



LIMBPOWER

**Formerly The British Ambulant Disabled Sports and Arts
Foundation Formerly The British Ambulant Disabled Sports
and Arts Foundation**

**REPORT OF THE TRUSTEES
AND AUDITED FINANCIAL
STATEMENTS
FOR THE YEAR
ENDED 31 DECEMBER 2023**

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1. LETTER FROM THE CHAIR

Dear Supporters and Friends,

As the Chairperson of LimbPower, I am delighted to share with you the progress we have made in the past year.

Our mission of promoting and enabling inclusive physical activity and sport for amputees and individuals with limb difference has seen significant strides, thanks to your unwavering support and generosity. We have expanded our programmes and reach, providing more opportunities for limb different participants of all ages and abilities to take-part, enjoy and engage in regular activity.

However, we are not without challenges. The current global context has highlighted the importance of resilience, adaptability, and innovation. We are determined to leverage these qualities to further enhance our impact and sustainability.

We continue to develop and adjust our strategic plan to meet the changing environment and changing needs of community members. Our vision is to empower amputees and individuals with limb difference to achieve their full potential, and as a Sport England System Partner, to promote social inclusion and awareness, and foster partnerships and collaborations for sustainable change.

Our strategic priorities include enhancing participation, expanding community engagement, and building organisational capacity. We believe that by pursuing these priorities, we can make a meaningful and lasting difference in the lives of amputees, individuals with limb difference, and their families, and communities.

We also believe that we can inspire and mobilise more people to join our cause and contribute to a more inclusive and equitable world.

Thank you again for your support and partnership. We invite you to join us in this exciting journey, and to share your feedback, ideas, and stories with us.

Sincerely, Janet Williams Chairman, LimbPower

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2. OVERVIEW FROM THE CEO

What a remarkable year it has been for LimbPower! As I reflect on our journey through 2023, my heart swells with pride and gratitude. It has been a tough year with the increased cost-of-living disproportionately affecting our community members. The less money you have, the less active you can be and with more disabled people falling into the lower socioeconomic groups we know they are less likely to be physically active than non-disabled people. LimbPower fuelled by our unwavering commitment to inclusivity, empowerment, and resilience have focused on providing more free opportunities and more accessible opportunities to engage community members in movement, physical activity and sport and as a result we have seen an increase in engagement.

Our achievements are a testament to the collective spirit of our LimbPower family—the participants, their families, the volunteers, donors, and advocates who stand shoulder to shoulder with us.

Let me share a glimpse of what we've accomplished:

Our programmes reached more amputees and individuals with limb difference than ever before. From multisport events to pirate exercise videos, we have created spaces and engagement opportunities where beneficiaries can participate in a friendly, inclusive environment among limb different peers or in the safety of their own home.

We advocate on behalf of individual community members, and we campaign with the aim of sparking conversations about ability, inclusion, resilience, and the power of physical activity and sport. We supported 3,000 community members throughout the year through our Physical Activity Advisers and dedicated staff. LimbPower are not just advocates; we were a catalyst for change.

LimbPower support and encourage community members to engage in activity and we celebrate their triumphs, no matter how big or small. Every step, every milestone is something to be celebrated. Whether it was a personal best time, a gold medal, or simply crossing the finish line, each achievement was a testament to human spirit.

LimbPower put inclusion at the heart of everything we do, by inclusion we mean providing opportunities that suit the needs of the individual community members, which can mean taking part with non-disabled people, with just other limb different individuals or on their own. We collaborated with the NHS, limb centres, Sport England, sports organisations, charities, schools, and corporations to break down barriers. Our message is simple "V

As we turn the page to 2024, I invite you to join us on our journey of breaking down barriers and creating opportunities for amputees and individuals with limb difference to engage in physical activity and sport to aid their physical, social and mental wellbeing.

Thank you for believing in us. Let's keep pushing boundaries, breaking stereotypes, and creating a world where everyone's abilities shine.

Kiera Roche CEO, LimbPower

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3. HIGHLIGHTS FROM 2023

System Partner

In 2023 LimbPower became a Sport England System Partner alongside the six other National Disability Sports organisations forming part of 120 organisations in the unique position to influence change and level up access to sport and physical activity for people with a physical impairment.

Tackling Inequalities Fund - Supporting Limb Different Community Activity

The Tackling Inequalities Fund was part of the system work LimbPower carried out in the background in addition to the fantastic delivery work that we have been carrying out to support you. The Tackling Inequalities Fund was established by Sport England to aid clubs and facilities that were struggling coming out of the COVID-19 Pandemic. Through this scheme LimbPower has aided over ten clubs.

This Fund was used by the clubs to run sessions, aid in the development of facilities, to purchase adapted equipment and improve overall user experience at the clubs. We also supported a club specific to amputees which fell outside of the criteria, playing an active role in relaunching ManFit <https://www.manfit.org>.

