 patients each year and the access to this patient base within the Clinic is, therefore, one of the overriding reasons why we are located directly adjacent to it. The symbiotic work that is carried out in liaison between the two units, and the expertise that has emerged over the years, has led to the '*Walton Pain Clinic*' becoming, and remaining, the largest and most successful in Europe. All patients recruited are fully informed volunteers.

The Pain Research Institute houses patient examination laboratories, research laboratories, work and study areas, an information and computing centre, a specialist pain library with several study areas and general work stations which provide researchers with access to all of the relevant pain databases and research offices, through a fast link computer hub. The Pain Research Institute is integrated into the University of Liverpool, which has the benefit of access to additional study facilities and research laboratories, without the additional cost factors. The Institute has become a focal point for pain research, the sharing of information and training in pain relieving techniques, while the wide scope of its projects and its thorough investigative work have brought real relief to patients in this country and overseas.

Human physiology studies, and tests conducted on chronic pain patients, are carried out in two well-equipped sensory testing laboratories, both of which are located on the ground floor of the Pain Research Institute. Both laboratories are air conditioned and climate controlled to ensure consistency in the results gathered from studies with patients, and that the testing conforms to rigid and established research protocols.

One of the laboratories houses the Transcranial Magnetic Stimulator (TMS) and the area is also used for Pharmacological trials. The location is such that even those patients who rely on wheelchair or stretcher access can easily be moved to the laboratories without undue stress and effort. In addition, good office accommodation is provided for the research personnel.

Research Accommodation

The Trustees of the Pain Relief Foundation have continued with the agreed policy that whilst continuing to retain the leasehold and ownership of the Pain Research Building in the Clinical Sciences Centre, together with the fixtures, fittings and equipment therein, they will provide the facility of the Institute, together with the fixtures and fittings, to the Department of Neurological Science, University of Liverpool, and to other such parties who are researching chronic pain, or who wish to enter into collaborative research on human chronic pain.

This arrangement will ensure that research personnel supported by the Pain Relief Foundation, the University of Liverpool, the Liverpool John Moores University and those others who are employed by another party but are working on chronic pain research under the auspices of the 'Pain Relief Foundation' Professor of Pain Science, shall be contained in the same premises and work collaboratively. This arrangement offers a more structured and controlled working area and is conducive to good working practices. The use of the premises does not create a lease, but shall be treated as a Licence at Will.

All of the overhead and operating costs of the Pain Research Institute premises are borne by the Pain Relief Foundation and are allocated as part of the research grants. The following '*modus operandi*' was pursued during the year as in previous years:

- The Pain Relief Foundation provided administration and research accommodation for the research personnel, within the Pain Research Institute.
- The Pain Relief Foundation provided research secretariat, and clinical research support facilities for the researcher posts from its own staff resources.
- The Pain Relief Foundation provided secretariat assistance to the associated research personnel, from its own employed staff.
- The Pain Relief Foundation discharged all costs connected with the accommodation of the Pain Research Institute and its operational facilities, including overheads, heat, light, repairs and purchase of new equipment etc.
- The Pain Relief Foundation discharged all costs connected with the provision of all consumables and computer hardware for the Professor of Pain Science and all other grant aided Researchers working in the Pain Research Institute.
- The Pain Relief Foundation discharged all costs connected with the provision of lecture theatre and associated facilities.

Under the present structure, the Head of the Pain Research Institute is charged with reporting to the Scientific Advisory Sub-Committee in respect of all research work carried out under the Pain Relief Foundation grant arrangements, and also on the additional research that has been made possible through the Foundation's funding and provision of accommodation. The Chair of the committee is then able to submit a concise report to the Committee of Trustees.

This established procedure is considered to be an essential method to evaluate and measure the success and effectiveness of the research work being conducted and to ensure that it is achieving its aims. Additionally, the head of the Pain Research Institute is invited to attend meetings of the Trustees at six monthly intervals, to answer questions on matters raised regarding current and ongoing research projects and future planned developments. He also maintains a liaison with the Education Sub-Committee, attending their meetings in an Ex-Officio capacity.

INFORMATION SCIENCES, RESEARCH CO-ORDINATION & EDUCATION

The Information Sciences & research co-ordination section accommodation is located in the administrative area and fulfills a range of functions in its operational role. It supports the Pain Research Institute in a number of fields, providing accurate sources of scientific and medical information to assist the researchers in many projects, and is responsible for the preparation of medical and research statistics and the maintenance of the information library.

The Education Section has responsibility for the computer installations throughout the Pain Relief Foundation and the Pain Research Institute, providing the services that enable each authorised team member to access the Pain Relief Foundation's network and databases.

Under the direction of the Education Sub-Committee, the Education Section also undertakes the operational factors in the conduct of all postgraduate courses that are organised throughout the year, arranging the teaching seminars, overseeing the Pain Relief Foundation Annual Lecture, collating and ensuring the correct and timely marking of Student essays and organising external conferences.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

On 6th April 2014, the Pain Relief Foundation was incorporated as a Charitable Incorporated Organisation under charity number 1156227.

Structure, Governance & Management

The Pain Relief Foundation is controlled by its Constitution as a Charitable Incorporated Organisation managed by a Committee of Trustees and at their meetings the Committee regularly conduct an assessment and review of their number, taking into account the skill requirements of the members in conducting the affairs of the Trust, and any potential retirements in the forthcoming 12 months. From this review, consideration is given to the need, if any, to recruit further Trustees. In the current year three new Trustees have been appointed and one has retired. In the event that further recruitment is deemed necessary, the Committee of Trustees will seek suitable candidates through a process of personal contact across the Universities, the Health Service and other appropriate professional bodies associated with the charity. Details of the Trustees are shown on page two of this report.

The power to appoint a new Trustee or additional Trustees of the charity is vested in the Committee of Trustees and new appointments may be made by a resolution of a meeting of that Committee. A Trustee may retire upon giving two months' notice in writing of intention to do so, to each of the other Trustees. The Trust Constitution require that the number of Trustees shall not be less than three at any time, but there is no limit on the maximum number and Trustees are not required to retire and stand for re-election.

No expenses of any type will be paid to any trustee nor will any trustee be paid any remuneration or payment of any kind from the Foundation in their capacity as a trustee. All of the trustees will give freely of their time and act in an honorary capacity. This is confirmed in each year's Annual report & Accounts.

In the period 6th April 2016 to 5th April 2017, there were no expenses of any type paid to any Trustee nor was any Trustee in receipt of any remuneration or payment of any kind from the Foundation in their capacity as a Trustee. All of the Trustees gave freely of their time and acted in an honorary capacity.

The Committee of Trustees conducts at least four quarterly meetings each year at which they receive reports on the activities, and achievements that have occurred since the previous meeting. The meeting agendas encompass reports on the full range of activities and situations including the day to day administration, investments and reserves, cash flow and risk management.

The Committee of Trustees continues to review several areas of importance in the effective management of the Foundation. The prepared '*Risk Assessment*' policy is subject to regular review to ensure that potential risks to which the charity may be exposed, are adequately identified, assessed and mitigating steps taken. This operational area is considered to be of the greatest importance and procedural changes will be implemented if deemed appropriate

Related Parties

For the purposes of preparing accounts in accordance with the Statement of Recommended Practice for charities, in the opinion of the Trustees, the following are related parties to the Pain Relief Foundation:

- The Trustees and their immediate family

- The National Health Service
- The University of Liverpool

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.

