

Company Registration Number: 06943628 (England and Wales)

LIFTING THE BURDEN

(a company limited by guarantee and not having a share capital)

Registered Charity Number: 1130642

REPORT AND ACCOUNTS

Period ended 30th November 2010

LIFTING THE BURDEN

Registered Office: 41 Welbeck Street, London, W1G 8EA

REPORT AND ACCOUNTS - PERIOD ENDED 30TH NOVEMBER 2010

<u>Contents</u>	<u>Page</u>
Report of the trustees	1-4
Statement of financial activities, including the income and expenditure account	5
Balance sheet	6
Notes to the accounts	7-11
Independent auditor's report	12

LIFTING THE BURDENREPORT OF THE TRUSTEES

The trustees (who are also the directors of the charitable company for the purposes of company law) present their report together with the audited accounts of Lifting The Burden (the charitable company) for the period 24th June 2009 to 30th November 2010. The trustees confirm that the report and accounts of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice - Accounting and Reporting by Charities issued in March 2005 (the "Charities SORP").

Reference and administrative details, trustees and advisersRegistration and status

Lifting The Burden is a company limited by guarantee and not having a share capital, registration number 06943628, and is a registered charity, number 1130642.

Registered office

41 Welbeck Street
London, W1G 8EA

Trustees

The trustees are as follows:-

Professor Paolo Martelletti, Chairman	(appointed 24th June 2009)
Dr Timothy John Steiner, Global Campaign director	(appointed 24th June 2009)
Dr Gretchen Lano Birbeck	(appointed 1st December 2009)
Professor Rigmor Jensen	(appointed 1st December 2009)
Professor Zaza Katsarava	(appointed 1st December 2009)
Professor Lars Jacob Stovner	(appointed 24th June 2009)

Company secretary

Mrs Ulla Schultz has served as the company secretary since 24th June 2009.

Professional advisers

Bankers	-	National Westminster Bank plc 5 Market Place Kingston Upon Thames Surrey, KT1 1JX
Solicitors	-	Ambrose Appelbe 7 New Square Lincoln's Inn London, WC2A 3RA
Auditor	-	Griffin Stone Moscrop & Co 41 Welbeck Street London, W1G 8EA

LIFTING THE BURDEN

REPORT OF THE TRUSTEES (Continued)

Structure, governance and management

Lifting The Burden is registered as a company limited by guarantee and was set up by a Memorandum of Association dated 19th June 2009. The company was incorporated on 24th June 2009 and became a registered charity on 21st July 2009.

The principal object of Lifting The Burden is for the benefit of the public to relieve the suffering caused by headaches of all kinds to people around the world.

Recruitment, induction and training of trustees

The management of the charitable company is the responsibility of the trustees who are elected under the terms of the Articles of Association.

Trustees are selected for their professional knowledge and experience in the field of headache and public health, in which the charitable company operates. They are likely already to be familiar with the charitable company's purposes and activities.

Newly-appointed trustees receive advice, as an induction, on the history, objectives and activities of the charitable company, on trustee responsibilities (in particular through provision of the Charity Commission publication *The Essential Trustee: An Introduction*) and on the charitable company's financial situation (through provision of the management accounts).

Organisational structure and decision making

The charitable company is governed by its board of trustees (who are also the board of directors). Currently, members of the board of trustees, together with the World Headache Alliance, are the only members of the charitable company.

The board of trustees are responsible for all decisions with regard to the appointment of new trustees or of members of the charitable company, and to the charitable company's priorities amongst its aims, its activities and its use of resources.

Risk management

The trustees have assessed the major risks to which Lifting The Burden is exposed, in particular those related to the operations and finances of the charitable company, and are satisfied that systems and procedures are in place to mitigate the charitable company's exposure thereto.

Objectives and activities

Policies, aims and objectives

In setting objectives and planning for activities, the trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.

The charitable company's overarching objective is to reduce the burden of headache worldwide. It pursues this solely through the conduct of the Global Campaign against Headache, a programme of activity planned and carried out in collaboration with the World Health Organization.

