

National Tremor Foundation Charitable Trust

**Report & Financial Statements
for the year ended 31 December 2017**

Charity number: 1042013

National Tremor Foundation Charitable Trust

Contents

<u>Item</u>	<u>Page(s)</u>
Trustees' Annual Report (consisting of:)	
Objectives and Activities	1
Achievements & Performance	1
Communications & Fundraising	8
Plans for Future Periods	8
Public Benefit	9
Financial Review	9
Reference and Administrative Details	10
Governance, Management and Structure	10
Responsibilities of Trustees	10
Independent Examiner's Report	12
Statement of Financial Activities	13
Balance Sheet	14
Notes forming part of the financial statements	15 - 17

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

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 2017 Lord Fellowes undertook a Q&A session with the NTF in which he addressed many issues on the subject of Essential Tremor and how he adapts his busy life to cope with his tremor.

BOARD CHANGES

In April 2017, Professor Leslie J Findley stood down as Chairman after 24 years of fantastic service at the helm of the organisation. The Chairman's role was passed onto Kevin Harfoot, the Treasurer at the time. We are very pleased that Professor Findley is to stay on the board as a trustee, given his standing & reputation in the UK on neurological matters. Kevin Harfoot was replaced as Treasurer by Keith Flaxman.

The NTF appointed Kitty Reilly as a trustee and as someone to act as an advisor & campaigner for awareness of Essential Tremor in children, a cause that was brought about by the affect the condition had on her own son. The story of her son's difficulties in school & her battle with the authorities were subsequently published on the NTF website.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

As a result of increased interest & the emergence of new support groups in the UK Jackie Farrell was appointed in a volunteer role as support group co-ordinator. Jackie's role is to develop further support groups in the UK and offer ongoing training & advice to support group leaders.

LONDON MARATHON

In 2017, the National Tremor Foundation were successful in gaining an entrant into the 2018 Virgin London Marathon via the charity ballot. The organisation selected Alan Corrigan, an experienced runner with Essential Tremor to run the Marathon on our behalf. This is Alan's first London Marathon and the event gives us a great opportunity to raise awareness of tremor & the National Tremor Foundation whilst raising funds to continue our core activities.

INFORMATION

The website was given a major overhaul in 2016 and during 2017 our Digital Content Consultant continued to develop the website further, with regular updates and continual links to our social media outlets, Facebook, Twitter & Instagram. The website gives a range of information on tremors (from diagnosis and clinical characteristics to current research topics and help for carers) and attracted visitors from around the world. We introduced a new forum which allows people to log on & interact with other people throughout the world offering comment, advice & tips on all areas of tremor.

In comparison to 2016, page views of the website increased by 73.61% in 2017 (from 181,469 views to 315,043). This trend of increasing year on year visitors continues into its 5th year.

Our social networking continued to grow with our established Facebook page proving very popular & our Twitter account attracting increased interest. Our Interactive Facebook page, found through a link on the NTF website, has proved a popular communication medium for people sharing experiences & giving advice.

Our website includes downloads of booklets & clinical presentations of tremor, whilst our research section is constantly updated on news, medical journals and articles from around the world.

In December 2017, the National Tremor Foundation re-introduced a newsletter, which it forwarded to everyone on its database by email. The newsletter was a popular feature with the NTF membership some years ago, but unfortunately the costs of producing, printing & posting the newsletter became too prohibitive. However, our website & IT capabilities has now allowed us to produce an E:Newsletter and we hope to continue this feature as & when enough content becomes available.

Website Performance

Year	Total Pageviews	Total Unique Pageviews	Avg. Time on Page	Bounce Rate
2016	181,469	147,708	01:30	75.6
2017	315,043	247,057	01:16	66.56
Change	+133,574	+99,349	-14	-9.04

Social Media

Date	Lifetime Total Likes	Weekly Page Engaged Users	Weekly Total Reach	Weekly Total Impressions
	Lifetime: The total number of people who have liked your Page. (Unique Users)	Weekly: The number of people who engaged with your Page. Engagement includes any click or story created. (Unique Users)	Weekly: The number of people who have seen any content associated with your Page. (Unique Users)	Weekly: The number of impressions seen of any content associated with your Page. (Total Count)
01/01/17	881	26	366	641
01/06/17	1003	92	1222	4123
01/12/2017	1199	108	1252	4603

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

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.