Risk Assessment

The Trustees have prepared a risk assessment register in which they have recorded the details and results of an extensive study, regarding the potential risks to which the charity may be exposed in the conduct of its affairs. The Trustees have satisfied themselves that through the actions they have taken, the identified risks have been reduced or eliminated, and that appropriate procedures and controls to deal with the risks are in place, so that any resulting or potential impact that the charity may experience is minimised.

The risk assessment register is subject to at least an annual review and in general it is an ongoing review. Such reviews ensure that all of the procedures in place continue to be appropriate to the conduct of the charity and that it is adequate in the light of experience. Where appropriate, systems or procedures have been established and put into place so as to mitigate any risks which may arise or develop

Trustee Indemnity Insurance

The Trustees do not contract a Trustee Group Indemnity Insurance policy.

Recruitment, Appointment and Induction of New Trustees

In selecting persons to be appointed as trustees, nominations are submitted to a meeting of the Committee of Trustees, so that they each have the opportunity of evaluating the strengths of the candidate(s). In considering each nominee, the trustees take into account that person's professional qualifications or personal qualities, their commitment to promoting and furthering the aims of the Foundation, and their ability to make a contribution to the effective management of the Foundation. If the nominee is deemed acceptable, then the appointment is conducted in accordance with the established procedure of induction and training.

The Chair of the committee will extend an invitation to the candidate(s) to attend an early meeting to discuss the appointment in more detail. This is followed by a further meeting with the committee of trustees at which the new trustee is introduced and a formal appointment confirmed. On appointment, the new trustee is required to sign a declaration stating that they comply with the formal conditions required of a Trustee and are therefore able to legally serve as a trustee. It is a requirement that a declaration of interest is made that any conflicting interest is noted and registered accordingly. Should any interest be registered, then at any meeting where there is such a conflict, the trustee will be required to withdraw and not vote on the matter. It is also declared that none of the trustees have an interest in the pharmaceutical industry. However, any such interest would be registered.

An induction meeting is then held with the Administrator who will inform the new trustee of their powers and responsibilities, the operational policy, the management arrangements for the charity's investment funds and the procedure of receiving applications for research grants

and how the applications are processed through to selection. Other meetings are then held with the Sub-Committees at which their operational roles and powers are discussed.

An induction welcome pack is provided to the new Trustee, which contains as a minimum, a copy of the Constitution, a synopsis of the Foundation since its inception showing its achievements and further research targets in human chronic pain. Copies of the Trustee Committee's meeting minutes and the meeting minutes of the Advisory Sub-Committees, each covering the past 24 months, cash flow reports for the same periods, and copies of the previous two years' Annual Report and Accounts. A presentation folder is prepared containing copies of the Reserves Policy and Annual Review, Risk Assessment, Management Flow Chart, Mission Statement and Equal Opportunities Policy. In addition, a copy of the Charity Commission's publications '*The essential Trustee: What you need to know*' and '*Charities and Public Benefit*' are provided.

Education Advisory Sub-Committee

The Committee of Trustees is advised on all aspects of education and information by an appointed '***Education Advisory Sub-Committee***', chaired Dr John Wiles, a Senior Pain Consultant, working in the N.H.S., and also a Trustee of the Foundation. During the year under report, the committee consisted of Neurosurgeons, Senior Pain Clinicians, and a Clinical Lecturer with Special Interest in Pain. This committee, whose members have a wide-ranging knowledge of the treatment of chronic pain and medical education strategies, were delegated and directed to advise the Trustees on educational issues and to further develop the Pain Relief Foundation's educational role through publications, courses, lectures, literature and conferences and in this respect, it fulfilled the role of maintaining a well-balanced delivery of up to date educational programmes to health professionals, many of whom traveled from all parts of the country to attend.

This committee is also charged with identifying the most appropriate methods of disseminating in printed format, details of successful research results, information on new and improved treatment methods that have been devised for pain patients, and information leaflets to aid pain sufferers in finding the best treatment resources centres. This information is distributed through the medical press and, both the Foundation's website and the Institute's website. All of the members act in an honorary capacity.

Scientific Advisory Sub-Committee

To assist the Trustees in making balanced policy decisions regarding the funding of selected research projects and additional applications for funding, they are advised and directed by an appointed '***Scientific Advisory Sub-Committee***', which is chaired by Dr Helen Poole, a well-respected Reader and much published researcher. The other members of this committee are recruited for their in-depth knowledge and understanding of chronic pain conditions and are drawn from both local and external treatment centres covering the many disciplines involved in the study and treatment of human pain. All of the members act in an honorary capacity and the committee is supported by the Foundation's Administrator.

The Committee continued to be the source of invaluable information, advice and opinion when reporting on, and prioritising, the numerous funding applications for scientific research which were considered to be worthy of support. It also continued with the vital task of overseeing the results from the many facets of research work, assisting the Trustees in interpreting and analysing the large volume of scientific information submitted by Research Fellows, Grant Holders and the Professor in Pain Science.

The purpose in receiving and analysing these reports is to satisfy the Trustees that:

- the research being funded is achieving the projected results to satisfactory and accepted scientific, medical and research standards;
- the research is likely to reach its stated aims;
- ethical approvals remain in place and are being followed scrupulously;
- research Governance is being observed at all times;
- quality standards are being maintained;
- the costs of the research are maintained within the grant limits;
- the research is being managed and monitored effectively.

The head of the Pain Research Institute is called to attend each of the Trustee meetings to provide the Trustees with an insight into the advances and the strategic development of the research opportunities being pursued. Reports are also received from the appointed Education Advisory Sub-Committee, which is principally involved in directing the Educational Meetings, Lectures, Student Essays and Patient Information issues and the Scientific Advisory Sub-Committees which undertakes the task of advising the Trustees on all aspects of Research and Research Grant applications.

Grant Making Policy

In October each year, the Pain Relief Foundation advertises in both the national and the international medical press, to invite well established researchers and scientists to submit applications for Pain Relief Foundation grants, to carry out research projects on human chronic pain or to purchase special laboratory equipment to conduct clinical trials. The notice to apply for grants is advertised in the selected medical journals, on the Pain Relief Foundation Website, on the NHS grant website and through other appropriate media; there is a closing date for the receipt of such applications. The advertisement states the upper (monetary) limit of grants, which may vary from year to year.

On receipt of applications, the Foundation's Administrator ensures that all appropriate sections of the application forms which have been received are correctly completed and then arranges a meeting of the Scientific Sub-Committee to present the Abstracts of the applications to the members. At this meeting, the members jointly select and nominate independent and best qualified, learned medical persons who will be asked to peer review each application and to give their expert opinions.

After the meeting the Administrator writes to the selected peer reviewers, submitting a copy of the application asking if they will provide an assessment of the proposed research, the likelihood of the work succeeding and the cost effectiveness of the requested budget. In addition, references are sought regarding the applicants and the outcome of previous research projects for which they have received funding from all sources. When all applications are complete with the peer reviews and references received, a full set of each application is submitted to each member of the Scientific Advisory Sub-Committee, for consideration and prioritisation in preparation for a selection meeting of the members.