The charitable company's policy is to give priority to activities within the Global Campaign that will meet greatest needs, subject to the existence of opportunity to act. The charitable company sets and continuously revises its aims accordingly.

LIFTING THE BURDENREPORT OF THE TRUSTEES (Continued)**Objectives and activities (continued)**Strategies and activities for achieving objectives

The charitable company works with partner organizations (in particular, the World Health Organization), institutions and individuals, to achieve its objective through: a) measuring the burden of headache in countries and regions worldwide; b) raising awareness of the burden of headache in countries and regions worldwide; c) educating at various levels; and d) planning, implementing, testing and refining health-care solutions to the burden of headache in countries and regions worldwide.

Grant making policies

The charitable company will make grants to organizations or institutions where: a) this will support an activity likely, in the estimation of the trustees, to achieve one or more of its aims or contribute effectively to its objective; b) the outcomes of the activity will be ascertainable; c) the recipient agrees to account for use of the grant; and d) the amount of the grant is such that, in the view of the trustees, the expected returns will represent good value for money relative to the circumstances in which the grant is made.

The charitable company does not invite applications for grants.

Achievements and performanceReview of activities

The recent activities of the charitable company include: a) knowledge-creation, through the conduct of population-based burden-of-headache studies in the Russian Federation, China, India, Pakistan, Zambia and Ethiopia; b) awareness-raising, through the production, in collaboration with the World Health Organization, of the Atlas of Headache Disorders, and by contributing to the Global Burden of Disease Survey 2010; c) education, through the Master's Degree in Headache Medicine course at Sapienza University, Rome, and through production of the Handbook of Headache; and d) intervention, through the development of guidelines on headache service organization and delivery and on headache service quality evaluation, through the development of diagnostic and other management aids aimed at primary care, through support for the Cochrane Collaboration in order to evaluate treatments, and through the planning of a model of headache services in the Republic of Georgia.

Investment policy and performance

The charitable company has adopted a highly risk-averse investment policy. Funds not expected to be called upon within 12 to 18 months are placed on deposit in a United Kingdom bank at the best terms available. As a result of this policy, bank interest receivable in respect of the accounting period amounted to £2,960.

Financial reviewFinancial activities and affairs

The statement of financial activities for the period ended 30th November 2010 shows total incoming resources of £306,054 and net incoming resources of £198,150.

In the opinion of the trustees, the overall state of affairs of the charitable company at 30th November 2010 is satisfactory.

Principal funding

The charitable company received its funding from two other charities, the World Headache Alliance and the International Headache Society.

Reserves policy

It is the policy of the charitable company to hold in reserve a minimum of one year's human resources costs (based on the actual human resources costs for the current year plus 5%) together with a sufficient amount in general reserves to enable an orderly close-down of the charitable company should it become unable to continue operations.

Continued/.....

LIFTING THE BURDENREPORT OF THE TRUSTEES (Continued)**Plans for future periods**

The charitable company will continue its activities already in progress, and commence new ones as opportunities arise. In particular it is hoped to initiate new burden-of-headache studies, extend its educational activities and develop and test other models of headache services in other countries.

In support of these activities, the charitable company will seek new funding sources.

Other mattersStatement of trustees' responsibilities

The trustees (who are also directors of the charitable company for the purposes of company law) are responsible for preparing the report of the trustees and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company and charity law requires the trustees to prepare accounts for each financial period which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement of disclosure to the auditor

As far as the trustees are aware, there is no relevant audit information of which Lifting The Burden's auditor is unaware. All of the trustees have taken all steps that they ought to as trustees in order to make themselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

Members

The charitable company is a company limited by guarantee. The members of the charitable company are the trustees named on page 1 plus the World Headache Alliance. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member.

General

In preparing this report, the trustees have taken advantage of the small companies exemptions provided by Section 415A of the Companies Act 2006.

