



Registered charity number:1177659

Annual Report and Accounts

for the year ended 5 April 2020

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I am delighted to introduce the LEGS Annual Report for 2019-2020 which celebrates another successful year in supporting people with stroke and neurological conditions.

It was a monumental year in the development of LEGS and which one propelled us into the next stage of our development. Crucially, we appointed our first two permanent members of staff. This has given us the stability we needed in order to take meaningful strides forward in our expansion. Having established this core team (myself, a Head of Operations, Lead Physiotherapist and long standing freelance physiotherapist) we closed March 2020 poised to make significant increases to our participant numbers and weekly sessions. We now have the necessary staff and expertise to expand our services, making what we do more cost efficient and helping more people.

Of course the most significant development towards the end of the year covered by this Annual Report, has been the emergency of Covid-19. It has been truly humbling to see how bravely our participants have responded to the crisis, how warmly they have spoken about LEGS, describing it is a vital “lifeline” to them in these challenging times and it has been a profound reminder of just how necessary our work is. To live with a neurological condition is a challenge at the best of times, but when the world is in chaos, resources become scarcer and shielding becomes a part of normal life, access to long term, meaningful, affordable care becomes even more valuable.

I am extremely proud of how we are responding to the crisis, providing creatively tailored support to each and every one of our participants, developing our new online programme, assisting with technological challenges, ensuring we used innovative solutions to keep our participants as active as possible.

We ended the year with healthy financial reserves, which are essential in these uncertain terms. Next year, we hope to further diversify our income, attracting a wider range of funders to help us stabilise our next stage of growth.

Where the next year will take us is of course less predictable than ever before but I hope very much that we will see a return to our priority of opening face to face sessions in accessible and affordable venues, the expansion of our online programme and the continued removal of barriers to those most in need of rehabilitation.

We are incredibly grateful to all our supporters and participants for their ongoing encouragement and engagement with our work this year. We are very proud of our Leadership Team and Physiotherapists who go above and beyond to deliver our vision, mission and values. My sincere thanks go to the trustees who give their time and expertise so generously to all we do.



Annys Fairweather
Chair, LEGS, May 2020

LEGS was founded to provide ongoing high quality, longer-term, affordable rehabilitation, alongside or after NHS rehabilitation has come to an end. NHS rehabilitation is often time limited and under-resourced for people following a stroke or living with long term neurological conditions in the community. People report feeling lost after NHS services have finished, resulting in them becoming or remaining physically inactive and socially isolated. Meaningful improvement for people with neurological conditions can happen over many years and LEGS recognises the need for a programme which sustains increased physical activity and social participation over months and years, rather than weeks, and takes a holistic approach by providing participants with support and advice.

By providing our award-winning, weekly exercise sessions, LEGS can help people improve people's physical activity and social participation, which can make a huge impact on their quality of life and also reduce health and social care costs.

Vision

A future where people with neurological conditions have improved access to physical activity and their communities, enabling them to live happy, healthy lives.

Mission

To provide high quality, supported local and virtual exercise groups, that are affordable and accessible, for all people living with neurological conditions.

Values

Our values express who we are. They form the basis for all we do.

- we deliver excellence
 - we are inclusive
- we are collaborative
 - we have integrity
 - we are kind

Our outcomes include improving health and emotional well-being, increasing physical activity and reducing social isolation. The LEGS programme enables participants to improve their physical function, independence and confidence, while reducing their reliance on carers and family, enabling people to fulfil their societal and family roles and to be able to enjoy activities that are meaningful to them.

LEGS helps people access and engage in lifelong physical and social activity within their communities. We support people back into previous activities and enable the confidence to take up new opportunities.

Our aims are consistent with our founding object which is:

“the relief of disability and the preservation of health by providing physiotherapy led group rehabilitation and support sessions to people who have had a stroke and other neurological conditions.”

The main activities undertaken in relation to those purposes are:

- The provision of online and face:face rehabilitation groups
- The provision of education sessions to help participants better manage their conditions
- The facilitation of peer support

We produced a three year business plan (2020-2023) which sets out our aims for the next stages in LEGS' development. We defined our four main aims:

1. To increase the number of participants, with a range of neurological conditions, attending LEGS and the number of groups (both online and face:face).
2. To improve the physical condition and emotional well-being of participants.
3. To open groups in local authority and social enterprise leisure centres.
4. To increase the number of participants attending long term physical activity and improve their ability to self-manage their condition.