The Child Prosthetic Fund

LimbPower, in collaboration with NHS England and the DHSC, has transferred the administration of the Child Prosthetic Fund to NHS England. This change ensures children up to 18 years old have seamless access to activity and sports prostheses through the NHS, eliminating complex funding applications. Over 600 children have already received activity limbs through the fund while it was administered by LimbPower. Having access to activity and sports limbs for school P.E. significantly enhances inclusion and engagement in sports and activities.

Lunch of an amputee specific BMI Calculator

LimbPower designed and introduced our groundbreaking Amputee BMI Calculator, tailored for amputees and limb difference individuals, **revolutionising Health Management for Amputees and Limb Difference Individuals**. This innovative tool offers more accurate BMI measurements, addressing the weight of missing limbs. Empowering users to make informed health decisions. Follow this link to visit the BMI Calculator web page <https://www.limbpower.com/exercise/new-amputee-bmi-calculator>. This web page has been viewed 5,492 times (google analytics).

Walk-enabled pirate videos

The Walk: Enabled Pirate videos, funded by LimbPower and created by RU: Enabled, are a series of 24 animated exercise videos for children with limb differences. These videos promote physical activity through fun, pirate-themed workouts. The outcomes include improved fitness and engagement, while the impact is enhanced physical and mental well-being for children with an amputation and or limb difference. The videos have been collectively viewed 49,149 times since the launch.

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Prepare to Move Prepare to Run Workshops

Prepare to Move, Prepare to Run Workshops were held in Bristol, Surrey, and Manchester, in our regional hub areas. 34 amputees attended these workshops. Outputs included tailored training sessions and personalised support. The outcomes from the workshops included improved mobility, increased self-confidence, and enhanced prosthetic proficiency. The impact was profound, with participants reporting better prosthetic control and ability to engage in physical activity and a significant boost in prosthetic trust and proficiency

4. REFERENCE AND ADMINISTRATIVE DETAIL

Charity Incorporated Organisation Number (CIO) 1180906

Registered office

Whitecroft
Tandridge Lane
Lingfield
Surrey
RH7 6LL

Trustees

The names of the current Trustees are:

Janet Williams - Chair	Appointed 22 nd January 2017
Ross Wadey	Appointed 20 th November 2016
Carl Barrett	Appointed 02 nd March 2018
Angela Schroeder – Vice Chair	Appointed 20 th January 2017
Rachel Morris	Appointed 17 th November 2018
Chris Linnitt	Appointed 17 th November 2018
Ken Black	Appointed 31 st March 2021
John Head (Associate)	Appointed 13 th June 2022

Accountants

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

Ambassadors

Junior Ambassadors

Ellie Challis
Jess Dowdswell
Thomas O' T o o l e

Ambassadors

Andrew Lewis
Anoushè Husain
Gemma Trotter
Jack Eyers
Rachel Morris
Corrie Mapp
Meva Singh Dhesi

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5. STRUCTURE AND GOVERNANCE

LimbPower was previously a charitable foundation founded on 19th October 2009 (Trust Deed), which established the objectives and powers of the charity, governed under its Articles of Association (AoA), which have been revised and updated at various AGMs. The charity was registered with the Charity Commission on 20th November 2009, registration number 1132829. On the 29th of November 2018 LimbPower transitioned to a Charity Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales, with the new Registered Charity Number: 1180906.

The charity's objectives are specifically restricted (individuals with limb loss or impairments to their limbs who are not wheelchair users); by providing or assisting in the provision of facilities to enable such persons to participate in sports in the interests of social welfare and with the object of improving their conditions of life by aiding rehabilitation and improving the quality of life through the medium of recreational and competitive sports and arts. "

LimbPower aim to achieve these objectives through the provision of useful and relevant information, access to facilities and opportunities for participation in physical activity, sport, and the arts.

6. THE CHARITY BACKGROUND

LimbPower is a registered charity in England and Wales established in November 2009 to address a critical gap in disability sports, physical activity, and arts access among amputees and individuals with limb difference. Our mission centres on enhancing the lives of amputees and individuals with limb impairments, including congenital limb differences, club foot, hip dysplasia, balance disorders, and peripheral nerve injuries. We facilitate the integration of physical activity, sports, and the arts into rehabilitation journeys and lifelong well-being, bridging the gap between hospital led rehabilitation and community engagement. (Ask John Head to look at the terminology)

LimbPower works in collaboration and co-production with its community of beneficiaries, partners and stakeholders (healthcare professionals, sports providers, and government) to deliver services the community want, and need based on research and evidence. services are community-led and co-designed to empower amputees and individuals with limb impairments to take control of their own health and wellbeing. Limb Power Board of Trustees, staff and volunteers have lived experience of limb impairment and understand the challenges and opportunities that accompany living with a physical disability. LimbPower also provides training, education, advocacy, and awareness campaigns to raise awareness of the benefits and to support engagement/participation opportunities within physical activity, sport, and the arts for people with limb impairments.

