

National Tremor Foundation Charitable Trust

**Report & Financial Statements
for the year ended 31 December 2019**

Charity number: 1042013

National Tremor Foundation Charitable Trust

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National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2019

OBJECTIVES & ACTIVITIES

The Trust's legal purpose (objects) are:

- To promote, centralise and co-ordinate for the benefit of the public any form of research into essential, idiopathic and hereditary tremor and to disseminate and publish the useful results of such research.
- To relieve the need of sufferers from essential, idiopathic and hereditary tremor.
- To advance the education of the public in the subject of essential, idiopathic and hereditary tremor.

The Trust is currently able to resource these charitable activities:

- **Information.** Provision of knowledge to people affected by tremor or movement disorders of various parts of the body in order to help them and their families/carers manage the condition. The initial source for the Trust's beneficiaries is the website which the Trust believes is the leading source of information on this condition for over one million sufferers in the UK. Further sources are a newsletter (available in hard and soft copy), a general telephone enquiry service and access to an advisory panel.
- **Research.** This is a recently new activity enabled by the build-up of reserves over recent years. Research progresses the understanding of tremors by investigating causes and potential treatments.
- **Beneficiary support.** This activity covers the annual conference, active support and the encouragement/subsidy of regional support groups where there are known clusters of interested beneficiaries.

ACHIEVEMENTS & PERFORMANCE

This section explains the activities for the reporting period; in a difficult economic environment the Trust has managed to keep costs to a minimum and maintain the central office support facility.

HONORARY PRESIDENT – LORD JULIAN FELLOWES



We are delighted and honoured to continue to have Lord Julian Fellowes as Honorary President of the NTF. Lord Fellowes, is world renowned for creating the hugely successful and critically acclaimed TV period drama Downton Abbey. In a recent newspaper interview, he revealed that he lives with Essential Tremor. In the last ever episode of Downton Abbey, Lord Fellowes wrote into the script a character who suffered with Essential Tremor and in doing so raised a great amount of awareness for this little-known condition.

Lord Fellowes was born in Cairo, Egypt, educated in Britain before moving to Los Angeles in 1981 and returned to the UK in 1991. He is well known as an actor, novelist, screenwriter and film director and his career spans over 40 years. Lord Fellowes has been a member of the House of Lords since January 2011. He is also chairman and patron of several UK charities.

During 2019 Lord Fellowes visited a drop in event at the houses of parliament and carried out an interview with the Daily Mail & also appeared on the "Lorraine" TV show to talk about is essential tremor.

BOARD ACTIVITY

The trustees met in July 2019 in Sheffield & November 2019 in London. During the meeting in Sheffield the trustees undertook safeguarding training and took part in a series of

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presentations & Q&A session Jackie Farrell continued in her role as support group co-ordinator after a very successful year in recruiting further support group leaders throughout the UK.

MARATHON RUNS

Further to gaining an entry into the 2020 London Marathon, the National Tremor Foundation were delighted that our trustee Kitty Reilly had volunteered to undertake the run on behalf of the NTF.

Digital report 2019

Website overview

The NTF's website is the main means for the charity to communicate to the public, driving in 427,904 users a year from across the globe. It provides a range of information on tremors (from diagnosis and clinical characteristics to research topics and help for carers), support group events and news.

The number of website users in the last 4-years has doubled, and this trend continues seeing an 11% increase in the 4th year. With over 82% of website traffic coming from Google organic/paid search; 15% directly searching for NTF website addresses; and 3% from social media.

The NTF receives a Google Grant to give the charity free but limited online advertising. Constant management of the NTF's online advertising has meant that on average an extra 1600 people are visiting the website a month.

Furthermore, the NTF's Social media network has continued to grow with our established Facebook channel being popular and Twitter attracting increased interest.

Newsletter

In 2017 the newsletter was reintroduced, which is forwarded to everyone on the NTF database. The newsletter was a popular feature with members some years ago, but the costs of producing, printing and posting became too prohibitive. However, our increased web and IT capacity has allowed us to revive the newsletter when content is available. By 2019 the newsletter was being distributed to 1490 people.

Online audiences

The website and social media attract different audiences. Most website users are aged between 24 to 35 (25%) and least number of users being 18 to 24 years of age (9%). 61% of website users are female and 39% male. 38% are from the UK; 38% are from USA.