At the grant meeting, the Chairman calls the attention of the members to the received Peer Reviews and References which are referred to throughout the process of considering the most appropriate and worthy applications deserving of a grant. Each committee member delivers an opinion on the applications received and scores each application between 1 and 5 with (1) being the lowest score and (5) being the highest score. These scores are then brought together with the Peer Review scores and the applications listed in order of achievement, at which point the Chairman and the committee draw recommendations to place before the next meeting of the Trustee Committee. When the Trustee Committee receives the advice of the

Scientific Advisory Sub-Committee, they decide which applications, if any, will be funded in accordance with advice received, and in the light of funds available.

The Trustees may recommend that an application not be funded, be funded in full, or be funded at a reduced level. In the event that the Trustees are considering a number of competing recommended applications for which the Foundation's funds are inadequate to fund them all, the Trustees may invite the Chairman of the Scientific Advisory Sub-Committee, together with those members of the Sub-Committee who are also Trustees, to help them prioritise the applications. Each grant is specific to the holder and ceases should the grant holder terminate their post.

New grants approved in the year

Professor in Pain Science (Approved for the next 12 months) <i>Costs for 50% of the Chair in Pain Science, University of Liverpool.</i>	£70,000
Dr Jordan 'Keeping on track: Exploring socio-developmental challenges faced by young people with ongoing pain and their families'	£60,100
Dr Flatters 'Causal mechanisms of chemotherapy-induced painful neuropathy'	£60,000
Prof Aziz 'Partnered study: A prospective, randomized study of PARAsympathetic modulation with slow deep breathing for the management of oesophageal pan hypersensitivity in Non o Erosive Reflux Disease'	£29,855
Dr Marshall 'Investigating the second order spinal projection pathway of C- Tactile afferents and their contribution to pain processing'	£27,660
Dr Bonello 'Open-label pilot study using repetitive transcranial magnetic stimulation as a treatment for pain in Parkinson's disease'	£15,043
Ms J Horner MSc Health Psychology Research Studentship	£4,200
Prof Nurmikko Transcranial magnetic stimulation (TMS) for clinical use	£20,000.

Public Benefit

In the foregoing section, the aims and objectives of the Foundation are plainly stated and the policies adopted to deliver these aims and objectives are clearly stated. The objectives are supported by clear explanations regarding the policy of the Foundation to support the preparation and development of good quality research projects which are peer reviewed and expertly selected to develop the provision of improved treatment for the benefit of patients, easing and reducing their pain. In addition to the research conducted, the Foundation provides educational activities and the training of health professionals to achieve the stated aims. All of these activities are a continual matter of ongoing review by the Committee of Trustees and the Members of the Advisory Sub-Committees, so that in the light of experience, adjustments which are considered appropriate are implemented quickly, to ensure that the highest quality results continue to be delivered.

The development of improved patient services and treatment, as previously stated, is considered to be a priority issue by the Foundation, and it works symbiotically and in co-operation with the NHS and Universities to provide post-graduate scientific education in chronic pain relief. A number of postgraduate training courses have been conducted each year, for the continuing education of nurses, GPs, and for clinical pain specialists.

The information service provided by the Foundation serves to inform General Practitioners and all Pain Clinicians and Consultants with up-to-date information regarding available treatments for various pain conditions. In addition, the Foundation provides an information service for patients, their support carers and family members through the provision of leaflets on most chronic pain conditions. The Foundation's website also provides a vast range of guidance and support for patients and Health Professionals, and much of the advice section contents can be downloaded for further ease of access. This enables patients and carers to be empowered about their individual problem.

Pain sufferers who make telephone contact with the Foundation are connected to experienced, friendly staff that are trained to sympathetically and professionally direct enquirers through to available services and advice centres. They are also able to guide sufferers into how they can avail themselves of these services and what action they can take to be referred to clinical services for pain treatment.

Patients also receive direct benefit through research results which lead to the development of new and improved treatments for chronic pain conditions. These results are delivered to pain treatment clinics nationally, and indeed internationally, through the dissemination of research information by the Foundation either electronically, from our web-site, in medical publications and by way of educational meetings for health professionals.

With chronic pain affecting more than 1:7 of the British population, it can be seen that the work of the Foundation provides a benefit for a huge number of people. Reports on the research work supported by the Foundation are included in later pages and give a vast amount of information on the progress that is being made with human chronic pain and you are encouraged to read this section.

Volunteers

The Pain Relief Foundation does not receive any funding from central or local government, the health service or other official body. Instead, the Foundation depends entirely on donations, gift aid, legacies, appeals and contributions from supportive members of the public, from generous companies and from a number of small trusts. There is a small level of direct fundraising activity organized and conducted by the Foundation's own staff, supported by one or two volunteers. Additionally, it seeks to secure grants from trusts and the commercial sector to fund specific research projects.

The Foundation is not in receipt of benefits in kind, either by way of services, facilities or donations-in-kind. It does, however, receive some limited benefit from the very small number of volunteers who support the fundraising section in the organization and conduct of small events. The Trustees recognize the intangible value of the contribution of volunteers to the charity and the Trustees are of the opinion that such income cannot be reliably ascertained. However, it is considered that such intangible income is unlikely to be material.

Powers of Investment

The Constitution provides the Committee of Trustees with the following powers:

1. To administer a bank account in the name of the Foundation at such bank as the Trustees shall decide.
2. To invest in the name of the Trustees, any monies not required for the immediate purpose of the Foundation, in such securities as they may from time to time decide as if they were beneficially entitled and whether such securities shall be trustee investments or not and shall have power from time to time to transpose such investments.
3. That any property purchased by the Foundation shall be vested in the Trustees appointed for that purpose and the Trustees shall enter into a Deed of Trust setting forth the purposes and conditions under which they hold the said property in trust for the Foundation and shall with such consent as is by law required deal with the property so vested in them by way of sale, mortgage, charge, lease or otherwise howsoever directed by the Foundation.

Investment Policy

The Trustees have developed an investment policy which it believes will respond to the needs of the ongoing activities of the Foundation. Sufficient funds are retained in investment that will ensure we can respond to all contingencies as they may arise. Equally important is the strategy of investing in low to medium risk funds that will also provide an operational income. The objective is that this investment policy will produce improved values and income, whilst at the same time safeguarding the short-term and long-term financial needs of the Foundation. The Trustees seek the advice of its Investment Advisors, Rathbone Investment Management Limited and at regular meetings with the Advisors, in-depth reviews are held into the investment portfolio that makes up the reserve fund.

The investment decisions taken by the Trustees throughout this financial year have proved to serve the portfolio well. Supported by the Advisors and making a number of minor adjustments, the fund has proven to make good returns, bringing the fund ahead of the very acceptable level compared with the end of the last financial year. Fortuitously, at a joint meeting with their Advisors early in the year, the Trustees set an investment policy of 60% of the funds invested into 'Equity Investments' with a view of maximising the Securities and to invest 40% of the funds into 'Fixed Interest Securities'. The decision to ease the approach with fixed interest investments was a very positive decision at the commencement of the year, thus maintaining forward growth.