Approved by the trustees on 22nd March 2011 and signed on their behalf by:-

Dr. T.J. Steiner

Trustee

LIFTING THE BURDENSTATEMENT OF FINANCIAL ACTIVITIES,INCLUDING THE INCOME AND EXPENDITURE ACCOUNTFOR THE PERIOD:

24TH JUNE 2009 TO
30TH NOVEMBER 2010
 (activities commenced on 15th September 2009)

	<u>Note</u>	<u>Unrestricted - general fund</u>	<u>Restricted funds</u>	<u>Total</u>
Incoming resources	1c)			
Incoming resources from generated funds				
Voluntary income	2	3,340	299,754	303,094
Investment income	3	2,960	-	2,960
		<hr/>	<hr/>	<hr/>
Total incoming resources		6,300	299,754	306,054
		<hr/>	<hr/>	<hr/>
Resources expended	1d)			
Costs of generating funds				
Costs of generating voluntary income	4	3,340	721	4,061
Charitable activities	5	-	96,019	96,019
Governance costs	6	112	7,439	7,551
Other resources expended				
Loss on exchange		-	273	273
		<hr/>	<hr/>	<hr/>
Total resources expended		3,452	104,452	107,904
		<hr/>	<hr/>	<hr/>
Net incoming resources before taxation		2,848	195,302	198,150
Taxation		-	-	-
		<hr/>	<hr/>	<hr/>
Net movement in funds, and fund balances, 30th November 2010, carried forward	£	2,848	195,302	198,150
		<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The attached notes form part of these accounts.

LIFTING THE BURDEN

<u>BALANCE SHEET</u>	<u>Note</u>	<u>30TH NOVEMBER 2010</u>
<u>Current assets</u>		
Debtor	8	1,840
Cash at bank		206,785
		<hr/>
		208,625
 <u>Deduct: Creditors: amounts falling</u>		
due within one year	9	10,475
		<hr/>
Net current assets		£ 198,150
		<hr/> <hr/>
 <u>Funds</u>		
	10	
Unrestricted - general fund		2,848
Restricted		195,302
		<hr/>
		£ 198,150
		<hr/> <hr/>

These accounts have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved and authorised for issue by the trustees on 22nd March 2011 and signed on their behalf by:-

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)
 DR. T. J. STEINER) TRUSTEE

Company Registration Number: 06943628

The attached notes form part of these accounts.

LIFTING THE BURDENNOTES TO THE ACCOUNTS - 30TH NOVEMBER 20101. Accounting policies

a) Basis of preparation of accounts

The accounts have been prepared under the historical cost convention, in accordance with the provisions of the Companies Act 2006, the Statement of Recommended Practice - Accounting and Reporting by Charities issued in March 2005, and the Financial Reporting Standard for Smaller Entities (effective April 2008), which have been applied consistently (except as otherwise stated).

Lifting The Burden is exempt from the requirement to prepare a cash flow statement as it is a small company.

b) Fund accounting

The general fund is an unrestricted fund which is available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which has not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charitable company for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

c) Incoming resources

All incoming resources are accounted for in the period to which they relate and are allocated between the unrestricted general fund and the restricted funds as appropriate.

All incoming resources are included in the statement of financial activities when the charitable company is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donated facilities are included in income at a valuation which is an estimate of the financial cost the charitable company would expect to incur in the open market for equivalent facilities.

d) Resources expended

Resources expended are taken into account on the accruals basis, inclusive of value added tax which cannot be recovered. All resources expended are allocated between the unrestricted general fund and the restricted funds as appropriate. Where expenditure relates to more than one fund, it is apportioned between the relevant funds in the same proportion as the incoming resources relating to those funds.

All expenditure is accounted for on an accruals basis.

Support costs are those costs incurred directly in support of expenditure on the objects of the charitable company. Governance costs are those incurred in connection with administration of the charitable company and compliance with constitutional and statutory requirements.

e) Foreign currency transactions

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange in operation at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of each transaction. Exchange differences are taken into account in arriving at the net incoming resources.

f) Restricted funds

All restricted funds relate to grants and donations received for specific purposes within Lifting The Burden's objects. The aim and use of each restricted fund is given in note 10 to the accounts.