Facebook continues to be an important communications channel with 77% of users being female and 24% being male, with the largest age group being 45–54 years old (21% of all females; and 5% of all male users)

Website users last 4-years

Below shows how the number of website users has increased over the last 4-years. In the last year we have seen an increase of 12%.

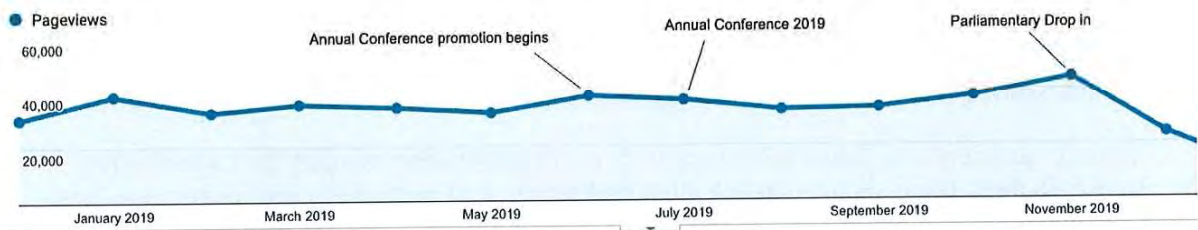
Year	Total users	Percentage increase
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2019	427,904	12%
2018	383,376	22%
2017	315,043	74%
2016	181,469	

Website users 2019

Below shows website user behaviour in 2019. The number of users increased towards July when promotion began for the Annual Conference and spiked during the Parliamentary Drop in.



Notes

1. The website has seen continued growth due to a major overhaul in 2016 and our Digital Content Consultant continuing to develop the website further, with regular updates and continual links to our social media channels, Facebook and Instagram, optimisation of keywords and online advertising to increase its ranking on Google. This growth has occurred with increased community activity such as support groups and events.
2. In 2018 the website home page was redesigned to reflect the current needs of the website. With over 50% of users accessing the website using mobile the new design is “mobile first”. The new homepage aims to promote Support Groups, events, photographs and fundraising. The website also has given Orthostatic Tremor a new separate section of its own. In addition, Twitter feed was added to the home page and a Donation button was added to the top of the website to increase funds raised.
3. 2018 saw the introduction of GDPR. GDPR is the law on data protection and privacy for all individuals. This has meant that major changes were made to how the NTF handles data. All people with data held by the NTF had to consent to the NTF using their data. A number of emails were sent out to all members asking them to re-subscribe to our database. In addition, changes were made to the website so that people had to consent to the use of their information when signing up to forms; additional security settings were added; and a secure domain certificate was added (https).

RESEARCH

A grant of £11,106 was made available to Imperial College for a research study in 2016. The study was in the evaluation of the effectiveness and safety of MRI-guided focused ultrasound thalamotomy treatment at Charing Cross hospital for people with medically refractory Essential Tremor syndrome.

Essential Tremor is a shake of a part of the body that cannot be controlled. There are many causes of severe tremor – it is a syndrome rather than a specific condition. There are over one million people with Essential Tremor in Britain and around 250,000 people with the syndrome are severely disabled by their tremor. Current treatments include drug therapies,

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surgery and deep brain stimulation. These treatments are of limited effectiveness or cannot be used in all sufferers; some have moderate risks and side effects.

However, clinical researchers have recently developed a technique that allows MRgFUS to be used in the brain to treat Essential Tremor. There is a growing body of clinical evidence from around the world that this procedure is safe and effective, and it has been shown recently to have very successful outcomes in the treatment of Essential Tremor, with many fewer risks than deep brain stimulation and at a substantially decreased cost per patient treated.

The MRI-guided focused ultrasound machinery at St Marys hospital in Paddington (as shown below) is the only one in the UK. Dundee University are campaigning to get a similar machine installed at Ninewells hospital in Scotland & we were delighted to gain a £40K grant towards this campaign in July 2018 followed by a further £15K grant in December 2019. Through the persistence of the NTF Scottish tremor support group, the matter of MR guided focussed ultrasound treatment of essential tremor was debated in the Scottish parliament and the subsequent campaign was launched.

...

Current treatments for essential tremor such as drug therapies, surgery and a technique known as deep brain stimulation are often ineffective, and some carry significant risks and side effects.

But the new procedure – MRI-guided focused ultrasound – can be carried out without the need for invasive surgery. It involves using a powerful MRI machine to focus ultrasound waves on a specific area of brain tissue. At that point, molecules are vibrated extremely quickly, which creates intense heat to destroy only the targeted tissue and break the abnormal electrical circuits causing the tremor.