Mindful of the continuing uncertainty in the markets, during the year under review the trustees gave instructions to the Portfolio Manager that the portfolio investment should be organized at 65% of its value being in Equities and 35% of the value being in Fixed Interest stock and the investments were so arranged at the beginning of the year.

Reserves Policy

The strategy developed by the Trustees is to hold a level of reserves that is deemed to be appropriate from time to time, to ensure that:

- The committed and planned research projects undertaken in the short, medium and long term are sustainable.
- Although Professor Turo Nurmikko has retired as the 'Pain Relief Foundation Professor of Pain Science' at the Pain Research Institute, which is now into its tenth year, a recruitment programme is in place to find a suitable replacement. The

policy therefore, is to continue the practice that the post may be supportable from the income generated by the investments, so as not to detract from the distribution of the annual general income if this is required by the Trustees to balance its annual income.

- The Trustees are able to address any problems that arise, including the loss of any significant source of income, which might restrict the ability of the charity in carrying out its objectives.
- Sufficient funds are available to respond to new and important projects that are identified.
- The Trustees are able to respond to a shortfall of income in any financial year, that may occur for whatever reason and which shall enable the research that is already authorised, to continue without a break.
- The cost of funding the Chair at the University of Liverpool for the 'Pain Relief Foundation Professor of Pain Science' shall be protected for a minimum forward period of 10 years from any date, by ensuring that such sums as shall be required to continue the funding for such period are kept on reserve.

In setting the level of reserves, a conservative management style has been adopted that is consistent with the Trustee's responsibilities who have agreed a broad spread sector exposure to increase diversity and to regulate risk. The Trustees have established a position that the level of unrestricted reserves and investments should be adequately sufficient to respond to the above operational policy and needs. Therefore, the Trustees have agreed the following:

- Funding for the post of Professor of Pain Science continues to be identified as a long-term commitment and therefore, a minimum of 10 years costs supported by projected increases of a minimum say 2% per annum to cover inflation should be set aside for this purpose. It has been estimated that £826,000 of the investments should ensure that the income will be adequate to cover this requirement for that forthcoming period.
- To provide reserves to cover the estimated costs of funding existing research, research coming on-line, overheads, research administration support, charity administration and fundraising over three years. Based on an average annual expenditure, this need is £950,000.
- To retain in investments, an amount that will enable the Trustees to respond to new and important projects that may arise. In arriving at a level of retention, consideration has been given to the fact that such projects may require funding for at least two years and possibly three years.

It is considered that in view of the ongoing investment market volatility and the continuing and uncertain slow rate of recovery, together with the unsteady present uncertainties worldwide, the present level of reserves are adequate to meet these criteria.

Trading

Changes in the 2000 Finance Act, Chapter 17, allowed exemption to tax on charitable income from trading activities up to predetermined levels. The charity continues to carry out a very small level of incidental trading within the prescribed limits.

FUNDRAISING REGULATOR

The Pain Relief Foundation is a Member of the Fundraising Regulator (FR), being one of the first charities to register prior to the official launch of the organisation. The FR is the independent regulator of charitable fundraising and was set up following the Etherington review of fundraising self regulation (2015) to strengthen the system of regulation and restore public trust in fundraising.

The FR is open to all fundraising organisations, suppliers and associates. Members agree to adhere to the highest standards of good practice with their fundraising, and their stated Fundraising Promise. As a Member of the FR we demonstrate Membership of the scheme by using the scheme logo on all fundraising materials. By participating in the scheme charities are advertising commitment to best fundraising practices and to giving the public the comfort of a 'safety net' provided by a robust complaints system.

It is a requirement that a charity submits an annual report to the FR, advising the Board of the number of complaints received by the Charity, in relation to its Fundraising activity, by category. The report requires the charity to notify the Board of action taken to resolve any such complaints and what the outcome results are.



Pain Relief Foundation is pleased to report that in the year ended 5th April 2017, no complaints had been received by the charity in the preceding 12 month period. A report to this effect was submitted to the Board of the FR as required.

The Pain Relief Foundation Fundraising Promise

We are committed to working to the highest standards of practice at all times.

We promise donors that we will comply with the FR Codes of Fundraising Practice and do all that we can to ensure that fundraisers and volunteers will at all times comply with the Codes and with this Promise.

We comply with the law, health and safety and the environment. We will not put unfair pressure on anyone to make a donation. If you don't want to make a donation, we will respect your decision. We require anyone fundraising on our behalf to clearly identify themselves as one of our representatives.

We are honest and open and do not make false or exaggerated claims. We do what we say we are going to do and don't pretend to do things that we can't. We will answer any reasonable questions you have about our fundraising activities and costs. Please contact us for information, visit our website or see our Annual Report.

We are clear and give clear details about how you can make a gift. If you make a regular gift and you want to cancel it, we will carry out your cancellation instructions as soon as possible. We are clear about what we do and how your gift is used for the effective support of our beneficiaries.

We are fair and respect the rights, privacy and dignity of each of our supporters and beneficiaries and conform to the Data Protection Act. We will only use your personal information for the purposes stated and for which you have given your consent. If you tell us that you don't want us to contact you in a particular way (e.g. by telephone) we won't do it.

We are reasonable and responsible and will be careful not to use any images or words that cause distress or offence. We make sure that our events are well run and meet health and safety and environmental requirements and we avoid causing any nuisance, damage or

disruption. We won't use excessive emotional arguments to make you feel guilty about not giving to us.

We are accountable and should you be unhappy about anything we have done while fundraising, you can write to us and complain. We have a complaints procedure and we will acknowledge your complaint within 7 days and commit to dealing with the matter within 30 days. A copy of our procedure is available on request and if we are unable to resolve your complaint, we accept the authority of the FR to make a final adjudication.

STATEMENT OF TRUSTEES RESPONSIBILITIES

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

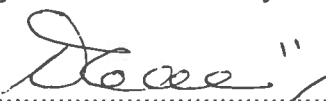
The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the Constitution requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees present their report with the financial statements of the charity for the year ended 5 April 2017. The trustees have adopted the provisions of 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).

Approved by order of the Committee of trustees on19th September 2017..... and signed on its behalf by:


.....
D Cain - Chairman the Trustee

Date 19th September 2017

CLINICAL SECTION

Patient & Public Information

The Pain Relief Foundation provides a wide range of information leaflets, each of which deals with a specific chronic pain condition. The leaflets have proved to be a source of help to many thousands of chronic pain sufferers in understanding their pain problem and they give advice on the available treatments and additional sources of valuable information. The leaflets are also made available in packs to General Practitioners where they have been shown to be a useful method in this setting, as a way of guiding the patient into self-help opportunities in support of their treatment.

The full range of leaflets is concise and gives fairly in-depth information about a range of chronic pain conditions. The leaflets continue to be re-written as information and advice is updated, using the guidelines issued by the Centre for Health Information Quality, which seeks to make the use of the leaflets more 'patient friendly' and easier to read and understand. Each of the medical staff working at the Institute, contribute their skills in making the leaflets a prime source of useful information.

