

# LET THE CAT OUT THE BAG

The year  
stigma was  
eliminated

Year ended  
31 May 2022



CROHN'S AND  
COLITIS RELIEF

Fighting the condition with love and care

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Crohn's and Colitis Relief guides and supports people with Crohn's Disease or Colitis throughout England. This year, we ran a ground-breaking awareness event for parents and caregivers of children with IBD/S. We brought doctors and professionals to speak and saw much success in educating the community and reducing stigma.

At the event, many people came forth expressing interest in more support for adults with IBD/S. They are frequently bedridden and riddled with pain, all while putting on a brave face for the sake of their families. The stigma surrounding chronic illness means they often have no one to unburden themselves to, and certainly nobody in the same situation. They felt that monthly support groups would help them feel so validated, as well as giving them the opportunity to share tips and tricks for recovery and remission.

Next year's plan is to run regular, in-person, support groups, and employ a support worker.



# HOW WE HELP

- ✓ Children in treatment can borrow keyboards and books to learn the instrument.
- ✓ Assistance in claiming DLA and PIP, including providing evidence of your condition.
- ✓ Therapy or coaching sessions for people going through treatment and their families.
- ✓ Dietary specific food for patients in hospital. We also have dieticians to advise patients.
- ✓ We stock a supply of Modulen and other supplies for times of emergency.
- ✓ Buddy and befriending system for children to get to know others like them.
- ✓ Provision of illness-related equipment, such as toilet installations, washing machines or freezers.
- ✓ Accompanying patients to appointments as patient advocates or interpreters as needed.
- ✓ Speeding up diagnostic tests and emergency appointments.
- ✓ Laptops are lent to hospitalised patients.



# FEEDBACK



Thank you so much to CCR for lending me a keyboard when I was so sick. Learning to play the piano helped me forget about my pain and carried me through my toughest time. Music is my new escape.

Much appreciation for the outstanding awareness event last week – it's high time we recognised how real and common IBD is, so we could be there for each other in times of need.

It's unbelievable how something as simple as a cookbook can go the longest way. I was completely overwhelmed when I was diagnosed with IBS but CCR provided comfort, direction and of course the outstanding SCD cookbook, 'A Taste of Wellness'.

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# REFERENCE AND ADMINISTRATIVE DETAILS

TRUSTEES	Mr P Grosz Mr M Kahan Mr L Y Schapiro
COMPANY SECRETARY	Mr M Kahan
REGISTERED OFFICE	58 Forburg Road London N16 6HT
REGISTERED COMPANY NUMBER	10766434
REGISTERED CHARITY NUMBER	1187199
INDEPENDENT EXAMINER	Sugarwhite Meyer HS Ltd First Floor 94 Stamford Hill London N16 6XS



# TRUSTEES' REPORT

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## REFERENCE AND ADMINISTRATIVE INFORMATION

The information is shown on page 1 of the financial statements and forms part of this report.

## OBJECTIVES AND ACTIVITIES

### Objectives and aims

The objects of the charity are the relief of sickness and the preservation of health especially Crohn's disease, colitis and all forms of inflammatory bowel disease and the advancement of education of those diseases.

### Significant activities

Crohn's and Colitis Relief (CCR) was set up to improve the quality of life of people across the country affected by Inflammatory Bowel Disease as well as similar related illnesses. CCR primarily targets the Jewish Ashkenazi community where there is an exceptionally high percentage of people suffering from these diseases. Our work is dedicated to funding and delivering activities to support and relieve people suffering from irritable bowel syndrome, and to improve their lives. Since a diagnosis of Inflammatory Bowel Disease can initially prove overwhelming for a patient and their family, CCR's dedicated group of volunteer support workers is available to help families to understand the condition, offer informed answers to questions and suggest further sources of support. The trustees are satisfied with progress made this year.

## FINANCIAL REVIEW

### Financial review

The trustees are pleased with results for the year. There was about a ten per cent increase in income. This enabled the trustees to give help and advice to more people suffering CCR and their relatives.