The first UK clinical trial of the treatment took place at St Mary's Hospital in 2016, using the £1.1 million MRI machine funded by Imperial Health Charity. During the trial, the procedure was used to treat 13 patients. All experienced significant improvements in the severity of their tremor.

Having now been approved by NICE (The National Institute for Health & Care excellence), a policy working group was set up to sell the procedure to NHS England as a treatment that is sufficiently needed in the community to be funded by the NHS. This step is something in which the NTF has already got involved with and have written to NHS England & met with MP's at the houses of parliament to put the case forward for this treatment. In March 2019, the NTF were invited by NHS England onto a policy working group for Focussed Ultrasound treatment of essential tremor. However, a final decision on the outcome of these discussions were delayed in 2020 due to the Covid-19 pandemic

The two year post MR-guided focused ultrasound for essential tremor results from Imperial College NHS Healthcare show that the treated arm essential tremor remains well suppressed, with no or minimal return of tremor and positive effects on the patients' quality of life. Furthermore, using a novel two lesion approach in which small burns are made into adjacent areas of the brain (the anterior part of the Ventralis Intermedius nucleus and the Zona incerta) the incidence of persistent sensory adverse effects, typically numbness in the fingers or lips, was reduced to zero. This area of functional surgery continues to advance with the first staged bilateral MRgFUS treatment showing excellent results that are stable at 12 months post MRgFUS.

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A drop in event to arrange awareness of MRI guided focussed ultrasound was arranged in October 2019 at the houses of parliament and was attended by many MP's, Lord Julian Fellowes & representatives from the National Tremor Foundation.

ESSENTIAL TREMOR IN CHILDREN

As Children's Liaison Officer, Kitty Reilly has had many email contacts from parent and carers across the country who also have children having tests for or being diagnosed with ET, who need some support and advice. Given ET is the most common neurological disorder in children, our work in the NTF needs to reflect this.

Kitty sees her main role as a supportive one in the first instance, followed by raising awareness through our website about children with ET and social media campaigns.

Through Kitty's work she has noticed one of the primary difficulties for children with ET is school. Raising awareness in school is key. Whilst treatment for ET is limited we need to be able to support children through school by providing the schools with knowledge and recommendations for equipment to ensure children are not penalised in their education simply because they are not able to write at an accepted standard. As well as educating teachers on the other difficulties associated with ET in children (i.e. fatigue, dressing and undressing for PE, eating, drinking etc), Kitty has started this campaign in her son's school. She would like to see this being escalated to the Department of Education to ensure children with ET, whose writing ability is compromised etc, are not held back from achieving.

On March 10th 2019, the National Tremor Foundation held it's first ever children's support day in Sheffield, which proved a great success & was well received by those who attended.

BENEFICIARY SUPPORT GROUPS

The number of support groups continued to grow and as a result 2019 saw an increase in events & exhibition stands in the UK

Support Group Co-Ordinator

Jackie Farrell had a remarkable year as support group coordinator. As well as the long standing groups in Liverpool and Romford, new groups have now become well established, and a new support group in Sheffield started up in October 2019. Having essential tremor herself in hands, head & legs, Jackie knows how valuable support groups are. Just being able to share experiences with others can be so beneficial. 2019 was an exceptional year for awareness days, with Jackie being invited to take part in many local community events. The NTF table attracts much interest and is great way to spread the word of essential tremor and orthostatic tremor.

Jackie hosted and organised many awareness days & meetings in 2019, including events in Wallington, Canterbury, Worthing and Sutton.

In 2019 Jackie was fortunate to secure a Neighbourhood Community Grant from Sutton council to arrange a local Tremor Open day. This took place on Saturday 9th March 2019 at Holiday Inn, Sutton, Surrey. Speakers includes representatives from NTF, GyroGear & Insightec the makers of the focused ultrasound machine used for essential tremor.

In October 2019 The NTF in partnership with Insightec held a parliamentary drop in event for members of parliament. This event gave MP's the opportunity to find out about essential

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tremor and the benefits of MR-Guided Focussed Ultrasound as an optional treatment for essential tremor on the NHS. This venture was replicated in July 2020 when as a result of Covid-19 a virtual parliamentary drop in event took place.