Letters and advice columns, written or supported by our doctors, continue to be regular features in many local and national newspapers, such as the Liverpool Post, the Liverpool Echo and the Daily Telegraph. Working with feature writers from magazines and newspapers, our staff had provided the additional service of providing accurate and up-to-date information for the readers. Information disseminated in this way brings many benefits to chronic pain sufferers in particular, and the population in general.

The Foundation has supported and taken part in programmes featured on national and local BBC and Independent Radio Stations, in programmes featuring how human chronic pain is affecting the population. Some of the programmes have included live '*phone-in*' features so that listeners are able to become more fully aware of new and improved treatment procedures that are becoming available. Where appropriate, the Foundation has arranged interviews with patients who have benefited from the non-invasive techniques of the NHS '*Pain Management Programme*' which was originally devised at the Pain Research Institute.

Audio Tapes & CD's

The *Coping with Pain* audio tape was one of the early self help aids for chronic pain sufferers. With an introduction by Magnus Magnusson, it soon became part of the pain patient's medicine cupboard. Now that the use of audio tapes and cassette tapes is in the decline, we also produce this item as a Compact Disc (CD). Each section of the tape/CD has been specifically designed to focus the minds of pain sufferers on ways of easing their pain through relaxation and gentle exercise. As many as 2 out of 3 people who have used it report that they have been able to improve their quality of life and find that their chronic pain problem is eased.

Over 65,000 copies of the *Coping with Pain* tape/CD have now been distributed through a range of outlets covering the medical field and the retail sector. Additional tapes/CD's dealing with specific pain conditions are also available and they include: *Coping with Headaches & Migraine*, *Feeling Good*, *Coping with Back Pain* and *Relaxation* and *Coping with Anxiety*. Each of the tapes/CDs contain relaxation programmes that help so many sufferers to find relief.

Pain Handbook

Further support is available for patients suffering chronic pain from a special book which is titled "*Manage your Pain*" written by Drs. Michael Nicholas, Alan Molloy, Lis Tonkin and Beeston. This book seeks to explore and advise patients on pain management and as with

the Jan Sadler book, takes the reader along the path of self-help, targeting of pain levels and managing pain on a daily level.

The book examines both traditional and alternative medicine as well as exercise, diet and relaxation as means of relief from suffering. The approach taken in the book will help sufferers to break the pain cycle and regain a measure of control over their lives. Techniques included in the book are mastering relaxation, graded activity and learning to control pain. It also contains advice for the family and friends of pain sufferers, giving positive guidelines on helping and supporting those in pain.

Another book is also available for patients who are ***suffering with CRPS***. It has been written by Sunny Boshoss who has suffered from CRPS for many years and offers her own guidance and advice on how to live with the pain of CRPS and how to improve quality of life.

PAIN RELIEF FOUNDATION INFORMATION SCIENCES, RESEARCH CO-ORDINATION & EDUCATION

Introduction

The work of this department draws on the expertise of Pain Clinicians and is closely aligned with the work of the Foundation Education Sub-committee. The work of the Committee encompasses all educational courses, conferences and meetings for health care professionals and the department provides the administrative support for those developed courses and conferences plus the provision of information about chronic pain to both patients and the general public, including an online resource about chronic pain. This fulfils the remit of the Foundation to provide such education.

Information science

The department is responsible for the provision of internal resources for research and education such as library and information services. The direct connection to Liverpool University mainframe computers via the high speed link from the Clinical Sciences Centre provides fast, easy and free access to internet and email services for those based at the Pain Research Institute. The University of Liverpool library online resources are excellent and continue to grow, therefore this link gives access to many varied sources of academic information.

EDUCATION

Meetings and Courses

Meetings and courses which are developed and structured are aimed at all health care professionals. The purpose is to educate participants about all aspects of chronic pain management. Many of the courses are aimed at a national audience. The Foundation also organises and hosts occasional national and international research meetings.

Foundation courses & lectures

The annual **Clinical Management of Chronic Pain** now held in July, in previous years was held in November, was re designed as a vibrant and participative clinical, hands-on course. It is a 3 day course aimed at Consultants, Specialist Registrars, Anaesthetists, Advanced Specialist Nurses, GP's, and Physiotherapists with some experience of pain management.

2016 the course continues to be a huge success It was again fully booked several months before the due date and there was a waiting list of potential delegates. The new course consists of a mixture of lectures, seminars, clinics, theatre sessions and the highlight of the course is **The Grand Round**. The participants also spend a day in the Pain Management Programme at Walton Centre where they see firsthand the multidisciplinary assessments and treatments that patients receive.

A number of one day courses have also been organised through the Pain Relief Foundation Education Committee and have taken place over the past year such as the 'Liverpool Spinal Cord Stimulation Study day', 'Neuropathic Pain' workshop and 'CRPS Study day' All courses run at the Foundation are accredited in the form of Continuing Medical Education points awarded from the Royal College of Anaesthetists of Great Britain and are eligible for CPD points

The **Pain Relief Foundation Annual Lecture** took place in October 2016. This was the **17th Lecture** as a series which was instigated as a Millennium project in 2000 as an annual series of lectures on timely pain topics.

This years lecture was given by Serge Perrot. Professor Serge Perrot a rheumatologist and a pain specialist, the title of the lecture was Joint Management for Joint Pain: Bridging Rheumatology and Pain Research. The evening's proceedings were held to honour the life and work of Professor Jean-Marie Besson who died in 2014. He was a founding member and later president (1996-99) of the International Association for the Study of Pain (IASP). He was an inspirational pain neuroscientist whose pioneering work included identification of descending pain control and the effect of morphine on the dorsal horn

CRPS Guidelines

Following the publication of the authenticated Guidelines for diagnosis, treatment and referral in primary and secondary care for CRPS, Dr Andreas Goebel has re-constituted his panel of experts to revise the guidelines and again, the panel has convened several times during the year to discuss the basis of the review.

The guidelines are informed by a systematic review of randomised controlled trials on the treatment of Complex Regional Pain Syndrome (CRPS). This review has been undertaken in-house in collaboration with members of the guidelines panel. The systematic review will be published separately in due course.

The Foundation Essay Competition

This competition continued into 2016 and this year was won by Alastair Macfarlane, Kings College London who submitted an essay titled 'Cannabis as pain relief: the role of the endocannabinoid system in the pathophysiology of chronic pain'. This winning essay was presented to a *Grand Round* meeting in the Pain Research Institute and was well received by those in attendance. Mr. McFarlane received the winning prize of £500.00.

The competition raises awareness nationally among medical undergraduates about chronic pain and the Pain Research Institute.

There were a large number of entries this year, with more than 25 essays being submitted. All of essays were of a very high standard from various medical schools around the country, both long established and newer schools. There were 3 runner-up prizes all of merit and highly commended.

Pain Relief Foundation Website

The Pain Relief Foundation website www.painrelieffoundation.org.uk is a premier online resource for information about pain. The general public can access information about chronic pain and importantly be directed to other specialist websites which offer good, current, medically correct and easily understood information about specific chronic pain conditions. All recommended sites have been assessed before being included on the site by the Walton Centre pain team. All the leaflets in the "Dealing with Pain Series" on chronic pain conditions and drugs for pain are available to download from the website. Topical and informative articles written by staff of the Foundation and Institute and Walton Centre Pain team are regularly featured on the website.