LimbPower is one of the seven recognised as the National Disability Sports Organisation by Sport England and the Activity Alliance for its expertise, experience, and track record in engaging, influencing, and changing the behaviour and habits of amputees and individuals with limb impairments - an estimated population of 450,000 people - in relation to sport and physical activity. LimbPower aligns its work with the strategies of the Department of Culture Media and Sports and Sport England to promote inclusion and accessibility for disabled people in sport and physical activity. In 2022, LimbPower became a Sport England System Partner alongside the six other National Disability Sports organisations, forming part of 120 organisations that have the unique position to influence change and level up access to sport and physical activity.

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7. OBJECTIVES AND ACTIVITIES

At LimbPower, we place immense value on engaging with our community beneficiaries, volunteers, physical activity advisers, and mentors—who all have a personal stake in our mission and success.

Our Evolution: Initially, our focus was on delivering events and activities to aid the physical, social, and psychological rehabilitation of individuals with limb impairments. However, since gaining recognition as a National Disability Sports Organisation in July 2014, we have significantly deepened our understanding of the Disability Sports Landscape. This evolution has allowed us to broaden our services, now offering events, workshops, toolkits, coaching resources, sports action plans, memberships, case studies, and factsheets.

During the Covid-19 pandemic, we adapted swiftly to meet the needs of our community by introducing innovative online and virtual engagement opportunities. This adaptability highlights our commitment to creating a positive, meaningful, and measurable impact on the lives of amputees and individuals with limb impairments.

Our Vision and Mission: We aim to change lives through the power of physical activity, sport, and the arts. Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in these activities to improve their quality of life and support their physical, social, and psychological rehabilitation.

Strategic Goals:

1. **Increase Participation:** We strive to boost the number of amputees and individuals with limb impairments taking part in physical activities, sports, and the arts.
2. **Early Engagement:** By identifying service gaps, we develop projects that meet emerging needs, ensuring early and meaningful engagement.
3. **Accelerate Rehabilitation:** Through education and engagement, we aim to speed up the rehabilitation process for prosthetic and orthotic users.
4. **Sustained Participation:** We promote regular involvement in physical activities, ensuring lasting benefits for our community.
5. **Address Specific Issues:** We tackle impairment-specific challenges faced by amputees and individuals with limb impairments.
6. **Support Partnerships:** We collaborate with National Governing Bodies and Active Partnerships to attract our community to various sports.
7. **Advocacy and Advice:** Providing access to relevant information, we advocate for our community's needs.
8. **Stakeholder Engagement:** We maintain open dialogue with stakeholders on exercise, physical activity, sport, and the arts.
9. **Raise Our Profile:** We aim to be recognised as the leading authority on engaging the limb loss community in movement, physical activity, sport, and the arts.

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Commitment to Public Benefit: In formulating our objectives, we have adhered to the Charities Commission guidance on operating charities for the public benefit. By continuously evolving and adapting to meet the needs of our community identified through co-produced research and insight, LimbPower remains dedicated to improving the lives of those with an amputation and or limb difference, ensuring they can enjoy the benefits of movement, physical activity, sports, and the arts.

8. LIMBPOWER CORE VALUES

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

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

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

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

ACTIONS TO ENSURE OUR VALUES ARE ADHERED TO

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

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

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

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

Workforce - LimbPower is dedicated to fostering workforce development among amputees and individuals with limb differences, guiding them through rehabilitation and empowering community engagement for improved physical health. Participation in physical activities, sports, and recreation significantly impacts mental well-being, reducing stress, anxiety, and isolation while enhancing empowerment, happiness, and self-esteem. This comprehensive approach extends to educational development, where increased activity levels bolster self-esteem, confidence, and cognitive abilities, opening doors to better educational and employment

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prospects. Additionally, our efforts in social and community development combat isolation and exclusion, fostering connections and belonging through participation in our activities and events, promoting a stronger sense of community and camaraderie among diverse individuals.

9. DESIRED OUTCOMES - PUBLIC BENEFIT

LimbPower supports community members (beneficiaries) through the life-long rehabilitation process and the engagement in movement, community activity, sport and the arts through interventions and advocacy, improving **physical well-being** (improved physical health) and **mental well-being** to enable happier, healthier, and more fulfilled lives.

Being physically active and taking part in sport and reducing the impact of pre-existing medical conditions such as diabetes or vascular disease, maintaining strength, balance, and motor skills, increasing energy levels, reducing falls, and promoting healthy early years. Regular exercise reduces illness and improves mobility for amputees and individuals with limb differences.

Mental well-being

Physical activity and active recreation can improve mental well-being, including reducing stress and anxiety and reducing feelings of isolation. Mastering new skills increases empowerment, happiness, individual's confidence, and self-esteem. Good mental well-being outcomes are equally as important as the physical benefits of taking part in physical activity and active recreation.