In November 2019 Jackie held a very successful "Shakers social" event at the civil service club in central London



Support group co-ordinator, Jackie Farrell at one of the many events & exhibitions she attended in 2019

Location : Salisbury

The Salisbury Shakers celebrated their second birthday in October. Their numbers have fluctuated over the two years, for various reasons. At present, they have fourteen members altogether, of which eleven have Essential Tremor, one has Dystonic Tremor and two are supportive spouses who come along with their 'other halves'. Members come from far and wide, including as far away as Cornwall. Meetings are held every four to six weeks, and tend to be quite informal. At each meeting during the first year, Steve, one of our members, led us in guided relaxation and mediation exercises, which were very much enjoyed by all of us.

Unfortunately, Steve's health problems mean that he has been unable to drive for some time and has not been able to attend. Most of our get-togethers take the form of chatting over coffee, followed by chatting over lunch! People can exchange tips and bring any gadgets they have found helpful, to share with the rest of us. One of the highlights of the year was our tour of Salisbury Playhouse where the theatre archivist showed us the dressing rooms, the costumes, the scenery workshop and let us into many backstage secrets. Our Christmas meeting took the form of a visit to the pantomime Robin Hood, in Salisbury Playhouse, at the end of November. This was great fun! Another highlight was the publication of our booklet, 'The Answer is Mushy Peas – a light-hearted guide to living with Essential Tremor.' This publication was the brainchild of our group and contains many hints and tips provided by the Salisbury Shakers. Their group welcomes people from all over the Southwest of England.

Location : Oxford

The major activities in Oxford in 2018 were the NTF Open Day which was held at the Holiday Inn on 17th March and a stall at the Botley Food Fayre on 15th September. The Open Day provided a great opportunity to meet people from other parts of the country and hear how other people cope and what their priorities are.

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The Oxford Group had a stall at the Botley Food Fayre which is held in St Peter and St Paul Church in Botley, in West Oxford which is about a mile and a half from the centre. It was a great opportunity to give away publicity and chat to people in such relaxed surroundings in order to raise awareness of the condition.

The Oxford Group has met twice for brunch and to get to know each other, once in the centre of Oxford and once in the nearby town of Witney. They hope to meet up regularly in the coming year and also plan to re-visit the once a month open-air stall on the Cornmarket.

Location : Leeds

After launching in 2018 the Leeds group has gone from strength to strength. A support group meet up in November involved a catch up about the positive visit with the MP's in London to discuss MRgFUS along, with an update on the fantastic launch of the Sheffield Shakers. The group then moved on to planning for the next year, with lots of ideas about ways in which individually and as a group they can raise awareness and reach out to others along with fundraising for the groups. To quote one person "thank you for holding this group I look forward to attending, it's so nice to be able to speak to others who understand, I feel so relaxed when I am here, it's like a little family".

Location – Worthing

The launch of the Worthing shakers support group took place on 18th January 2020.

Location : North West

The North West Tremor support group have had very well attended meetings in 2019, with an average of twelve people for each session. They have also had other people visit once or twice for advice and to meet others who suffer with tremor.

In December the group rounded off the year with a Christmas meal at the Liner Hotel in Liverpool.

Primary Orthostatic group (POT)

The Primary Orthostatic group continues to grow its membership and held meetings in 2019, including one in Sheffield which was well attended.

Many were happy to meet with friends, those who were there for first time received a warm welcome and realised they were not alone in coping with this rare debilitating condition.

All members felt it was important to raise the awareness of this rare condition, which is still unknown to many. The National Tremor Foundation had generously funded two 6ft promotional banners which are available to be displayed at future events.

The closed facebook page provides a great medium for social interaction and discussion.

Membership to the page continues to grow.

Location : Scotland

It has been a busy year for the Scottish support group. The group organised a Loch Ness cruise in May and group leader Mary Ramsey has been vocal in helping Ninewells hospital in Dundee to try get a focussed ultrasound scanner. This involved working with MSP Rhoda Grant, Matthew Walker of Insightec and Jean Freeman the Scottish Health Minister.

The group leader was involved at a cross party debate in the Scottish parliament, has been a representative at an appeals tribunal; and been involved with Disabled People's Organisation (DPO) inclusion Scotland on a few different levels.

Annual Meeting

In July 2019, the National Tremor Foundation held its annual meeting at the Hilton hotel in Sheffield as part of its programme to take such events around the UK. The event attracted speakers from GyroGlove, Insightec and a talk by Professor Chris Hawkes on a study he is carrying out on familial essential tremor & longevity of life.