WORK & STUDY AREAS

The Institute continued to provide accommodation for research personnel to study their research developments and prepare research reports and applications. The accommodation is furnished and serviced, fully set out with computers work stations and associated equipment.

RESEARCH REPORTS

Below is a selection of research that is currently being undertaken with the support of the Pain Relief Foundation, a full report of the research can be found on our website. www.painrelieffoundation.org.uk under the research heading.

The potential for retrotransposon mobilisation to modulate sensory loss in ageing

Professor John Quinn & Dr Vivien Bubb, Institute of Translational Medicine, University of Liverpool

Introduction

The statement 'ageing is a major risk factor for many neurological disorders' is often overlooked as scientists and clinicians rush to explain specific mechanisms underpinning the initiation or progression of these disorders. However in the main, diseases like Alzheimer's, Parkinson's and Motor Neuron Disease are clearly associated with ageing, although unfortunately young people can also suffer from these conditions. It is also fortunately not true, that these diseases are an unavoidable consequence of ageing. The same can be said of age related pain, in that there is much debate on whether chronic pain is experienced more by older people, e.g. the elderly often experience chronic pain in the joints but less visceral pain and headache.

Our study will expand upon the following observation 'as we age, we have increased mutation of the DNA in the brain' to address if a similar mechanism is observed in more peripheral neurons associated with transmission of pain to the brain-the sensory ganglia such as dorsal root ganglia. Increasing mutation in these neurons with age would cause

these sensory neurons associated with pain transmission to behaviour aberrantly e.g. constantly transmitting a pain signal to the brain or transmitting a pain signal to what otherwise would be considered a low threshold of pain insult.

Epithelial exosomes: Key modulators of neural function in human trigeminal nerves?

Dr. F Lundy, Queens University Belfast

Background:

Pain is a natural, protective response that helps us avoid injury. Sometimes this protective response becomes deregulated and this often occurs when pain is associated with chronic inflammatory conditions. It is well recognised that during inflammation, different cell types communicate with nerves, and this communication contributes to changes within the nerves which are typical of chronic pain syndromes. Communication between different cell-types in chronic inflammatory pain is not fully understood but recent work points to a new mechanism involving small vesicles, called exosomes, which carry genetic and protein information from cells, in the surrounding tissue environment, to the nerves to influence their function.

Epithelial cells have particularly important roles in protecting us from injury and infection because they line the majority of our body surfaces. In this study we are determining the role of small vesicles, known as exosomes which are produced by many cell types, including epithelial cells. We are interested in determining whether epithelial exosomes alter the expression and function of a certain class of pain receptor on human nerves. In pain research it is recognised that animal studies may not always faithfully reproduce human biological responses. Thus, in this study we use a human epithelial cell lines and a unique model of human nerves (nerves which are differentiated from human dental pulp stem cells) so that our work has direct relevance to human rather than animal physiology. We investigate how these recently discovered exosomes influence human nerves and provide entirely new data to improve our understanding of their role during inflammation. We firmly believe that preclinical studies investigating new targets for chronic pain therapy will benefit from models which use human cells and in this way enhance the translation of research studies into new medications that can benefit patients who are coping with the daily burden of pain.

FKBP51 and chronic pain states

Dr S.M. Géranton, University College, London

This is a report describing the activities related to the grant named above that have occurred during the first 6 months of the project.

Project aims

We have recently shown that blocking FKBP51, a protein important for the regulation of the stress response, could interrupt a pre-existing chronic pain states in mice. The aim of this project is to test the efficacy of a novel FKBP51 inhibitor, SAFit2, in clinically relevant models of pain states. In particular, we want to test the effects of FKBP51 inhibition in 3 rodent models: a surgical model of skin incision; a model of chemotherapy induced neuropathic pain and a model of diabetes induced pain. This project will also use a range of molecular techniques to further our understanding of the mechanisms involved.

The Effects of Complex Regional Pain Syndrome Patient Serum- IgG on Rodent Sensory Nerves

Dr A Goebel and Dr D Andersson, Kings College London

The Complex Regional Pain Syndrome (CRPS) arises after injury to a limb. Patients experience ongoing, severe pain, out of proportion to the injury. There are currently only few treatments. For many patients no treatment works and new treatments are urgently required. We have shown that blood substances termed anti bodies very likely contribute to causing CRPS. We have created a CRPS model when mice are injected with patient ant bodies and then the right-hand paws are incised under general anaesthesia. The animals, which have received CRPS-patient-derived ant bodies will develop a syndrome in their injured limb that resembles CRPS (whereas animals injected with antibodies from healthy persons, won't develop the syndrome). This confirms a harmful function of these anti bodies, resulting in abnormal function of sensory nerves and pain.

We now wish to find out exactly how CRPS anti bodies change their nerve function. We have harvested the sensory nerves from the mice under deep anaesthesia and tested: (i) spontaneous nerve fibre activity ii) nerve fibre activity following skin stimulation and iii) the nerves gene expression. The knowledge gained in this project will be used in future to find new drugs to treat CRPS.

Our researchers are leading experts in their respective field of CRPS and the examination of rodent sensory nerves for pain.

REGISTERED CHARITY NUMBER: 1156227

**Report of the Trustees and
Audited Financial Statements for the Year Ended 5 April 2017
For
THE PAIN RELIEF FOUNDATION**

BTMR Limited
Statutory Auditor
Century Buildings
14 St Mary's Parsonage
Manchester
M3 2DF

THE PAIN RELIEF FOUNDATION

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**Independent Auditors to the Trustees of
The Pain Relief Foundation**

We have audited the financial statements of The Pain Relief Foundation for the year ended 5 April 2017 which consist of the Statement of Financial Activities, the Balance Sheet and Notes. The financial reporting framework that has been applied in their preparation is applicable law and the charities SORP FRS 102 (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charity's trustees, as a body, in accordance with Section 145 of the Charities Act 2011 and regulations made under Section 154 of that Act. Our audit work has been undertaken so that we might state to the charity's trustees 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 charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

As explained more fully in the Statement of Trustees' Responsibilities set out on page two, the trustees are responsible for the preparation of financial statements which give a true and fair view.

We have been appointed as auditors under Section 145 of the Charities Act 2011 and report in accordance with regulations made under Section 154 of that Act.

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 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 charity'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 and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our 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 at 5 April 2017 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements ; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

BTMR Limited

BTMR Limited
Statutory Auditor
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
Century Buildings
14 St Mary's Parsonage
Manchester
M3 2DF

Date:1st Sept 2017.....