Individual development

Developing skills and self-efficacy through movement, physical activity, sport and the arts is crucial. Being active improves educational attainment through greater self-esteem, confidence, and direct cognitive benefits. Physical activity and sport can have a positive impact on a person's educational and employment opportunities and can also support those who are not in employment, education, or training.

Social and community development

Social inclusion is a vital part of the work LimbPower undertakes to reduce feelings of isolation and exclusion. Volunteering for us or taking part in our participation events and activities gives community members a sense of belonging, supports stronger inclusion, and reduces feelings of isolation and loneliness. These activities promote links with other people, both disabled and non-disabled.

Workforce development

LimbPower is dedicated to fostering workforce development among amputees and individuals with limb differences, guiding them through rehabilitation and empowering community engagement for improved physical health. This comprehensive approach extends to educational development, volunteering, and employment opportunities, where increased activity levels bolster self-esteem, confidence, and cognitive abilities, opening doors to better educational, volunteering, and employment prospects. LimbPower have directly employed seven people with limb difference and work with 70 volunteers from the community. We also support the development of instructors and coaches with limb difference.

Promoting Movement and Inclusion

LimbPower champions the life-changing impact of engaging in movement, physical activity, and sport. Disabled people and those with long-term health conditions are twice as likely to be inactive. Therefore, it is crucial to tackle deep-rooted inequalities and make movement, physical activity, and sport a normal part of everyday life for amputees and individuals with limb differences. Promoting more movement for increased mobility is essential because when we move, we are strong. Being active helps children counteract the physical decline associated with aging, this is especially important for amputees and individuals with limb difference.

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10. CHARITY ACTIVITIES

LimbPower operates across all societal levels (see table below) to meet the changing needs of amputees and the limb different community. We adapt our activities and programmes to support core community members and reach inactive individuals, promoting engagement in physical activity and sport. Our Physical Activity Advisers play a crucial role in reaching new amputees at early stages of behaviour change, emphasising the importance of movement in rehabilitation. Supported by our Sports Development and Exercise Development Officers, LimbPower interventions align with Sport England's mission to tackle deep-rooted inequalities and champion the life-changing impact of physical activity. By addressing barriers at various health levels, we aim to make movement a normal part of everyday life for amputees, promoting increased mobility.

Table 1

Social ecology of health level	Engagement
Public Policy	LimbPower collaborates with NHS England, the Department of Health and Social Care, NHRI via Devices for Dignity (Starworks), and Sport England to engage with policymakers and advocate for the inclusion of amputees and individuals with limb differences. Our goal is to ensure their voices are heard in decision-making processes related to prosthetic rehabilitation, recreation, school PE (Physical Education), physical activity, and sport.
Community	LimbPower collaborates with the Sport England and Sport England System Partners, The Activity Alliance, the British Paralympic Association the other National Disability Sport Organisations (NDSOs) and wider disability system partners. We work with the National Governing Bodies of Sport (NGBs), Active Partnerships, Prosthetic Service Centres (including private clinics), Limb Loss Charities, Industry bodies and associations. Our goal is to promote the inclusion of amputees and individuals with limb differences in life-long rehabilitation and engagement in greater movement, physical activity, sport and the arts to improve happiness, well-being and a more fulfilled life. We aim to break down physical, technical, and social barriers to inclusion and participation. This approach supports Sport England's mission to create a more physically active nation by addressing inequalities and championing the transformative impact of sport and physical activity for all.
Institutional	LimbPower is a user-led charity (50% of the Board, 57% of staff and 80+% of volunteers are limb different or parents of limb different children). Beneficiaries are at the heart of the organisation, with a focus on parity for community members. Our strategy is founded on one question, how can LimbPower make activity, both physical and creative the <i>norm</i> rather than the <i>exception</i> among people with an amputation and people with limb difference?
Interpersonal	LimbPower supports community members (beneficiaries) on an intrapersonal level by providing social networking opportunities at events, workshops, open days, conferences, and exhibitions. Additionally, we offer virtual networking through social media support groups. Our staff also extend support to family members and advocate for community members by connecting them with volunteer mentors, Physical Activity Advisers, Sports Development Officers, and our Exercise Development Offices.

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Intrapersonal	Advocacy is at the heart of LimbPower's mission, offering opportunities to engage in movement, physical activity, and sport to develop physical skills, improve well-being, and build confidence. We provide information and knowledge to promote attitude and behaviour change, bridging the gap between rehabilitation and an active life. Our Physical Activity Advisers engage new amputees early, emphasizing the importance of movement in rehabilitation and providing personalized guidance to overcome barriers. Our Sports Development & Exercise Development Officers promote inclusive exercise and sports participation, organizing programmes, projects, and coaching to foster a healthy lifestyle. We advocate for the inclusion of amputees in decision-making processes, tackling inequalities, and championing the transformative impact of physical activity and sport. Our comprehensive approach ensures effective interventions, promoting increased mobility and participation in physical activity and the arts to enhance well-being.
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10. COMMUNITY ENGAGEMENT