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FUNDRAISING REVIEW

The Foundation continued with support from many Charitable Trusts throughout the year. Postal applications and personal visits enabled funding to be obtained at low costs.

Applications were generally for basic core costs.

A further grant of £15,000 was given to assist the purchase of a new ultrasound machine at Dundee university Hospital. This was in addition to an initial grant of £40,000 on 2018

The continuing low investment interest rates obtained by trust funds has again reduced the amount of money for distribution to beneficiaries and The Foundation greatly appreciates the support from all Charitable Trusts. Several branches of Rotary and Probus Clubs have added to income as well as direct donations from the public via the website. A number of donations were received from funeral directors where relatives of deceased ET patients requested donations in lieu of flowers.

PLANS FOR FUTURE PERIOD

The Trust's main priority in 2020 is to further encourage & develop its support group network in the UK.

With new rules & guidelines in place and the willingness of younger people to run a support group, we hope to attract funding allowing us to gain increased coverage of support groups throughout the UK.

We will continue to develop the website further with the aid of our dedicated IT specialist, with particular emphasis given to the support group pages, their forthcoming events & a gallery of events & meetings already held. The E:Newsletter re-introduced in December 2017 which was initially produced at regular quarterly intervals, were beginning to be produced at regular monthly intervals from May 2020.

In 2020 the National Tremor Foundation will continue to be involved in a policy working group with NHS England with the aim of getting focussed ultrasound recognised as a treatment for unilateral essential tremor.

It is our aim to strengthen links with Insightec to raise awareness of essential tremor and getting focussed ultrasound recognised as a treatment for essential tremor. An awareness day was arranged in Leeds in March 2020 to show how this partnership has been used to good effect. However, the Covid-19 pandemic meant that this event and many more that were scheduled had to be postponed until further notice. The pandemic resulted in the NTF looking at other methods of supporting people and online meetings via Zoom became increasingly popular in 2020, with weekly meetings arranged and well attended.

Internationally, we hope to strengthen our ties & interaction with the IETF (International Essential Tremor Foundation) in the USA along with making increased contact with our European counterparts and their organisations to form a stronger partnership allowing us to raise awareness further as a bigger community.

Our ultimate objective is to provide some funding for research into basic mechanisms and therapies for tremors of all types, particularly those in the Essential Tremor groups, including primary orthostatic tremor which is generally poorly supported from other funding bodies. Such activities are dependent on continued funding availability, which is secondarily dependent on the economic climate.

Access to our all parts of our website, the information within it & our helpline will continue to be free to every individual – the National Tremor Foundation wants everyone to be able to view & access all the comprehensive medical information held on its website & be able to contact our office for expert & professional advice.

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PUBLIC BENEFIT STATEMENT

The Trustees confirm that they have complied with the duty in the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. As stated elsewhere in this report, the Trust's charitable activity work is clear evidence of both the identifiable benefit provided and the relation of this benefit to the charity's aims. Continuing website feedback shows that the Trust is regularly reaching people affected by tremors - both in UK and overseas, with a continued large increase in visitors to the website in recent years. In early 2019 the emphasis to expand its support group network continued with lottery grant funding driving the initiative further.

FINANCIAL REVIEW

Our income received for 2019 reached £61,726 (a decrease on the prior year total of £104,341). There was a total of £69,304 in the bank at year end, of which £14,317 was allocated to restricted funding.

With membership free, we encouraged members to voluntarily donate.

Our primary costs continue to be invested in fundraising and our website, with a dedicated IT consultant to continually monitor and upgrade the website. Increased activity, particularly website development and an effort to establish further support groups in the UK, resulted in further expenditure in this area. This resulted in a loss for the foundation of £20,126

The Imperial College research grant constitutes a designated fund of £11,108 with £6,142 still available to the college.

It is anticipated that the continued increase in the number of support groups in 2019 will result in increased expenditure in this area. It is hoped The National Lottery grant received for support groups will allow the growth in this area with the NTF also assisting financially.

RESERVES POLICY

The Trustees would ideally like to establish a level of reserves that would meet 12 months of operational costs (approximately £50k) should there be a gap in funding. At the year end the reserves held were £69,304 (previous year £92,345); this level of holding gives a sound base for considering increased research activity.