THE PAIN RELIEF FOUNDATION

**Statement of Financial Activities
for the Year Ended 5 April 2017**

	Not es	Unrestricted funds £	Restricted fund £	5.4.17 Total funds £	5.4.16 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	106,708	-	106,708	112,288
Other trading activities	4	68,331	2,533	70,864	45,751
Investment income	5	<u>90,830</u>	<u>-</u>	<u>90,830</u>	<u>101,389</u>
Total		265,869	2,533	268,402	259,428
EXPENDITURE O					
Raising funds					
Other trading activities	6	17,083	-	17,083	28,204
Investment management costs	7	<u>11,752</u>	<u>-</u>	<u>11,752</u>	<u>10,558</u>
		28,835	-	28,835	38,762
Charitable activities					
Research	8	346,912	3,112	350,024	267,873
Education		<u>6,010</u>	<u>301</u>	<u>6,311</u>	<u>7,133</u>
Total		381,757	3,413	385,170	313,768
Net realised gains/(losses) on investments		<u>42,164</u>	<u>-</u>	<u>42,164</u>	<u>8,338</u>
INCOME LESS EXPENDITURE		(73,724)	(880)	(74,604)	(46,002)
Net unrealised gains/(losses) on investments		<u>316,282</u>	<u>-</u>	<u>316,282</u>	<u>(152,155)</u>
NET INCOME/(EXPENDITURE)		242,558	(880)	241,678	(198,157)
RECONCILIATION OF FUNDS					
Total funds brought forward		2,682,139	8,540	2,690,679	2,888,836
TOTAL FUNDS CARRIED FORWARD		<u>2,924,697</u>	<u>7,660</u>	<u>2,932,357</u>	<u>2,690,679</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

THE PAIN RELIEF FOUNDATION

Balance Sheet
At 5 April 2017

	Notes	Unrestricted funds £	Restricted fund £	5.4.17 Total funds £	5.4.16 Total funds £
FIXED ASSETS					
Tangible assets	11	73,946	5,062	79,008	88,907
Investments	12	<u>2,814,889</u>	<u>-</u>	<u>2,814,889</u>	<u>2,597,054</u>
		2,888,835	5,062	2,893,897	2,685,961
CURRENT ASSETS					
Stocks	13	943	-	943	674
Debtors	14	1,746	-	1,746	2,105
Cash at bank and in hand		<u>54,976</u>	<u>2,648</u>	<u>57,624</u>	<u>47,205</u>
		57,665	2,648	60,313	49,984
CREDITORS					
Amounts falling due within one year	15	(21,803)	(50)	(21,853)	(45,266)
NET CURRENT ASSETS					
		<u>35,862</u>	<u>2,598</u>	<u>38,460</u>	<u>4,718</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>2,924,697</u>	<u>7,660</u>	<u>2,932,357</u>	<u>2,690,679</u>
NET ASSETS					
		<u>2,924,697</u>	<u>7,660</u>	<u>2,932,357</u>	<u>2,690,679</u>
FUNDS					
Unrestricted funds: 16					
General fund				88,420	71,385
Designated unrestricted				<u>2,836,277</u>	<u>2,610,754</u>
				2,924,697	2,682,139
Restricted funds:					
Restricted fund				<u>7,660</u>	<u>8,540</u>
TOTAL FUNDS					
				<u>2,932,357</u>	<u>2,690,679</u>

The financial statements were approved by the Board of Trustees on 19th September 2017 and were signed on its behalf by:


D Cain - Chairman - Trustee

THE PAIN RELIEF FOUNDATION
Notes to the Financial Statements
for the Year Ended 5 April 2017

1. DESIGNATED FUND

The designated fund represents sums set aside, out of unrestricted funds, to meet the ongoing costs of the chair of Professor of Pain. No appointment has yet been made and the Designated Fund has been used for general working capital. Were it not for an unrealised investment gain (on stating investments at their market value as at 5 April 2017) the fund would be in deficit by £90,759 (2016: surplus £4,167).

	2017	2016
	£	£
Investment income:		
Interest received	3	3
Dividends	90,826	101,384
Realised gains on investments sold	42,164	8,338
Unrealised gain on revaluing investments to market value	<u>316,282</u>	-
Total designated income	449,275	109,725
Less:		
Realised loss on sale of investments	-	-
Unrealised loss on revaluing investments to market value	-	(152,155)
Investment manager's fees	(11,752)	(10,558)
Expenditure out of designated funds	-	-
Transfer of net expenditure to General Fund	<u>(212,000)</u>	<u>(95,000)</u>
Net designated (expenditure)/income	<u>225,523</u>	<u>(147,988)</u>

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS102, 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)', and the Charities Act 2011. This is the first year in which FRS 102 has been applied. There are no adjustments resulting from adoption of FRS 102. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

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 costs 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.

Grants offered subject to conditions, such as duration of the grant, which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

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

Long leasehold	- Over the period of the lease
Plant and machinery	- 25% on reducing balance and 15% on cost
Fixtures and fittings	- 25% on cost

Expenditure on individual assets which is less than £500 is not capitalised.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

2. ACCOUNTING POLICIES - continued

Taxation

The charity is exempt from 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.

Designated fund

The Designated fund represents the investment and related income which the trustees have designated to be used specifically for funding the chair of the Professor of Pain.

Restricted fund

The Restricted fund represents the income which was made available for the purposes of acquiring a Transcranial Magnetic Scanner. The related expenditure represent the annual depreciation on the scanner.

Financial instruments

Financial instruments are classified and accounted for according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Investments

Investments are made by the trustees acting through and on advice of professional investment managers. The investment strategy focuses on low to medium risk investments.

Investment gains and losses

Gains and losses which arise on the sale of investments during the year are termed "Realised gains and losses". Those gains and losses that arise from the disclosure of investments at market value as at 5th April each year are termed "Unrealised gains and losses".

Governance costs

Governance costs relate to the general running of the charity, as opposed to fundraising or charitable activities expenditure. They include audit and legal fees, accountancy and related support costs.

Costs of generating funds

The costs of fundraising events include the costs incurred by the Charity in arranging golf days, appeals and sponsorships and are included in the SOFA on an accruals basis.

Charitable activities - Grants payable

Expenditure on charitable activities includes grants payable to individuals to conduct research into pain, its causes and relief, and to disseminate research information together with related direct costs and support costs, all of which are accounted for on an accruals basis.

Pensions

The charity operates a defined contribution pension scheme, charges for which are included in the SOFA.

THE PAIN RELIEF FOUNDATION

Notes to the Financial Statements - continued for the Year Ended 5 April 2017

3. DONATIONS AND LEGACIES

	5.4.17	5.4.16
	£	£
Gifts	39,877	39,581
Gift aided donations	3,738	5,476
Tax recovered on gift aided donations	773	1,397
Legacies	<u>62,320</u>	<u>65,834</u>
	<u>106,708</u>	<u>112,288</u>

4. OTHER TRADING ACTIVITIES

	5.4.17	5.4.16
	£	£
Fundraising events	1,625	5,025
Books leaflets tapes	307	128
Sponsorships	6,433	9,958
Meeting fees	<u>62,499</u>	<u>30,640</u>
	<u>70,864</u>	<u>45,751</u>

5. INVESTMENT INCOME

	5.4.17	5.4.16
	£	£
Listed investments	90,826	101,384
Unlisted investments	3	3
Deposit account interest	<u>1</u>	<u>2</u>
	<u>90,830</u>	<u>101,389</u>

6. OTHER TRADING ACTIVITIES

	5.4.17	5.4.16
	£	£
Purchases	383	742
Staff costs	<u>16,700</u>	<u>27,462</u>
	<u>17,083</u>	<u>28,204</u>

7. INVESTMENT MANAGEMENT COSTS

	5.4.17	5.4.16
	£	£
Portfolio management	<u>11,752</u>	<u>10,558</u>

THE PAIN RELIEF FOUNDATION

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2017**

8. CHARITABLE ACTIVITIES COSTS

	Direct costs	Grant funding of activities	Support costs	Totals
	£	£	£	£
Research	101,155	186,387	62,482	350,024
Education	<u>630</u>	<u>-</u>	<u>5,681</u>	<u>6,311</u>
	<u>101,785</u>	<u>186,387</u>	<u>68,163</u>	<u>356,335</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

No trustees' remuneration or other benefits were paid for the year ended 5 April 2017 nor for the year ended 5 April 2016.