# TRUSTEES' REPORT

## Reserves policy

The trustees do not seek to maintain reserves, other than to ensure that they can continue the activities of the charity. Reserves at the year end were £20,685 (2021 - £12,862) of which £8,812 (2021 - Nil ) were restricted.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Charity constitution

The charity is constituted as a company limited by guarantee and is governed by its Memorandum and Articles of Association dated 11 May 2017

### Organisational structure

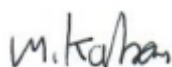
The charity has three trustees whom meet regularly in order to discuss and control its activities. All trustees and the administrator act on a voluntary basis and receive no remuneration or reimbursement of expenses. The power to appoint new trustees is vested in the board. It is not the intention of the trustees to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures.

### Risk management

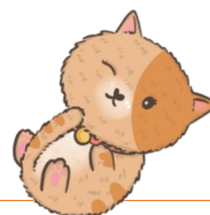
The trustees have reviewed the major risks to which the charity is exposed and confirm that they have established systems to mitigate them.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 8 November 2022 and signed on its behalf by:



Mr M Kahan - Trustee





# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

## **Independent examiner's report to the trustees of Crohn's and Colitis Relief ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2022.

### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### **Independent examiner's statement**

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

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.



S Steinhaus FCA  
Sugarwhite Meyer HS Ltd  
First Floor  
94 Stamford Hill  
London  
N16 6XS

8 November 2022



# STATEMENT OF FINANCIAL ACTIVITIES

	Notes	Unrestricted funds £	Restricted funds £	2022 total funds £	2021 total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	46,951	10,000	56,951	50,328
<b>EXPENDITURE ON</b>					
Charitable activities	3				
Medical Assistance		25,085	265	25,350	38,484
Charitable		8,561	501	9,062	1,758
Governance		1,736	-	1,736	1,045
Support costs		12,558	422	12,980	-
<b>Total</b>		<b>47,940</b>	<b>1,188</b>	<b>49,128</b>	<b>41,287</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>(989)</b>	<b>8,812</b>	<b>7,823</b>	<b>9,041</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		12,862	-	12,862	3,821
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>11,873</b>	<b>8,812</b>	<b>20,685</b>	<b>12,862</b>

# BALANCE SHEET

## 31 MAY 2022

	Notes	2022 £	2021 £
<b>FIXED ASSETS</b>			
Tangible assets	8	1,944	2,287
<b>CURRENT ASSETS</b>			
Debtors	9	26,403	175
Cash at bank		10,125	17,260
		36,528	17,435
<b>CREDITORS</b>			
Amounts falling due within one year	10	(17,787)	(6,860)
<b>NET CURRENT ASSETS</b>			
		18,741	10,575
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		20,685	12,862
<b>NET ASSETS</b>			
		20,685	12,862
<b>FUNDS</b>			
	12		
Unrestricted funds		11,873	12,862
Restricted funds		8,812	-
<b>TOTAL FUNDS</b>			
		<b>20,685</b>	<b>12,862</b>

# BALANCE SHEET

## 31 MAY 2022

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2022.

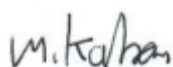
The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

1. ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
2. preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 8 November 2022 and were signed on its behalf by:



Mr M Kahan - Trustee



# NOTES TO THE FINANCIAL STATEMENTS

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

### **Income**

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

### **Expenditure**

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

### **Tangible fixed assets**

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

### **Taxation**

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

# NOTES TO THE FINANCIAL STATEMENTS

## Going concern

There are no material uncertainties about the charity's ability to continue.

## 2. DONATIONS AND LEGACIES

	Unrestricted funds £	Restricted funds £	2022 total funds £	2021 total funds £
<b>Donations</b>	15,451	-	15,451	1,517
<b>Grants</b>	31,500	10,000	41,500	48,811
	<b>46,951</b>	<b>10,000</b>	<b>56,951</b>	<b>50,328</b>

Grants received, included in the above, are as follows:

	2022 £	2021 £
<b>Charitable</b>	<b>41,500</b>	<b>48,811</b>

## 3. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support Costs (see note 4) £	Totals £
<b>Medical Assistance</b>	23,856	1,494	25,350
<b>Charitable</b>	9,062	-	9,062
<b>Governance</b>	-	1,736	1,736
<b>Support costs</b>	9,341	3,639	12,980
	<b>42,259</b>	<b>6,869</b>	<b>49,128</b>

# NOTES TO THE FINANCIAL STATEMENTS

## 4. SUPPORT COSTS

	Management £	Other 2 £	Gover nance costs £	Totals £
Medical Assistance	-	1,494	-	1,494
Governance	-	-	1,736	1,736
Support costs	343	524	2,772	3,639
	<b>343</b>	<b>2,018</b>	<b>4,508</b>	<b>6,869</b>