The MRI-guided focused ultrasound machinery (As shown overlaf & the only one in the UK) was seen on the BBC documentary programme "Hospital" in January 2017 undergoing a successful trial of patients and featured NTF trustee Dr Peter Bain.

Magnetic resonance-guided focused ultrasound (MRgFUS) technology uses MRI imaging to guide high powered, focused ultrasound to a very small point. At that point, molecules are vibrated extremely quickly, which creates intense local heat. That heat can "cook" tissue and destroy it. MRgFUS allows clinicians to target a very specific focal point – with very little heating produced in front of and behind that point, so only the targeted tissue is affected.



Imperial College contacted the National Tremor Foundation in August 2017 and asked that they be given until December 2018 to use the grant. The NTF were pleased to accept their request.

As at March 2018, Imperial College had successfully treated 15 patients with Essential Tremor and completed the annual follow up assessment on three patients. They are intending to assess them formally to 5 years post operatively.

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, 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.

To date, 14 people with Essential Tremor have been treated within the context of a clinical trial at Imperial College by MRgFUS. Entry into the trial is now closed. In every case the tremors have been substantially decreased and the patients were allowed to return home the following day and are now being followed up to assess the effects on their tremors and quality of life for one year after the procedure.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

The Trust anticipates that this research will form a key part of NICE's and NHS England's consideration on whether or not to fund this new procedure for all suitable NHS patients in England. NICE have meetings scheduled for February and March and it is anticipated that a decision will be made by NICE by April 2018 as to whether or not to recommend MRgFUS treatment within the NHS for people with Essential Tremor.

Mr Selwyn Lucas, a 52-year old painter and decorator from St Austell in Cornwall, is one of the first people to receive the treatment as part of the trial in the UK. He has lived with a tremor in his right hand for more than 20 years, which has grown progressively worse over the last five years.

Commenting on the treatment, Mr Lucas said:

"For many years I managed to live a relatively normal life with my tremor but over the last five years it had started to prevent me from leading the life I wanted to lead. It was also particularly difficult to continue my job as a painter and decorator as I had to learn to perform my job using my left hand and being a right-handed person this slowed my ability to complete jobs.

"Since the treatment I have been able to write my own name for the first time in many years and taken my wife out for a lovely meal without fear of embarrassing myself. I will also be able to go back to using my right hand which will allow me to take on more painting and decorating jobs."

Dr Peter Bain, consultant neurologist at the Trust and co-coordinator of the trial, said:

"Tremor is a progressive and disabling condition that affects patients' ability to perform their daily activities at home or in the workplace. Despite anti-tremor medication, many patients have a much reduced quality of life. It can leave them significantly disabled and socially ill at ease, largely because tremor in their dominant hand prevents accurate manual functioning and also because people can feel embarrassed.

"This new technique, which is in my view the biggest breakthrough in functional neurosurgery in the last 20 years, could offer hope to many in the future by providing those with limited treatment options a non-invasive highly effective treatment."

During 2017, the NTF received a request from Plymouth University students to promote a dissertation project on a strategy of using Kinesiology tape for the treatment of Essential Tremor. The NTF were pleased to ask for volunteers to undertake the study via their website. The study aims to investigate whether kinesiology tape is effective in improving the performance and ease of functional tasks and if it could be used to dampen down Essential Tremor and help sufferers cope with symptoms.

ESSENTIAL TREMOR IN CHILDREN

2017 was the first year the National Tremor Foundation (NTF) has had someone in the post of Children's Liaison Officer. Kitty Reilly who holds this post has a son who was diagnosed with Essential Tremor at age 5. It was then that Kitty approached the NTF to raise her concerns that there appears to be very limited research and support for children living with ET.

As Children's Liaison Officer, Kitty 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. Kitty and her son have also been on BBC Radio Sheffield to speak about ET and plans, with the support of an actor who was also diagnosed with ET as a child, to make a short video aimed at younger people.

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.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

BENEFICIARY SUPPORT

The Primary Orthostatic group held their own meetings during 2017 and financial aid was given towards the costs of holding these meetings. Primary orthostatic tremor (POT) is a fast (13-18 cycles per second) tremor of the legs that occurs on standing. It typically causes unsteadiness and may be associated with mild Parkinsonian features. As the condition progresses it may cause gait related disability.