Trustees' expenses

There were no trustees' expenses paid for the year ended 5 April 2017 nor for the year ended 5 April 2016.

10. STAFF COSTS

The average monthly number of employees during the year was as follows:

5.4.17	5.4.16
<u>3</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

11. TANGIBLE FIXED ASSETS

	Long leasehold £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 6 April 2016 and 5 April 2017	<u>114,302</u>	<u>160,566</u>	<u>322,219</u>	<u>597,087</u>
DEPRECIATION				
At 6 April 2016	51,927	141,967	314,287	508,181
Charge for year	<u>3,266</u>	<u>4,649</u>	<u>1,983</u>	<u>9,898</u>
At 5 April 2017	<u>55,193</u>	<u>146,616</u>	<u>316,270</u>	<u>518,079</u>
NET BOOK VALUE				
At 5 April 2017	<u>59,109</u>	<u>13,950</u>	<u>5,949</u>	<u>79,008</u>
At 5 April 2016	<u>62,375</u>	<u>18,599</u>	<u>7,932</u>	<u>88,906</u>

THE PAIN RELIEF FOUNDATION

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2017**

12. FIXED ASSET INVESTMENTS

	Listed investments £	Unlisted investments £	Totals £
MARKET VALUE			
At 6 April 2016	2,597,052	2	2,597,054
Disposals	(98,447)	-	(98,447)
Revaluations	<u>316,282</u>	<u>-</u>	<u>316,282</u>
At 5 April 2017	<u>2,814,887</u>	<u>2</u>	<u>2,814,889</u>
NET BOOK VALUE			
At 5 April 2017	<u>2,814,887</u>	<u>2</u>	<u>2,814,889</u>
At 5 April 2016	<u>2,597,052</u>	<u>2</u>	<u>2,597,054</u>

Overseas investment assets amounted to £988,920 (2015: £792,627).

The unlisted investment represents 100% of the issued share capital of Pain Limited a dormant subsidiary company registered in England.

13. STOCKS

	5.4.17 £	5.4.16 £
<i>Finished goods</i>	<u>943</u>	<u>674</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	5.4.17 £	5.4.16 £
Other debtors	<u>1,746</u>	<u>2,105</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	5.4.17 £	5.4.16 £
Trade creditors	-	18
Taxation and social security	159	159
Other creditors	<u>21,694</u>	<u>45,089</u>
	<u>21,853</u>	<u>45,266</u>

THE PAIN RELIEF FOUNDATION

**Notes to the Financial Statements - continued
for the Year Ended 5 April 2017**

16. MOVEMENT IN FUNDS

	At 6.4.16	Net movement in funds	Transfers between funds	At 5.4.17
	£	£	£	£
Unrestricted funds				
General fund	71,385	(194,965)	212,000	88,420
Designated unrestricted	<u>2,610,754</u>	<u>437,523</u>	<u>(212,000)</u>	<u>2,836,277</u>
	2,682,139	242,558	-	2,924,697
Restricted funds				
Restricted fund	8,540	(880)	-	7,660
	<u>8,540</u>	<u>(880)</u>	<u>-</u>	<u>7,660</u>
TOTAL FUNDS	<u><u>2,690,679</u></u>	<u><u>241,678</u></u>	<u><u>-</u></u>	<u><u>2,932,357</u></u>

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

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund	175,040	(370,005)	-	(194,965)
Designated unrestricted	<u>90,829</u>	<u>(11,752)</u>	<u>358,446</u>	<u>437,523</u>
	265,869	(381,757)	358,446	242,558
Restricted funds				
Restricted fund	2,533	(3,413)	-	(880)
	<u>2,533</u>	<u>(3,413)</u>	<u>-</u>	<u>(880)</u>
TOTAL FUNDS	<u><u>268,402</u></u>	<u><u>(385,170)</u></u>	<u><u>358,446</u></u>	<u><u>241,678</u></u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 5 April 2017.

18. FINANCIAL COMMITMENTS

During the year grants payable to researchers were approved in the total amount of £577,876 of which £355,389 remains payable in respect of future periods.

THE PAIN RELIEF FOUNDATION

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2017**

	5.4.17	5.4.16
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	39,877	39,581
Gift aided donations	3,738	5,476
Tax recovered on gift aided donations	773	1,397
Legacies	<u>62,320</u>	<u>65,834</u>
	106,708	112,288
Other trading activities		
Fundraising events	1,625	5,025
Books leaflets tapes	307	128
Sponsorships	6,433	9,958
Meeting fees	<u>62,499</u>	<u>30,640</u>
	70,864	45,751
Investment income		
Listed investments	90,826	101,384
Unlisted investments	3	3
Deposit account interest	<u>1</u>	<u>2</u>
	90,830	101,389
Total incoming resources	268,402	259,428
EXPENDITURE		
Other trading activities		
Purchases	383	742
Wages	15,316	25,761
Social security	<u>1,384</u>	<u>1,701</u>
	17,083	28,204
Investment management costs		
Portfolio management	11,752	10,558
Charitable activities		
Wages	45,091	45,145
Social security	2,069	2,995
Speaker costs	510	2,467
Student essay costs	650	625
Sam Lipton Lecture	55	60
Venue & meeting costs	37,219	18,524
Food costs	5,838	9,480
Sundry	454	185
Depreciation of tangible fixed assets	9,899	15,902
Loss on sale of tangible fixed assets	-	(433)
Grants to individuals	<u>186,387</u>	<u>104,233</u>
	288,172	199,183
Support costs		

THE PAIN RELIEF FOUNDATION

**Detailed Statement of Financial Activities
for the Year Ended 5 April 2017**

	5.4.17 £	5.4.16 £
Management		
Rates and water	20,445	20,579
Insurance	1,955	1,898
Telephone	1,035	2,173
Postage and stationery	3,625	4,357
Advertising	4,225	7,592
Sundries	2,743	4,176
Travel	444	1,965
Computer software	928	931
Credit card charges	57	523
	<u>35,457</u>	<u>44,194</u>
Finance		
Bank charges	81	45
Information technology		
Repairs and renewals	3,744	5,851
Governance costs		
Wages	16,506	15,704
Social security	804	1,047
Auditors' remuneration	5,000	5,000
Auditors' remuneration for non audit work	6,129	3,490
Postage and stationery	442	392
HMRC Penalty	-	100
	<u>28,881</u>	<u>25,733</u>
Total resources expended	<u>385,170</u>	<u>313,768</u>
Net expenditure before gains and losses	(116,768)	(54,340)
Realised recognised gains and losses		
Net investment gains/ (losses)	42,164	8,338
	<u> </u>	<u> </u>
Net expenditure	<u><u>(74,604)</u></u>	<u><u>(46,002)</u></u>