Interventions & Services

Physical Activity Advisers

LimbPowers physical activity roles have operated in 4 hub areas Manchester, Newcastle, Nottingham and Roehampton. Advisers have attended the limb centres one day a week and engaged patients in discussion about physical activity opportunities post rehab and also practical lifestyle support from a fellow amputee perspective over the course of the year our advisers have engaged 1075 amputee or limb different patients in conversations around becoming more active or practical peer support. They have engaged in 490 conversations with healthcare professionals through visits to the limb centres and guest speaking roles at special events for both staff and patients. 2 of our physical activity advisers are Nordic walking coaches and are running weekly groups with sustained attendance, these instructors report attendance of 600 with an average of 5 participants per session over 3 weekly sessions. All of our physical activity advisers have facilitated post rehab continuation of physical activity by liaising on behalf of patients with partners such as, Active partnerships, Swim England, England Golf, Northumberland county council, local community groups such as art clubs and local gym owners. And signposting to LimbPowers online offers.

Multisport Events

The LimbPower Games and LimbPower Junior Games brought joy as limb different children and adults returned to our flagship events at Stoke Mandeville Stadium. Over 140 individuals benefited, experiencing the positive impact of sports participation. The Junior Games saw 63 children, including 39 with limb differences, while the LimbPower Games had 76 participants, showcasing balanced gender representation. These events fostered community and empowerment, highlighting the importance of inclusive sports. Participants reported increased confidence, improved social skills, and a greater sense of belonging, promoting long-term engagement in sports and physical activities.

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Beyond Boundaries

This in-person health and fitness day has been transformative, reaching inactive and primary (new) amputees. This powerful initiative provided participants with one-to-one support, in-person exercise classes, and health/wellness sessions led by limb different and professional coaches. Participants received fitness equipment to continue engagement after the event. Beyond Boundaries has become a vital stepping stone into our other programmes, including ReVAMP, the online classes, and the multisport events, ensuring sustained engagement and support. Numbers remained consistent from 2022 to 2023, underscoring the programme's success and importance. **68.4% attended further LimbPower events and classes.**

Events & Workshops

Adults	LimbPower Games, National Fitness Day Online Workshop, #ICan Adult Camp, Prepare to Move Prepare to Run, Walking for Fitness, Beyond Boundaries
NDSO Collaborative Events:	Calvert Trust Weekend (Exmoor)? Have A Go Athletics Days, Shooting Days, National Dance Day (Stoke Mandeville)
Children:	LimbPower Junior Games, Fundamental Skills Workshops, #ICan Family Camp, Inclusive Dance Day
Whole Community:	Family Fun Day, Superhero Series, Miles for March, Shooting Days, Spring into Action, Surfing Weekend

Online Classes

LimbPower expanded its class offerings, introducing three new classes: Wobble (seated), Paracise (standing), and Hiit. These classes, led by limb different instructors, complemented the existing line-up of yoga, Zumba, and Tai Chi. Our free online classes saw an **18% increase in attendance**, playing a crucial role in supporting disabled individuals during the cost-of-living crisis. The new classes with an upper limb different instructor enriched the programme. The sustained participation from attendees who joined in 2021 and an increase in the average number of class attendees highlight the ongoing success and importance of these free classes.

reVAMP

Sports Infographics

LimbPower teamed up with England Athletics and British Athletics to create Top Tips for children, families, and athletics providers to engage amputee and limb different children in athletics. These tips create inclusive environments and highlight the positive impact on physical and mental well-being. By promoting accessible opportunities and raising awareness, LimbPower and British Athletics empower children with limb differences to participate in athletics and embrace its benefits.

These resources saw significant engagement, with **68 downloads by athletics providers** and **276 by children**. Additionally, the cycling resources were downloaded **591 times by providers** and **448 times by children**, totalling **1,383 downloads in less than a year**.

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Community Support

LimbPower is committed to supporting community members throughout their rehabilitation journey. Our critical work involves assisting individuals with limb loss or limb differences, as well as their families, during the lifelong rehabilitation process. Acting as a bridge between hospital discharge and engagement in school and community activities, LimbPower plays a pivotal role. Our dedicated team, including staff, physical activity advisers, mentors, volunteers, and ambassadors, ensures ongoing participation in exercise, physical activity, and sports.

New Paper and Video Resources

Amputee BMI Calculator	A tool to help amputees calculate their BMI accurately This has had 10,062 views on our website.
LimbTalk Videos	Informative videos covering various topics related to limb loss and physical activity.
UR: Enabled: Adapted Pirate Exercise Videos	Fun and engaging exercise videos designed for children.
Tip Tips C h i l d Resources	Educational materials and resources for children with limb differences. Athletics Top Tips for Children, Athletics Top Tips for Providers. Working on Swimming infographics for 2024.

