UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 NOVEMBER 2013

LIFTING THE BURDEN (A company limited by guarantee)

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 30 NOVEMBER 2013

Trustees

Professor Paolo Martelletti, Chairman Professor Timothy John Steiner, Global Campaign Director Professor Gretchen Lano Birbeck Professor Rigmor Hoejland Jensen Professor Zaza Katsarava Professor Lars Jacob Stovner

Company registered number

06943628

Charity registered number

1130642

Registered office

21-27 Lamb's Conduit Street London WC1N 3GS

Company secretary

Mrs Ulla Schultz

Accountants

Griffin Stone Moscrop & Co Chartered Accountants 21-27 Lamb's Conduit Street London WC1N 3GS

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

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TRUSTEES' REPORT FOR THE YEAR ENDED 30 NOVEMBER 2013

The Trustees (who are also directors of the charity for the purposes of company law) present their annual report together with the financial statements of Lifting The Burden (the company) for the ended 30 November 2013. The Trustees confirm that the annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005.

Structure, governance and management

a. Constitution

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.

b. Method of appointment or election 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.

c. Organisational structure and decision making

The charitable company is governed by its board of Trustees (which is 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 is 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, activities and use of resources.

d. 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.

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 30 NOVEMBER 2013

Objectives and activities

a. Policies 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 official relations 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.

b. Strategies 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.

c. 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 performance

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

b. Review of activities

The charitable company's programme of activities constitutes the Global Campaign against Headache, conducted in collaboration with the World Health Organization.

To this end, the year saw the completion of the nationwide population-based study in Nepal, adding to our knowledge and understanding of the burden of headache in South East Asia. In other regions, similar projects were continued in Ethiopia and Guatemala and others commenced in Morocco and Peru. The accumulating experience from these surveys throughout the world made possible the development and publication of expert consensus-based guidelines for the conduct of such studies, to aid other researchers in the field. The workplace-based project in Turkey was completed, demonstrating the heavy socioeconomic impact of lost work-time attributable to headache disorders in a heavy manufacturing workforce, and other settings are being studied. A project was set up in Estonia to show that educating primary-care physicians in headache could

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 30 NOVEMBER 2013

improve outcomes in their patients. The interventional demonstrational project in Georgia, setting up a new headache service where none existed, was drawn to a close during the year, and is in analysis. An interventional project in Sverdlovsk Oblast, based in Yekaterinburg, Russia, is implementing headache services according to the recommended three-tier system. The pilot study on service quality evaluation was concluded successfully, and is to be followed by an extended study throughout Europe. In many of these projects, the charitable company continued its beneficial collaboration with the European Headache Federation.

The charitable company contributed further to relevant activities of the World Health Organization, within its official relations. These included, importantly, the headache section of the International Classification of Diseases, 11th edition (ICD-11), and cost-effectiveness analysis of headache care (WHO-CHOICE).

A number of publications in scientific journals reflected these and other activities, and promoted the political argument for greater investment in better headache services.

c. 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 £422.

Financial review

a. Financial activities and affairs

The statement of financial activities for the year ended 30th November 2013 shows total incoming resources of £109,455 and net incoming resources of £73,266.

In the opinion of the Trustees, the overall state of affairs of the charitable company at 30th November 2013 is satisfactory.

b. Reserves policy

It is the policy of the charitable company to hold in reserve a minimum of two months' human resources costs together with a sufficient amount in general reserves to enable an orderly close-down of the charitable company should it become unable to continue.

c. Principal funding

During the year the charitable company received principal funding from one institutional supporter, the Norges Teknisk-Naturvitenskapelige Universitet, and one anonymous donor.

Plans for the future

The charitable company will continue its activities already in progress. Because of the generosity of an anonymous donor, funds are available to initiate new burden-of-headache studies in order to complete stage one of the campaign: to know the burden of headache in the world. This does not require knowledge in every country. The charitable company will, as possible, also extend its educational activities, for which it has a website platform, and will develop and test models of headache services in countries where opportunities arise, thereby preparing for stages two and three.

Collaboration with the World Health Organization will remain central to these plans.

In support of these further activities, the charitable company will seek new funding sources. Looking to the future, the financial climate still remains quite adverse, and the Trustees are seeking ways to address the

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 30 NOVEMBER 2013

difficulties this creates.

Members

The charitable company is a company limited by guarantee. The members of the charitable company are the Trustees 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.

Trustees' responsibilities statement

The Trustees (who are also directors of Lifting The Burden for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they 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 these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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

This report was approved by the Trustees on 11 June 2014 and signed on their behalf by:

T J Steiner Trustee

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INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 30 NOVEMBER 2013

Independent examiner's report to the Trustees of Lifting The Burden

I report on the financial statements of the company for the year ended 30 November 2013 which comprise the Statement of Financial Activities and Balance Sheet, with the related notes.

This report is made solely to the company's Trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. My work has been undertaken so that I might state to the company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the company and the company's Trustees as a body, for my work or for this report.

Respective responsibilities of Trustees and examiner

The Trustees, who are also the directors of the company for the purposes of company law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

Having satisfied myself that the company is not subject to audit under charity or company law and is eligible for independent examination, it is my responsibility to:

- examine the financial statements under section 145 of the Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the statement below.