For each aim we have a series of key objectives which will shape the services we deliver. These outcomes will help us to create compelling evidence for potential funders and commissioners and reinforce the success of our intervention in improving the lives of people with disabilities.

Our groups

- We ran 76 LEGS groups over 39 weeks of the year (as planned).
- We ran classes on 2 days a week (Monday and Tuesday afternoons).
- We were delighted to reopen our Tuesday afternoon group in May 2019 which had had to close in January 2019 due to a lack of staffing and funding.
- We offered 608 spaces (a space = a one hour exercise group and 30 minute education session).
- Of these 608 spaces, 578 were booked (76%) and 420 were attended (55%).
- Our drop-out rate was 5%. A drop-out is where somebody leaves our services within 12 weeks of starting.
- 92% of our groups were run face:face. 8% were online. We devised an online offering as a result of the lockdown in March 2020, in the last few weeks of this reporting period, which accounts for this 8%).

Our participants

- We provided support to 20 participants and their families/carers.
- The male to female ratio was 1:1.
- We completed 7 assessments for new participants and 27 re-assessments for existing participants.
- The age range of our participants was 36 – 77 with an average age of 62 and the mode age, 77.
- 70% of our participants live in the 3 boroughs closest to our studio (30% Kensington & Chelsea, 30% Westminster, 10% Hammersmith & Fulham). The remaining participants came from a range of other London boroughs (Wandsworth 5%, Brent 5%, Camden 5%, Hillingdon 5%, Barnet 5%) and Broxbourne (5%).

Other key achievements and milestones this year

- Re-opening and recruiting new participants to our second weekly group.
- Appointing a Head of Operations.
- Appointing a Lead Physiotherapist.
- Developing our virtual programme in response to the Covid-19 outbreak at the end of the year.

Outcomes and Evaluation

- We assessed participants on a regular, 12 week basis. The outcomes consistently show that attendance at LEGS increases participants' mobility, balance and strength.
- Our participants greatly value the exercises groups. This is demonstrated by the fact that our dropout rate is extremely low (5%) and written feedback at our regular review points is overwhelmingly positive.

Some feedback from our participants.

“Having been away from LEGS since my fall in January 2019, I greatly appreciate how I have been welcomed back and allowed flexibility in terms of what exercises I may do and how long to do them for.”

“Really enjoyable session, friendly experts and participants. Pace and content are great. Venue is good. I enjoy the input and also exchanging information with other participants. I am learning helpful things. I like being with a peer group.

“Actually am really happy with the sessions, I feel great with myself, and I was happy with the groups. It was like a family. We can discuss with each other about the exercises, how some are easy and others are tough. Once again, I really like the people, they are nice.”

“The sessions at LEGS have helped enormously with mobility and confidence. The physios have been great!”

Some feedback from the people who refer participants to us:

“As an NHS community stroke physio team we are very limited in the amount of sessions we can provide after stroke recovery, which takes years. LEGS provides somewhere that our patients can continue their stroke recovery rather than feeling alone. Every one of my clients I have sent there has loved it and I will continue to encourage more to go. It is such a brilliant idea.”

NHS referrer

“I have just finished reading your article from about 6 months ago on CSP website and feel so inspired! I have been in working in stroke rehab inpatients for over 5 years in the NHS. I started off as a B3 Physio assistant & now B4 Therapy Practitioner. Find stroke very interesting and have researched how much rehab there is for patients once they are discharged. What you are providing is so needed and it's great that you want to offer more locations.”

NHS referrer

Partnerships and collaborations

- We established relationships with local community partners to ensure safe toileting for our participants using our studio space for whom the downstairs toilet is not safely accessible.
- We initiated a relationship with a local CIC Sport for Confidence.
- We initiated a relationship with Active Westminster.
- We presented to the Westminster Health & Wellbeing Network.

Communication and Fundraising

- The daughter of one of our participants, herself a student physiotherapist, ran the London Marathon in March 2020 and raised £1,400 for LEGS.
- We received £500 from Magic Little Grants.
- We secured the long term investment of a private individual to fund our first two, salaried members of staff.

Staffing

- In April 2019 we appointed our first, directly employed, paid member of staff: a Head of Operations. She was joined by our Lead Physiotherapist in January 2020. Both worked part time (0.5FTE) and were supported by our brilliant freelance physiotherapist. Previously LEGS operated with a team of freelance staff and relied on the volunteer time of the Founding Physiotherapist, Annys Fairweather. Establishing this “core” team has solidified LEGS’ leadership and enabled the next stage of its development.
- We benefited from the voluntary work of a KCL student who supported the delivery of our face to face groups.