Engagement and Participation Metrics	Numbers	% Increase on 2022
In-Person Events:	561 attendees	down by 20
Online Classes:		
Total Classes:	247	-15.41%
Total Class Attendees:	1,157	17.94%
Interventions:		
Telephone and Email Beneficiaries:	3,441	38.03% increase
Telephone and Email Partners, Coaches, and Healthcare Professionals:	1,521	-7.43%
Annual Website Visitors (Unique Users):	33,600	60% increase
Newsletter	1,576	2,000
E-Newsletter	2,673.	3266
Social Media Presence:		
Twitter Followers:	5,443	-5.67%
Facebook Page Followers:	3,600	9.09%
Facebook Page Likes:	3,100	3.33%
YouTube Metrics:		
Videos Viewed in 2023:	12,945	139.81%
Total Video Views Since Launch:	93,557	165.55%
Subscribers:	548	64.07%
Instagram Followers:	2,702	16.32%

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RISK MANAGEMENT FOR THE YEAR ENDED 31 DECEMBER 2023

15 RISK MANAGEMENT

The principal risks and uncertainties facing the Charity are considered by the Board of Trustees at every Board meeting using the Charity's risk register framework. The Charity's system is designed to manage rather than eliminate the risk of reasonable (not absolute) reassurance against material loss. The Trustees, through a process of financial procedures, have set policies, which outline the r policies.

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16. STATEMENT OF TRUSTEES RESPONSIBILITIES

The Trustees are responsible for preparing the Trusts accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Charity Commission requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable organisation and of the incoming resources and application of resources, including the income and expenditure, of the charitable organisation for that year end 31 December 2023. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charity Commission Act. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant information of which the charity's external examination is unaware;
- and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the external examiner is not aware of that information.

Approved by order of the board of Trustees on

and signed on its behalf by

.....
Janet Williams – Trustee Chairperson

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INDEPENDENT ASSURANCE REPORT FOR THE YEAR ENDED 31 DECEMBER 2023

17. ASSURANCE REPORT

We have reviewed the financial statements of Limbpower for the year ended 31 December 2023 which comprise the Statement of Financial Activities, the balance sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

Trustees responsibilities for the financial statements

As explained more fully in the Trustees responsibilities statement, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Accountants' responsibility

Our responsibility is to express a conclusion on the financial statements. We conducted our review in accordance with International Standard on Review Engagements (ISRE) 2400 (Revised) 'Engagements to review historical financial statements'. ISRE 2400 (Revised) requires us to conclude whether anything has come to our attention that causes us to believe that the financial statements, taken as a whole, are not prepared, in all material respects, in accordance with United Kingdom Generally Accepted Accounting Practice. ISRE 2400 (Revised) also requires us to comply with the ethical and other professional requirements of our accounting body.

Scope of the assurance review

A review of financial statements in accordance with the ISRE 2400 (Revised) is a limited assurance engagement. We have performed procedures, primarily consisting of making enquiries of management and others within the charity, as appropriate, applying analytical procedures and evaluating the evidence obtained. The procedures performed in a review are substantially less than those performed in an audit conducted in accordance with International Standards on Auditing (UK and Ireland). Accordingly, we do not express an audit opinion on these financial statements.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that the financial statements have not been prepared:

- so as to give a true and fair view of the state of the charity's affairs at 31 December 2023, at and of its surplus for the year then ended;
- in accordance with United Kingdom Generally Accepted Accounting Practice; and
- in accordance with the requirements of the Charities Act

Use of our report

This report is made to the Trustees as a body. Our review work has been undertaken so that we might state to the Trustees those matters we have agreed to state to them in a reviewer's report and for no other purpose. To accept or assume responsibility to anyone other than the charity and the Charity Trustees as a body, for our review work, for this report, or for the conclusions we have formed.

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

Date:

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

18. STATEMENT OF FINANCIAL ACTIVITY

		Unrestricted funds	Designated Funds	Restricted funds	Year Ended 2023 Total funds £	Year Ended 2022 Total funds £
Notes	£	£	£	£	£	£
INCOME AND ENDOWMENTS FROM						
Voluntary income	2	89,054	-	172,779	261,833	248,912
Activities for generating funds	3	58,864	-	-	58,864	75,466
Total		147,918	-	172,779	320,697	324,378
EXPENDITURE ON						
Costs of generating funds	4	24,599	-	22,206	46,805	60,377
Charitable activities						
Sports England - Inclusive Sports Department of Health		-	-	138,347	138,347	66,402
- Children Prosthetic Fund		-	-	6,575	6,575	36,129
- Fundamental Skills		-	-	-	-	4,409
LimbPower Adult and Junior Games		24,896	-	-	24,896	18,994
Research and Insight		5,000	-	-	5,000	5,370
I Can Camp – Adult and Family		15,472	-	-	15,472	6,699
Other Charitable activities		19,054	-	-	19,054	4,066
Support and Admin costs		24,729	-	36,475	61,204	48,418
Governance Cost	5	5,327	-	-	5,327	4,594
Total		119,077	-	203,603	322,680	255,458
NET INCOME/(EXPENDITURE)		28,841	-	(30,824)	(1,983)	68,920
RECONCILIATION OF FUNDS						
Total funds brought forward		39,308	93,387	233,597	366,292	297,372
Total funds carried forward		68,149	93,387	202,773	364,309	366,292