An awareness day was held in Central Hall, Westminster, London in March 2017 and this was funded & supported by the NTF. The whole day was a great success. Representatives from National Tremor Foundation were delighted at the response from all who attended and helped make it a relaxing, informal afternoon. It was great to see our attendees enjoying being in the company of others who shared the same disorder. Some people travelled long distances to attend including visitors from Dublin, Yorkshire, Cornwall and Kent. We were pleased to introduce our guest speakers Faii Ong founder of GyroGear explaining about GyroGlove and Matthew Walker from Insightec, the makers of the Focused Ultrasound machine, currently in trials here in UK for Essential Tremor. Both were busy throughout the afternoon with people keen to learn more from them.



The Gyroglove is designed to increase hand stability. Mechanical gyroscopes within the glove are used to resist hand movements to allow for normal day-to-day activities.

On 16th June 2018, the National Tremor Foundation will hold its annual conference at the Holiday Inn hotel in Brentwood, Essex. The event is expected to attract many first time visitors and a selection of various speakers from the medical profession.

SUPPORT GROUPS

Jackie Farrell, the NTF support group co-ordinator took part in a series of BBC radio interviews during the Autumn of 2017, culminating in an Essential Tremor awareness day meeting being held at the Holiday Inn, Southampton.

Support group meeting at Holiday Inn, Southampton |

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017



Following the success of this meeting & the emergence of some new support groups in Salisbury, Oxford & Leeds a follow up meeting was held in February 2018 in Southampton. On the 17th March 2018 an Essential Tremor awareness day was held at the Holiday Inn, Oxford. The Open day in March coincided with Essential Tremor Awareness month in the USA & the UK.

The London & South West group had held various meetings during 2017 & enjoyed a river cruise in July 2017 (Shown below)

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017



The Salisbury and the South West Support Group, also known as the Movers and the Shakers held their first meeting on Saturday 7th October, St Thomas' Church

The Leeds and Sheffield Tremor Support group, launched with their first meet up on Saturday 2nd December at 2pm, at Leeds Art Gallery Café.

The Trust currently has ten active regional support groups which is an increase of 7 on the previous year.

The National Tremor Foundation is always looking to set up further groups around the UK. Such regional/local groups provide the opportunity for beneficiaries to regularly meet together for mutual support which is highly valued. It is important for them to have an environment where they feel comfortable socialising without being conscious of a tremor - and thus reducing isolation. The Foundation encourages the formation of more support groups & continues to maintain the Helpline for patients, their carers and medical professionals.

The emergence of new support groups has resulted in the NTF updating & amending their support group rules & guidelines and issuing a new document offering tips & advice to encourage support group leaders. The newly appointed support group co-ordinator will be on hand to offer her experience & give advice to any new support group leader.

Our support group co-ordinator Jackie Farrell arranged various information tables at venues & events in the UK and Cyprus which resulted in further queries & interest from the general public.

Jackie Farrell (left) at a QEF mobility event below.



COMMUNICATIONS & FUNDRAISING REVIEW

We continued with the fundraising strategy of making applications to charitable trusts by direct visits and postal applications. Funding was requested for general core funding to support information and advice for patients and carers. Also featured was the need to support research into the new ultrasound treatment that has been established in the UK.

- Forty- five Trusts made donations and there was also an increase of personal donors via the Internet Virgin Money Giving website.
- The continuing low interest rates obtained by trust funds reduced the amount of available money for distribution thereby creating lower levels of donations to beneficiaries.
- Several branches of Rotary and Probus Clubs also made payments for general activities.
- Some donations were received from funeral directors where relatives of deceased members requested charity donations in lieu of flowers.

PLANS FOR FUTURE PERIOD

The Trust's main priority in 2018 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. It is our hope that the E:Newsletter re-introduced in December 2017 will continue to be produced at regular quarterly intervals.

With the abolishment of member's fees some years ago, the trust has noticed some decline in individual donations. With this in mind we are planning to introduce a "Friends of the National Tremor Foundation" scheme in 2018. This scheme will encourage people to make a donation to the trust and in return receive a wristband, pamphlets & a credit card style cards to carry with them explaining tremor conditions and promoting the National Tremor Foundation.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

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.