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees

- at date of report's approval:

Kevin Harfoot

Chairman

Professor Leslie J Findley TD, MD, FRCP (Consultant Neurologist)

Keith Flaxman

Treasurer

Dr Peter Bain MBBS MA MD FRCP (Consultant Neurologist)

Kitty Reilly

John Kidney resigned as a trustee on 19 November 2019

Registered Office Harold Wood Polyclinic
St Clements Avenue
Harold Wood
Romford RM3 0FE

Bankers National Westminster Bank

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Independent Examiner Adrian Nunn FCCA
59, Gainsford Gardens
Clacton-on-Sea CO15 5BJ

Charity Registration Details Name: National Tremor Foundation Charitable Trust
No: 1042013

STRUCTURE, GOVERNANCE & MANAGEMENT

Governing Document

The Trust is governed by a Declaration of Trust dated 19 October 1994 and was registered as a charity on 9 November 1994.

Recruitment and Appointment of Trustees

New trustees are recruited for the special contribution they can make to the Trust and are appointed by resolution of the Trustees.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the Trustees to prepare a trustees' annual report and financial statements for each financial year which show a true and fair view of the state of affairs of the Trust and its financial activities 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 applicable Charities SORP.

Make judgements and estimates that are reasonable and prudent.

State whether applicable accounting standards and statements of recommended practice have been followed, subject to any 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 Trust will continue in operational existence.

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 applicable Charities (Accounts and Reports)

Regulations and the provisions of the constitution. They are also responsible for the maintenance and integrity of the Trust, safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published on 16 July 2014. Statement as to disclosure to the independent examiner

In so far as the Trustees are aware at the time of approving the trustees' annual report: There is no relevant information, being information needed by the independent examiner in connection with preparing his report, of which the independent examiner is unaware.

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The Trustees, having made enquiries of fellow trustees and the independent examiner that they ought to have individually taken, have each taken all steps that they are obliged to take as a trustee in order to make themselves aware of any relevant information for the independent examination and to establish that the independent examiner is aware of that information.

Approved by the trustees on 27th Oct 2020 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'K Harfoot', written in a cursive style.

Kevin Harfoot
Chairman

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE NATIONAL TREMOR
FOUNDATION CHARITABLE TRUST

I report on the accounts of the National Tremor Foundation Charitable Trust for the year ended 31 December 2019, which are set out on pages 13 - 16.

Responsibilities and basis of report

As the trustee of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

Accounting records were not kept in respect of the Trust as required by section 130 of the Act.

The accounts do not accord with those records.

The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



27/10/2020
Adrian Nunn
FCCA
59 Gainsford Gardens
Clacton-On-Sea
Essex
CO15 5BJ

National Tremor Foundation Charitable Trust
Statement of Financial Activities for the Year Ended 31st December 2019

	Note	Unrestricted Funds £	Restricted Funds £	Total for Year	
				2019 £	2018 £
Income					
Donations		16,840	2,386	19,226	10,671
Grants		24,500	18,000	42,500	93,670
		<u>41,340</u>	<u>20,386</u>	<u>61,726</u>	<u>104,341</u>
Expenditure					
Fund Raising	2	22,692		22,692	20,572
Charitable Activities					
Information		32,165		32,165	30,506
Research			15,000	15,000	41,897
Beneficiary Support		10,792	1,202	11,994	9,009
		<u>65,649</u>	<u>16,202</u>	<u>81,851</u>	<u>101,984</u>
Net Movement in Funds		<u>-24,309</u>	<u>4,184</u>	<u>-20,126</u>	<u>2,357</u>
Balance Brought Forward		71,021	10,133	81,154	78,797
Reconciliation of Funds		<u>46712</u>	<u>14317</u>	<u>61029</u>	<u>81154</u>

Balance Sheet as at 31st December 2019

		31st December 2019	31st December 2018
Current Assets			
Debtors	5	0	0
Cash at Bank		69,300	92,345
Creditors: Amounts Falling due within one year	6	<u>-8,271</u>	<u>-11,191</u>
Net Current Assets		<u>61,029</u>	<u>81,154</u>
Net Assets		<u>61,029</u>	<u>81,154</u>
Funds			
Unrestricted Funds	7	46,712	71,021
Restricted Funds	8	14,317	10,133
		<u>61,029</u>	<u>81,154</u>

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Notes to the Financial Statements for the Year ended 31 December 2019

1. ACCOUNTING POLICIES

Basis of preparation. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have also been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 (and as updated by Update Bulletin 1 issued on 2 Feb 16) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015.