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2023

19. BALANCE SHEET

		Unrestricted funds	Designated funds	Restricted funds	Year Ended 2023 Total funds	Year Ended 2022 Total funds
	Notes	£	£	£	£	£
FIXED ASSETS						
Tangible assets	8	3,319	-	-	3,319	3,887
		<u>3,319</u>	<u>-</u>	<u>-</u>	<u>3,319</u>	<u>3,887</u>
CURRENT ASSETS						
Debtors	9	646	-	-	646	34,979
Cash at bank		<u>86,561</u>	<u>93,387</u>	<u>244,324</u>	<u>424,272</u>	<u>395,100</u>
		87,207	93,387	244,324	424,918	430,079
CREDITORS						
Amounts falling due within one year	10	(22,377)	-	(41,551)	(63,928)	(67,674)
		<u>64,830</u>	<u>93,387</u>	<u>202,773</u>	<u>360,990</u>	<u>362,405</u>
NET CURRENT ASSETS		<u>64,830</u>	<u>93,387</u>	<u>202,773</u>	<u>360,990</u>	<u>362,405</u>
		<u>68,149</u>	<u>93,387</u>	<u>202,773</u>	<u>364,309</u>	<u>366,292</u>
NET ASSETS		<u>68,149</u>	<u>93,387</u>	<u>202,773</u>	<u>364,309</u>	<u>366,292</u>
FUNDS						
Unrestricted funds:						
General fund				68,149	39,308	
Designated fund				<u>93,387</u>	<u>93,387</u>	
				239,861	132,695	
Restricted funds:						
Sports England				202,773	233,597	
TOTAL FUNDS				<u>364,309</u>	<u>366,292</u>	

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
BALANCE SHEET AS AT 31 DECEMBER 2023

The Trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable organisation keeps accounting records that comply with charity commission standard;
- (b) Preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of each financial year and of its surplus or deficit for each financial.

The financial statements were approved by the Board of Trustees on **October 2024** and were signed on its behalf by:

.....
Janet Williams - Trustee Chairperson

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

20. NOTES TO THE ACCOUNTS
ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees continue to review fund raising activities and the cost structure of the Charity. The use of the going concern basis of accounting is considered appropriate because there are no material uncertainties related to events or conditions that may cast significant doubt about the ability of the company to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Computers and Office equipment - 20% straight line method.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

2a. VOLUNTARY INCOME		
	2023	2022
	£	£
Subscriptions	1,570	2,671
Donations	42,644	38,208
WheelPower	18,890	-
Sponsorship	<u>25,950</u>	<u>17,800</u>
	<u>89,054</u>	<u>58,679</u>
2b. Grants		
	2023	2022
	£	£
Department of Health- Children Prosthetics Fund	6,575	25,602
Starworks	-	-
Sports England – Inclusive Sports Fund	166,204	158,731
Other Grants	<u>-</u>	<u>5,900</u>
	<u>172,779</u>	<u>190,233</u>
3. Activities for generating income		
	2023	2022
	£	£
Super Hero Tri	2,598	5,464
Mania Mara fun	5,467	8,267
I Can programme	9,610	8,500
AmpuTEA FeBREWary	4,391	1,118
Walking Events	8,564	5,546
LimbPower Junior & Adult Games	4,652	3,019
Running Events	10,649	3,955
Parachute Jump	3,863	13,144
Other individual fundraising activities	<u>9,070</u>	<u>26,453</u>
	<u>58,864</u>	<u>75,466</u>
4. COSTS OF GENERATING FUNDS		
	2023	2022
	£	£
Staff costs	12,314	12,676
Marketing & advertising	9,892	10,082
Event costs	7,549	12,555
Other fundraising costs	<u>17,050</u>	<u>25,064</u>
	<u>46,805</u>	<u>60,377</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

5. GOVERNANCE COSTS

	2023	2022
	£	£
Staff costs	4,925	4,156
Book-keeping and payroll services	402	438
Legal & professional fees	-	-
	<u>5,327</u>	<u>4,594</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no Trustees' remuneration or other benefits for the period ended 31 December 2023 (2022: £nil)

7. STAFF COSTS

Staff costs were as follows:-

	2023	2022
	£	£
Salaries and wages	113,121	98,521
Social security cost	<u>9,907</u>	<u>3,923</u>
	<u>123,028</u>	<u>102,444</u>

The average number of staff employed by the charity during the financial year was 6 (2022: 4).

No employee received emoluments of more than £60,000 in the 12 month period from 1 January to 31 December 2023 (2022:nil).