LIFTING THE BURDENNOTES TO THE ACCOUNTS - 30TH NOVEMBER 2010 (Continued)1. Accounting policies (continued)

g) Taxation

As a registered charity, Lifting The Burden is generally not liable to taxation on its surplus or capital gains. It is not, however, exempt from value added tax. Irrecoverable value added tax is included in the cost of those items to which it relates.

	<u>Unrestricted</u> <u>- general fund</u>	<u>Restricted</u> <u>funds</u>	2010 <u>Total</u>
2. <u>Voluntary income</u>			
Grants received			
World Headache Alliance	-	291,103	291,103
International Headache Society	-	8,651	8,651
	<u>-</u>	<u>299,754</u>	<u>299,754</u>
Donated facilities	3,340	-	3,340
	<u>£ 3,340</u>	<u>299,754</u>	<u>303,094</u>
3. <u>Investment income</u>			
Bank interest receivable	£ 2,960	-	2,960
	<u>£ 2,960</u>	<u>-</u>	<u>2,960</u>
4. <u>Costs of generating funds</u>			
Costs of generating voluntary income			
Website structure and hosting	-	514	514
Public relations, press and media	-	207	207
Advertising - conference booths	3,340	-	3,340
	<u>£ 3,340</u>	<u>721</u>	<u>4,061</u>

LIFTING THE BURDENNOTES TO THE ACCOUNTS - 30TH NOVEMBER 2010 (Continued)

	<u>Unrestricted</u> <u>- general fund</u>	<u>Restricted</u> <u>funds</u>	<u>2010</u> <u>Total</u>
5. <u>Charitable activities</u>			
Project costs	-	28,741	28,741
WHO Headache Atlas	-	3,394	3,394
Services quality evaluation	-	21,548	21,548
Outcome measures	-	2,459	2,459
Essential medicines	-	5,312	5,312
Other			
ICF	-	43	43
E-learning	-	31	31
Grant to other body (institutional)			
Duke Clinical Research Institute	-	2,400	2,400
Support costs			
HR Support	-	23,743	23,743
HR Miscellaneous expenses	-	700	700
GC director miscellaneous expenses	-	525	525
Bookkeeping	-	4,720	4,720
Legal & professional fees	-	1,793	1,793
International Headache Society relations	-	135	135
European Headache Society relations	-	195	195
Small equipment purchases	-	280	280
	<u>£</u>	<u>96,019</u>	<u>96,019</u>

The grant payable to the Duke Clinical Research Institute is to support editorial work on headache reviews for the Cochrane Collaboration, an international, independent, not-for-profit organisation dedicated to making information about the effects of health care readily available worldwide.

Bookkeeping is payable to the charitable company's auditor.

6. Governance costs

Auditor's remuneration	66	5,230	5,296
General governance costs	46	2,209	2,255
	<u>£</u>	<u>7,439</u>	<u>7,551</u>

Auditor's remuneration is divided as to £2,700, including value added tax, for audit work and £2,596, including value added tax, for non-audit work.

7. Trustees' remuneration, fees and expenses

No trustee received any remuneration or fees from the charitable company during the accounting period.

Five trustees were reimbursed for necessarily incurred expenses during the period. Such expenses are included in the appropriate categories of expenditure and totalled £18,418.

NOTES TO THE ACCOUNTS - 30TH NOVEMBER 2010 (Continued)