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 large increase in visitors to the website in 2017 in comparison to 2016. In early 2018 an emphasis to expand its support group network was underway with plans to launch support groups in Cambridge & Oxford by end of the first quarter and an Essential Tremor awareness day was held in Oxford.

FINANCIAL REVIEW

Our income received for 2017 reached £44,167 (a 4% increase on the prior year total of £42,425) thanks primarily to donations from various trusts & members. Of this total £2,794 was designated restricted funding. With membership free, we encouraged members to voluntarily donate. Fundraising pages established on Virginmoneygiving raised £2,900 in 2017 thanks to efforts in the Great North Run, Brighton Marathon & Isle of Wight Marathon. It is hoped that our first ever entry into the London Marathon in 2018 will raise similar, if not more funds.

A "Friends of the National Tremor Foundation" is to be launched in 2018. This initiative will involve people making a voluntary donation with the NTF supplying some merchandise including pens, Key rings & pin badges in return. On joining the "Friends of National Tremor Foundation" access will be given to an area on the NTF website with weblinks to other sites for the purchase of "Tremor friendly" products at a discount.

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 spend of £59,403 (a 26% increase on the prior year spend of £46,961) and a deficit of £15,235 (prior year: deficit of £4,536).

The Imperial College research grant constitutes a designated fund of £11,108 with £4,178 spent to date. An extension for the remaining funds of £6,930 to be spent before December 2018 was granted by the NTF. The research study is to assist in the evaluation of the effectiveness and safety of Exablate transcranial MR guided Focused Ultrasound Thalamotomy treatment for people with medication refractory Essential Tremor syndrome.

It is anticipated that the increase in the number of support groups in 2018 will result in increased expenditure in this area. With this in mind the NTF are setting a budget to control this spend, with a view to financially supporting the groups as best we can and protecting our expenditure on our core activities at the same time.

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 £66,275 (previous year £83,447); this level of holding gives a sound base for considering increased research activity.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

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	Solicitor/Legal Advisor

Lizzie Graham resigned as a trustee on 5 April 2017.

Registered Office

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

Bankers

National Westminster Bank

Independent Examiner

Frank Learner
Greengage Associates
8 Ffordd Cwm Cidi, Barry
Vale of Glamorgan CF62 6LH

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.

National Tremor Foundation Charitable Trust
Trustees' Annual Report for the Year Ended 31 December 2017

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.
- 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 16th June 2018 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 2017, which are set out on pages 13 - 17.

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').

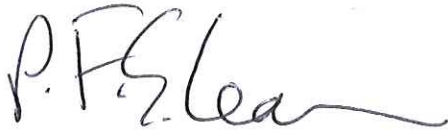
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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.



Frank Learner DChA
Fellow, Association of Charity Independent Examiners

Greengage Associates
8 Ffordd Cwm Cidi
Barry, Vale of Glamorgan CF62 6LH

Date 16 June 2018

National Tremor Foundation Charitable Trust

Statement of Financial Activities for the Year Ended 31 December 2017

	Notes	Unrestricted funds £	Restricted funds £	Total for year	
				2017 £	2016 £
Income from:					
Donations and legacies					
Donations		12,674	-	12,674	14,058
Grants		28,700	2,794	31,494	28,367
Total Income		<u>41,374</u>	<u>2,794</u>	<u>44,168</u>	<u>42,425</u>
Expenditure on:					
Raising funds					
	2	21,478	-	21,478	19,584
Charitable Activities					
Information		30,242	415	30,657	16,189
Research		666	-	666	5,679
Beneficiary Support		6,160	442	6,602	5,509
Total Resources Expended		<u>58,546</u>	<u>857</u>	<u>59,403</u>	<u>46,961</u>
Net movement in funds		(17,172)	1,937	(15,235)	(4,536)
Reconciliation of funds					
Total funds brought forward		<u>90,377</u>	<u>3,655</u>	<u>94,032</u>	<u>98,568</u>
Total funds carried forward		<u>73,205</u>	<u>5,592</u>	<u>78,797</u>	<u>94,032</u>