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

8. TANGIBLE FIXED ASSETS

**Computers
and office
equipment
£**

COST

At 1 January 2023	19,532
Additions	<u>904</u>
At 31 December 2023	<u>20,436</u>

DEPRECIATION

At 1 January 2023	15,655
Charge for year	<u>1,462</u>
At 31 December 2023	<u>17,117</u>

NET BOOK VALUE

At 31 December 2023	<u>3,319</u>
At 31 December 2022	<u>3,887</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	100	26,400
Prepayments	546	-
Accrued income	<u> :</u>	<u>8,579</u>
	<u>646</u>	<u>34,979</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	14,631	13,478
Social security and other tax	3,726	2,343
Accrued expense	4,020	5,302
Deferred Income	<u>41,551</u>	<u>46,551</u>
	<u>63,928</u>	<u>67,674</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31 DECEMBER 2023

11. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	Transfer between funds £	At 31.12.23 £
Unrestricted funds				
General fund	39,308	28,841	-	68,149
Designated fund	93,387	-	-	93,387
Restricted funds				
Sports England	203,275	(502)	-	202,773
Starworks	25,322	(25,322)	-	-
Truecolours	5,000	(5,000)	-	-
Department of Health – Children Prosthetic Fund	-	-	-	-
D of Health – Fundamental Skills	-	-	-	-
TOTAL FUNDS	<u>366,292</u>	<u>(1,983)</u>	<u>-</u>	<u>364,309</u>

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

	Incoming resources £	Resources expended £	Transfer £	Movement in funds £
Unrestricted funds				
General fund	147,918	(119,077)	-	28,841
Designated fund	-	-	-	-
	<u>147,918</u>	<u>(119,077)</u>	<u>-</u>	<u>28,841</u>
Restricted funds				
Sports England	166,204	(166,706)	-	(502)
Starworks	-	(25,322)	-	(25,322)
Truecolours	-	(5,000)	-	(5,000)
D of Health – Children Prosthetics Fund	6,575	(6,575)	-	-
D of Health – Fundamental Skills	-	-	-	-
	<u>172,779</u>	<u>(203,603)</u>	<u>-</u>	<u>(30,824)</u>
TOTAL FUNDS	<u>320,697</u>	<u>(322,680)</u>	<u>=</u>	<u>(1,983)</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
INCOME AND ENDOWMENTS		
Voluntary income		
Subscriptions	1,570	2,671
Donations	42,644	44,108
WheelPower	18,890	-
Sponsorship donation	<u>25,950</u>	<u>17,800</u>
	89,054	64,579
Activities for generating funds		
Super Hero Tri	2,598	5,464
Mania Mara fun	5,467	8,267
I can programme	9,610	8,500
AmputEA FeBREWary	4,391	1,118
Walking Events	8,564	5,546
LimbPower Junior & Adult Games	4,652	3,019
Running Events	10,649	3,955
Parachute Jump	3,863	13,144
Individual fundraising activities	<u>9,070</u>	<u>26,453</u>
	58,864	75,466
Grant		
Department of Health – Children Prosthetics Fund	6,575	25,602
Sports England – Inclusive sports	<u>166,204</u>	<u>158,731</u>
	<u>172,779</u>	<u>184,333</u>
Total incoming resources	<u>320,697</u>	<u>324,378</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
COSTS OF GENERATING FUNDS		
Staff costs	12,314	12,676
Marketing and advertising	9,892	10,082
Events costs	7,549	12,555
Other fundraising	<u>17,050</u>	<u>25,064</u>
	<u>46,805</u>	<u>60,377</u>
Charitable activities		
Sports England – project costs	138,347	66,402
Department of Health – Children Prosthetics Fund	6,575	36,129
Department of Health – Fundamental Skill	-	4,409
LimbPower Games Junior and Adult	24,896	18,994
Research and Insight	5,000	5,370
I Can Camp – Adult and Family	15,472	6,699
Other charitable activities – including depreciation	<u>19,054</u>	<u>4,066</u>
	<u>209,344</u>	<u>142,069</u>
Support costs and General Admin Cost		
General Admin costs		
Staff wages	27,519	22,102
Travel expenses	-	-
Rent	4,702	4,320
General office expenses	2,245	2,434
Staff Training	6,490	1,723
Insurance	2,530	2,391
IT support and telephone	2,045	1,997
Postages	3,157	2,949
Book-keeping and accountancy	1,356	1,314
Office stationeries and printing costs	3,296	2,417
Advertising & marketing	2,466	2,520
Subscriptions	4,653	3,455
Bank charges	129	180
Depreciation	<u>616</u>	<u>616</u>
	<u>61,204</u>	<u>48,418</u>

LIMBPOWER
Formerly The British Ambulant Disabled Sports and Arts Foundation
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	2023	2022
	£	£
Governance costs		
Staff and wages costs	4,925	4,156
Bookkeeping and payroll	402	438
Legal & professional fees	-	-
	5,327	4,594
Total resources expended	322,680	255,458
	(1,983)	68,920
Net Surplus/Deficit for the year	(1,983)	68,920