Review of financial results

For the year ended 5 April 2020, there was a surplus of £18,175 (in 2018-2019 there was a surplus of £5,898).

The income for the year was £53,884 (2018-2019: £19,161). The increase from last year reflects the donation of an individual who agreed to fund the salaries of our two newly appointed staff members.

Donations provided the largest income stream, amounting to £47,820 (2018-2019: £1,805). Income from charitable activities was £3,109 (2018-2019: £1,805).

LEGS received no statutory revenue funding and relied for its income entirely on its own fundraising activities and on donations from external sources as well as its participants.

Directly employed staff numbers increased from 0.0 FTE (all staff were freelance or voluntary and not employed directly by LEGS) to 1.0 FTE in 2019-2020. (0.5FTE administrative staff, 0.5FTE clinical staff).

Total expenditure for the year was £35,709 (2018-2019: £13,263). This increase was due to the appointment of two salaried members of staff.

Total cash funds at this year end were £25,701 (2018-2019: £7,526).

Reserves

The trustees calculate the reserves as the part of the charity's unrestricted income funds that is freely available, after taking account of designated funds that have been earmarked for specific projects. The trustees maintain a policy of keeping at least three months' core expenditure in reserves (where this is not included within designated funds). Core expenditure comprises staff salaries for three months and a 10% contingency of all other expenditure. At the end of March 2020, this reserve requirement was equivalent to £13,300. At the end of the financial year 2019-2020, the total unrestricted funds were £25,701 (2018-2019: £7,526). These reserves are kept in our current, instant access account.

Responsibilities of the board of trustees

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

The law applicable to charities in England and Wales requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

The trustees are responsible for keeping proper accounting records which 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 Charities Act 2011.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the UK governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Insofar as the trustees are aware:

- There is no relevant information of which the charity's independent examiner 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 independent examiner is aware of that information.

These accounts have been prepared in accordance with the provisions applicable to CIOs subject to the requirements of the Charity Commission.

For the year in question, the charity was entitled to exemption from an audit under section 144 of the Charities Act 2011. The Charity Commission has not ordered an audit to be carried out under Section 146 of the Charities Act 2011.

The notes below form part of these accounts.

The trustees' annual report has been approved by the board of trustees on 26 January 2021 and signed on its behalf by:



Annys Fairweather
Chair, LEGS

Notes to the accounts for the year ended 5 April 2020 - LEGS

1. The accounts presented here have been prepared on a receipts and payments basis for the year ended 5 April 2020.
2. In accordance with the Charities Commission guidance, and at the request of the trustees, these accounts have been independently examined. The independent examiner's report follows these notes.
3. The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2013, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

Report to the trustees of LEGS. Charity no 117769.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2020.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the 2006 Act).

I report in respect of my examinations of the Trust's accounts as carried out under section 145 of the Act 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(4)(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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed



Mark Middleton, Director (FCA)
LB Group, 1 Vicarage Lane, London, E15 4HF

Dated
20/11/20



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name: LEGS

On accounts for the year ended

5 April 2020 Charity no (if any) 1177659

Set out on pages

1 and 2 (Remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05 / 04 / 2020.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed: [] Date: 20/11/20

Name: Mark Middleton

Relevant professional qualification(s) or body (if any):

FCA

Address:

LB Group, 1 Vicarage Lane, Stratford, London E15 4HF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Receipts and payments accounts

CC16a

For the period
from

06-Apr-19

To

05-Apr-20

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	47,820	-	-	47,820	491
Fees and subscriptions	3,109	-	-	3,109	1,805
Fundraising	2,214	-	-	2,214	6,260
Trust and Grants	500	-	-	500	10,500
Miscellaneous	241	-	-	241	105
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	53,884	-	-	53,884	19,161
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	53,884	-	-	53,884	19,161
A3 Payments					
Meeting costs	1,744	-	-	1,744	1,560
Specific services	31,784	-	-	31,784	4,197
Administration Expenses	1,240	-	-	1,240	4,892
Travel and subsistence	545	-	-	545	90
Fund raising	396	-	-	396	2,400
Miscellaneous	-	-	-	-	124
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	35,709	-	-	35,709	13,263
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,709	-	-	35,709	13,263
Net of receipts/(payments)	18,175	-	-	18,175	5,898
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	18,175	-	-	18,175	5,898

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	25,701	-	-
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	25,701	-	-
	(agree balances with receipts and payments account(s))	Agreement Code	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

The emergence of Covid-19 has forced us to drastically rethink our priorities for the coming year. Had we written this report in February, rather than May 2020, we would have focussed on how we would be pursuing collaborations with local authority gyms to move our sessions into other physical venues. However, with the world very much “on hold” in this current climate we are pouring all our energies into developing a virtual programme so that we can continue our support of our current participants and, we hope, reach people for whom rehabilitation in physical settings will have all but disappeared as a result of the restrictions on the NHS. It is now more important than ever to ensure that people who are shielding at home are not forgotten and that they increase their physical activities to avoid further deconditioning and the associated health risks.