National Tremor Foundation Charitable Trust

Balance Sheet as at 31 December 2017

	Notes	31 December 2017		31 December 2016	
		£	£	£	£
Current assets					
Debtors	5	1,035		660	
Cash at bank		<u>88,762</u>		<u>103,104</u>	
		89,797		103,764	
Creditors: Amounts falling due within one year	6	<u>(11,000)</u>		<u>(9,732)</u>	
Net current assets/(liabilities)			78,797		94,032
Net Assets			<u>78,797</u>		<u>94,032</u>
Funds					
Unrestricted income funds	7		73,205		90,377
Restricted income funds	8		<u>5,592</u>		<u>3,655</u>
			<u>78,797</u>		<u>94,032</u>

Approved by the trustees on 16th June 2018 and signed on their behalf by:



Kevin Harfoot
Chairman

The notes on pages 15 to 17 form part of these financial statements.

National Tremor Foundation Charitable Trust

Notes to the Financial Statements for the Year ended 31 December 2017

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 2015

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.

2 EXPENDITURE	Direct	Contractor	Support	2017	2016
	£	£	£	£	£
Cost of Generating Funds	633	12,631	8,214	21,478	19,584
Charitable Activities					
Information	10,852	16,266	3,539	30,657	16,189
Research	103	-	563	666	5,679
Beneficiary Support	2,574	2,105	1,923	6,602	5,509
Total Resources Expended	<u>14,162</u>	<u>31,002</u>	<u>14,239</u>	<u>59,403</u>	<u>46,961</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	2017	2016
	£	£	£	£	£	£
Governance	4,351	1,433	212	1,220	7,216	4,760
Communications	1,953	1,065	178	355	3,551	3,773
Office	1,910	1,042	173	347	3,472	2,513
Total Support	<u>8,214</u>	<u>3,540</u>	<u>563</u>	<u>1,922</u>	<u>14,239</u>	<u>11,046</u>

Costs are apportioned by the estimated percentage of time spent on each activity. Governance costs comprise: contractor £2,969 (prev yr £2,863), independent examination £ 645 (py £645), other services from independent examiner £690 (prev yr £690) and trustee-related expenses £2,912 (py £559).

4 OTHER TRANSACTION INFORMATION

2016 income was £42,425; the only restricted element was £1,067 for grants; 2016 expenditure was £46,961 - the only restricted elements were £150 for information and £1,500 for research.

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

Four trustees were directly re-imbursed for travel expenses totalling £448 (previous year: 3 trustees £559). Expenditure attributable collectively to services for trustees (room-hire etc) was £2,464 (prev year nil).

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.

National Tremor Foundation Charitable Trust

Notes to the Financial Statements for the Year ended 31 December 2017

5 DEBTORS			2017	2016
			£	£
Prepayment			1,035	660
Total debtors			<u>1,035</u>	<u>660</u>
6 CREDITORS			2017	2016
			£	£
Trade creditors			2,804	884
Accruals			1,335	1,988
Other creditors			6,861	6,861
Total creditors			<u>11,000</u>	<u>9,732</u>
7 UNRESTRICTED FUNDS				31 Dec 2017
	1 Jan 2017	Income	Spend	2017
	£	£	£	£
General	83,447	41,374	58,546	66,275
Designated: Imperial College Grant	6,930	-		6,930
	<u>90,377</u>	<u>41,374</u>	<u>58,546</u>	<u>73,205</u>
8 RESTRICTED FUNDS				31 Dec 2017
	1 Jan 2017	Income	Spend	2017
	£	£	£	£
Orthostatic Tremor Group	18	265	283	-
Video Production	1,000	-	-	1,000
Yorkshire	1,000	-	340	660
Support Group/Helpline	1,000	2,000	234	2,766
Youngsters	637	529	-	1,166
	<u>3,655</u>	<u>2,794</u>	<u>857</u>	<u>5,592</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.

9 FUND/ASSET ANALYSIS	Unrestricted funds		Restricted funds	2017	2016
	General	Designated		total funds	total funds
	£	£	£	£	£
Net current assets	66,275	6,930	5,592	78,797	94,032
	<u>66,275</u>	<u>6,930</u>	<u>5,592</u>	<u>78,797</u>	<u>94,032</u>