8. <u>Debtor</u>			<u>2010</u>
Accrued income		£	1,840
			<u><u> </u></u>
9. <u>Creditors: amounts falling due within one year</u>			<u>2010</u>
Accruals		£	10,475
			<u><u> </u></u>
10. <u>Funds</u>			
		<u>Total resources</u>	<u>As at</u>
	<u>Incoming</u>	<u>Outgoing</u>	<u>30.11.2010</u>
Unrestricted			
- general fund	6,300	(3,452)	2,848
	<u> </u>	<u> </u>	<u> </u>
Restricted			
General Purposes and Projects - Global			
Campaign fund	18,495	(17,497)	998
Special Projects - Global Campaign fund	90,470	(28,661)	61,809
Human Resources - Global Campaign fund	163,015	(54,393)	108,622
WHO Headache Atlas fund	14,986	(3,658)	11,328
Project Africa fund	12,788	(243)	12,545
	<u> </u>	<u> </u>	<u> </u>
	299,754	(104,452)	195,302
	<u> </u>	<u> </u>	<u> </u>
Total funds	£ 306,054	(107,904)	198,150
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>
	<u>Unrestricted</u>	<u>Restricted</u>	
	<u>-general fund</u>	<u>funds</u>	<u>Total</u>
Analysis of net assets between funds			
Fund balances at 30th November 2010			
are represented by:-			
Current assets	2,914	205,711	208,625
Current liabilities	(66)	(10,409)	(10,475)
	<u> </u>	<u> </u>	<u> </u>
	£ 2,848	195,302	198,150
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

LIFTING THE BURDENNOTES TO THE ACCOUNTS - 30TH NOVEMBER 2010 (Continued)10. Funds (Continued)

Restricted funds

General Purposes and Projects - Global Campaign fund

This fund, comprised of monies received under Deed of Gift from the World Headache Alliance, is used to provide general support to the conduct of the Global Campaign against Headache.

Special Projects - Global Campaign fund

This fund, comprised partly of monies received under Deed of Gift from the World Headache Alliance and partly of monies received from the International Headache Society, provides support for specific projects within the Global Campaign against Headache aimed at measuring the burden of headache in countries and regions worldwide.

Human Resources - Global Campaign fund

This fund, comprised of monies received under Deed of Gift from the World Headache Alliance, provides human resources support to the Global Campaign director to enable conduct of the Global Campaign against Headache.

WHO Headache Atlas fund

This fund, comprised of monies received from other charities via the World Headache Alliance, supports publication of WHO's Atlas of Headache Disorders, a product of the Global Campaign against Headache.

Project Africa fund

This fund, comprised of monies received from the World Headache Alliance, supports Global Campaign activities in the African continent, a region of especially high needs.

11. Members' liability

The liability of the members is limited to £10 per member.

12. Material incoming resources

The major source of material incoming resources are two charities with similar objects to Lifting The Burden.

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF LIFTING THE BURDEN

We have audited the accounts of the Lifting The Burden for the period ended 30th November 2010 set out on pages 5 to 11. These accounts have been prepared under the accounting policies set out therein and the requirements of the Financial Reporting Standard for Smaller Entities (effective April 2008).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state thereto in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

The trustees' (who are also the directors of the charitable company for the purposes of company law) responsibilities for preparing the report of the trustees and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and for being satisfied that the accounts give a true and fair view are set out in the statement of trustees' responsibilities on page 4.

Our responsibility is to audit the accounts in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the accounts give a true and fair view, have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice and have been prepared in accordance with the Companies Act 2006. We also report to you whether, in our opinion, the information given in the report of the trustees is consistent with the accounts.

In addition, we report to you if, in our opinion, the charitable company has not kept adequate accounting records, if the charitable company's accounts are not in agreement with the accounting records and returns, if we have not received all the information and explanations we require for our audit, or certain disclosures of trustees' remuneration specified by law are not made.

We read the report of the trustees and consider the implications for our report if we become aware of any apparent misstatements within it.

Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the accounts. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the accounts, and of whether the accounting policies are appropriate to the charitable company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the accounts are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the accounts.

Opinion

In our opinion:

- the accounts give a true and fair view of the state of the charitable company's affairs as at 30th November 2010 and of its incoming resources and application of resources, including its income and expenditure, for the period then ended;
- the accounts have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to smaller entities;
- the accounts have been prepared in accordance with the Companies Act 2006; and
- the information given in the report of the trustees is consistent with the accounts.

David Wells (Senior Statutory Auditor)
for and on behalf of
GRIFFIN STONE MOSCROP & CO
CHARTERED ACCOUNTANTS
STATUTORY AUDITOR

41 Welbeck Street
London W1G 8EA
23rd March 2011