Support costs, included in the above, are as follows:

Management	2022 Support costs £	2021 Total activities £
Sundries	-	1,758
Depreciation of tangible and heritage assets	343	-
	<b>343</b>	<b>1,758</b>

Other 2	Medical Assistance £	2022 Support costs £	2022 Total activities £	2021 Total activities £
Rent rates and water	-	524	524	-
Subscription	1,494	-	1,494	-
	<b>1,494</b>	<b>524</b>	<b>2,018</b>	<b>-</b>



# NOTES TO THE FINANCIAL STATEMENTS

## 4. SUPPORT COSTS - continued

<b>Governance costs</b>	<b>Gover nance £</b>	<b>Support costs £</b>	<b>2022 total activities £</b>	<b>2021 Total activities £</b>
<b>Insurance</b>	643	-	643	-
<b>Light and heat</b>	-	745	745	-
<b>Independent examiner's fee</b>	540	-	540	516
<b>Independent examiner's other fees</b>	540	-	540	516
<b>General expenses</b>	13	2,027	2,040	13
	<b>1,736</b>	<b>2,772</b>	<b>4,508</b>	<b>1,045</b>

## 5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	<b>2022 £</b>	<b>2021 £</b>
<b>Depreciation - owned assets</b>	343	-
<b>Hire of plant and machinery</b>	1,943	-

## 6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 May 2022 nor for the year ended 31 May 2021.

### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 May 2022 nor for the year ended 31 May 2021.

# NOTES TO THE FINANCIAL STATEMENTS

## 7. AVERAGE NUMBER OF STAFF

The average number of staff in the year was 3 (2020 - 1)

## 8. TANGIBLE FIXED ASSETS

	<b>Fixtures and fittings £</b>
<b>COST</b>	
<b>At 1 June 2021 and 31 May 2022</b>	2,287
<b>DEPRECIATION</b>	
<b>Charge for year</b>	343
<b>NET BOOK VALUE</b>	
<b>At 31 May 2022</b>	1,944
<b>At 31 May 2021</b>	2,287

## 9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<b>2022 £</b>	<b>2021 £</b>
<b>Trade debtors</b>	25,393	175
<b>Prepayments</b>	1,010	-
	<b>26,403</b>	<b>175</b>

# NOTES TO THE FINANCIAL STATEMENTS

## 10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	12,493	5,828
Social security and other taxes	1,898	-
Net Wages control	1,284	-
Accruals and deferred income	2,112	1,032
	<b>17,787</b>	<b>6,860</b>

## 11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2022 total funds £	2021 total funds £
Fixed assets	1,944	-	1,944	2,287
Current assets	27,716	8,812	36,528	17,435
Current liabilities	(17,787)	-	(17,787)	(6,860)
	<b>11,873</b>	<b>8,812</b>	<b>20,685</b>	<b>12,862</b>

## 12. MOVEMENT IN FUNDS

	At 1.6.21 £	Net movement in funds £	At 31.5.22 £
Unrestricted funds	12,862	(989)	11,873
Restricted funds	-	8,812	8,812
<b>TOTAL FUNDS</b>	<b>12,862</b>	<b>7,823</b>	<b>20,685</b>

# NOTES TO THE FINANCIAL STATEMENTS

## 12. MOVEMENT IN FUNDS – continued

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>	46,951	(47,940)	(989)
<b>Restricted funds</b>	10,000	(1,188)	8,812
<b>TOTAL FUNDS</b>	<b>56,951</b>	<b>(49,128)</b>	<b>7,823</b>

### Comparatives for movement in funds

	At 1.6.20 £	Net movement in funds £	At 31.5.21 £
<b>Unrestricted funds</b>	3,821	9,041	12,862
<b>TOTAL FUNDS</b>	<b>3,821</b>	<b>9,041</b>	<b>12,862</b>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>	28,828	(19,787)	9,041
<b>Restricted funds</b>	21,500	(21,500)	-
<b>TOTAL FUNDS</b>	<b>50,328</b>	<b>(41,287)</b>	<b>9,041</b>

# NOTES TO THE FINANCIAL STATEMENTS

## **13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 May 2022.