We’re aware that our strategy will have to adapt, potentially very nimbly, to the changing circumstances but at the time of writing we will prioritise:

- The clinical development of our exercise sessions, creating a safe and effective programme for participants to follow at home.
- Setting up new online classes to expand our range of classes to include a group which focuses solely on upper limb rehabilitation.
- Increasing our cost efficiency by increasing the number of participants accessing our services.
- Enabling our current participants to use their existing tablets and devices to access our Zoom classes and WhatsApp groups.
- Enabling our current and new participants to access our services by providing them with equipment where they don’t already have ready access to it.
- The redesign of our current website, creating a more visually appealing and professional looking site
- Making our resources available to people remotely – publishing helpful exercise programmes, tips and resources to help them better manage their conditions.
- Supporting a freelance fundraiser to apply for grants and funds.

Our organisation

LEGS (Local Exercise GroupS - for stroke and other neurological conditions) was registered as a Charitable Incorporated Organisation in March 2018 with the Charity Commission. The charity was established under a constitution which describes the objects and powers of the charitable organisation and the rules by which the charity is governed. The charity number is 1177659.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. The trustees may, by and from their number and from time to time, elect such officers (chair, secretary, treasurer) as they see fit.

All trustees give their time voluntary. Any expenses reclaimed from the charity are set out in the accounts.

Trustee board structure

The board meets four times a year and is responsible for LEGS' strategic direction and policies.

Strategy and outcomes

This year we increased the diversity of our trustee board by appointing two new trustees: one with charity experience and stroke lived experience and the other with a prominent clinical NHS role with special interest in the aims of LEGS. This has greatly strengthened the leadership of LEGS and capacity for development.

Premises

We continue to benefit from the generous support of the Notting Hill Barrecore studio, with whom we have developed a strong working relationship. They offer us studio space at a heavily subsidised rate so that we can run our face:face classes in the most cost efficient way possible. We will continue to explore opportunities to open sessions in local authority or gym settings. The ability of our team to work remotely and from the home office of our founding physiotherapist means we have no need for a dedicated office space and we have no plans to invest in such.

Policies, procedures, standards and risk management

We work to all relevant professional standards and physiotherapists are registered with the Health and Care Professions Council (HCPC) and are members of the Chartered Society of Physiotherapy (CSP) or have their own independently arranged insurance. We have a comprehensive set of policies and procedures which are regularly reviewed by trustees. There is a risk register which is kept under at least quarterly review by the Leadership Team and is formally approved by the board of trustees at least annually.

Trustee induction and training

New trustees receive induction through 1:1 meetings with the Chair and the Head of Operations, and specific training, where relevant. They are invited to attend services and social events with participants to familiarise themselves with the day to day running of LEGS and the context within which it operates. They are provided with a copy of the constitution, latest copy of the annual report as well as Charity Commission publications

on the roles and obligations of trustees as well as relevant or topical publications relating to trusteeship from organisations such as NCVO, the Small Charities Coalition and Getting On Board.

Charity Name LEGS (Local Exercise GroupS for stroke and other neurological conditions)

Registered Address: LEGS, co/o First Floor, 34 Brook Street, London, W1K 5DN

Telephone: 020 3894 4163 / 07377 259 778

Email: info@legs.org.uk

Website: www.legs.org.uk

Trustees

Anny Fairweather	Chair of trustees
Esther Kufrin	
David Fairweather	
Susan Holden	(resigned 02/10/2020)
Caroline Appel	(appointed 02/10/2020)
Rupert Cockcroft	(appointed 02/10/2020)

Leadership Team

Anny Fairweather	Chair of Trustees and Founding Physiotherapist
Victoria Bailey-King	Head of Operations
Sarah Sparkes	Lead Physiotherapist

Bankers

Barclays Bank, 35 Notting Hill Gate, London, W11 3JR

Independent Examiner

Mark Middleton, Director, LB Group, 1 Vicarage Lane, London, E15 4HF