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The National Tremor Foundation (the charity) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Preparation of the accounts on a going concern basis. The trustees consider that charity can continue as a going concern for at least the next 12 months.

Income. Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest receivable. Interest on any funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Fund accounting. Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are donations which the donor, or charity when making an appeal, has specified are to be solely used for particular areas of the charity's work.

Expenditure and irrecoverable VAT. Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds cover all expenditure incurred by the charity to raise funds for its charitable purposes - including the costs of all fundraising activities, events and non-charitable trading activities, plus the associated support costs.
- Expenditure on charitable activities includes the costs of information provision and beneficiary support undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Allocation of support costs. Support costs are those functions, such as office overheads and governance, that assist the work of the charity but are not a direct cost of reported activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 3.

Tangible fixed assets. Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over an estimated useful economic life of 4 years on a straight line basis. The charity has no such eligible assets.

Stock. Stock is included at the lower of cost or net realisable value. The charity has no material stock holdings.

National Tremor Foundation Charitable Trust

Notes to the Financial Statements for the Year ended 31 December 2019

Financial instruments. The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Debtors Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand. Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions. Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Notes to the financial statements for the year ended 31 December 2019
National Tremor Foundation Charitable Trust

2 EXPENDITURE	Direct	Contractor	Support	2019	2018
	£	£	£	£	£
Cost of Generating Funds	2,171	14,651	6,193	23,014	20,573
Charitable Activities					
Information	1,787	29,636	2,975	34,398	30,506
Research	15,107	-	493	15,600	41,896
Beneficiary Support	4,013	3,421	1,405	8,839	9,009
Total Resources Expended	<u>23,077</u>	<u>47,707</u>	<u>11,067</u>	<u>81,851</u>	<u>101,984</u>

Costs have been attributed on a basis consistent with the use of resources. Where costs cannot be allocated, they are apportioned by the estimated percentage of time spent on each activity.

3 SUPPORT COSTS	Raising Funds	Info	Research	Beneficiary Support	2019	2018
	£	£	£	£	£	£
Governance	2,245	823	134	688	3,890	6,036
Communications	1,838	1,003	167	335	3,342	3,237
Office	2,110	1,151	192	383	3,836	3,801
Total Support	<u>6,193</u>	<u>2,976</u>	<u>493</u>	<u>1,406</u>	<u>11,069</u>	<u>13,074</u>

4 OTHER TRANSACTION INFORMATION

The charity does not employ any staff and relies on 2 contractors for office and website duties.

No trustee received remuneration or other benefits in connection with trustee duties or other services.

There were no related party transactions in this reporting period that require disclosure.

5 DEBTORS	2019	2018
	£	£
Prepayment	-	-
Total debtors	<u>-</u>	<u>-</u>

6 CREDITORS	2019	2018
	£	£
Trade creditors	8,141	2,995
Accruals	130	1,335
Other creditors	-	6,861
Total creditors	<u>8,271</u>	<u>11,191</u>

7 UNRESTRICTED FUNDS	1 Jan 2019	Income	Spend	31 Dec 2019
	£	£	£	£
General	71,021	41,340	65,649	46,712
	<u>71,021</u>	<u>41,340</u>	<u>65,649</u>	<u>46,712</u>

8 RESTRICTED FUNDS	1 Jan 2019	Income	Spend	31 Dec 2019
	£	£	£	£
Orthostatic Tremor Group	-	3,429	1,202	2,227
Video Production	1,000	-	-	1,000
Yorkshire	533	-	-	533
Support Group/Helpline	2,766	-	-	2,766
Youngsters	1,166	-	-	1,166
Ultrasound Research	1,000	-	-	1,000
Constance Travis Trust	-	15,000	15,000	-
National Lottery	3,668	-	-	3,668
POT Group	-	500	-	500
Meeting Sponsorship	-	1,000	-	1,000
Leeds Group	-	456	-	456
	<u>10,133</u>	<u>20,385</u>	<u>16,202</u>	<u>14,316</u>

The Orthostatic Tremor funding is for the group's running costs. The video production funding is for an advice video on undergoing tremor-related surgery. The Yorkshire funding has a geographic restriction. The Support Group/Helpline funding is for the expansion of these services. The Youngsters funding is for educating & assisting young people with Essential Tremor. The Ultrasound Research funding is from the George A Moore Foundation. The Constance Travis funding is £15,000 for a scanner for Dundee Hospital. The Lottery funding is for UK Support Group development.. The Rainford funding is for the helpline service.