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INDEPENDENT EXAMINER'S REPORT (continued) FOR THE YEAR ENDED 30 NOVEMBER 2013

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare financial statements which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

Signed:

Dated: 27 June 2014

David Wells FCA

Griffin Stone Moscrop & Co

Chartered Accountants

21-27 Lamb's Conduit Street London WC1N 3GS

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STATEMENT OF FINANCIAL ACTIVITIES (incorporating income and expenditure account) FOR THE YEAR ENDED 30 NOVEMBER 2013

	Note	Unrestricted fund 2013 £	Restricted funds 2013 £	Total funds 2013 £	Total funds 2012 £
Incoming resources					
Incoming resources from generated funds: Voluntary income Investment income Other incoming resources	2 3 4	8,387 422 299	100,000 - 347	108,387 422 646	14,609 925 619
Total incoming resources		9,108	100,347	109,455	16,153
Resources expended					
Costs of generating funds: Costs of generating voluntary income Charitable activities Governance costs Other resources expended	5 11 6 7	509 5,506 307 -	25,629 4,238 -	509 31,135 4,545 -	373 43,795 5,278 1,192
Total resources expended	10	6,322	29,867	36,189	50,638
Movement in total funds for the year - Net income/(expenditure) for the year	12	2,786	70,480	73,266	(34,485)
Total funds at 1 December 2012		5,950	82,398	88,348	122,833
Total funds at 30 November 2013		8,736	152,878	161,614	88,348

The notes on pages 10 to 16 form part of these financial statements.

(A company limited by guarantee) REGISTERED NUMBER: 06943628

BALANCE SHEET AS AT 30 NOVEMBER 2013

	Note	£	2013 £	£	2012 £
Current assets					
Cash at bank and in hand		164,650		97,283	
Creditors: amounts falling due within one year	13	(3,036)		(8,935)	
Net current assets	-		161,614		88,348
Net assets		-	161,614	-	88,348
Charity funds					
Restricted funds	14		152,878		82,398
Unrestricted fund	14		8,736		5,950
Total funds		-	161,614	-	88,348

The Trustees consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the company to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and for preparing financial statements which give a true and fair view of the state of affairs of the company as at 30 November 2013 and of its net incoming resources for the year in accordance with the requirements of sections 394 and 395 of the Act and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Trustees on 11 June 2014 and signed on their behalf, by:

T J Steiner

The notes on pages 10 to 16 form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

1. Accounting policies

1.1 Basis of preparation of financial statements

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

1.2 Company status

The company is a company limited by guarantee. In the event of the company being wound up, the liability in respect of the guarantee is limited to £10 per member of the company.

1.3 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 costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

1.4 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 has entitlement to the funds, certainty of receipt and the amount can be measured with sufficient reliability.

Donated facilities and services 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 similar facilities and services.

1.5 Resources expended

Resources expended are accounted for on an accruals basis, and 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 opening balances on those funds.

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.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

1. Accounting policies (continued)

1.6 Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at rates of exchange ruling at the balance sheet date.

Transactions in foreign currencies are translated into sterling at the rate ruling on the date of the transaction.

Exchange gains and losses are recognised in the Statement of financial activities.

1.7 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.

2. Voluntary income

	Unrestricted	Restricted	Total	Total
	fund	funds	funds	funds
	2013	2013	2013	2012
	£	£	£	£
Donations	1,980	100,000	101,980	-
Grants	3,364	-	3,364	13,609
Donated facilities and services	3,043	-	3,043	1,000
	8,387	100,000	108,387	14,609

Grants comprise institutional support of £3,364 (2012 - £5,528) and charitable support of £nil (2012 - £8,081).

Charitable support comprises £nil (2012 - £8,081) received from the European Headache Federation, a charitable company with objects complementary to those of Lifting The Burden.

3. Investment income

	Unrestricted	Restricted	Total	Total
	fund	funds	funds	funds
	2013	2013	2013	2012
	£	£	£	£
Bank interest receivable	422	-	422	925

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

4. Other incoming resources

	Unrestricted	Restricted	Total	Total
	fund	funds	funds	funds
	2013	2013	2013	2012
	£	£	£	£
Royalty income	274	-	274	619
Profit on exchange	25	347	372	-
	299	347	646	619

5. Costs of generating voluntary income

	Unrestricted	Restricted	Total	Total
	fund	funds	funds	funds
	2013	2013	2013	2012
	£	£	£	£
Website structure and hosting	509	-	509	373

6. Governance costs

	Unrestricted	Restricted	Total	Total
	fund	funds	funds	funds
	2013	2013	2013	2012
	£	£	£	£
Accountancy fees	214	2,960	3,174	4,086
General governance costs	13	180	193	188
Trustees' meeting expenses	80	1,098	1,178	1,004
	307	4,238	4,545	5,278

7. Other resources expended

	Unrestricted	Restricted	Total	Total
	fund	funds	funds	funds
	2013	2013	2013	2012
	£	£	£	£
Loss on exchange		-	<u> </u>	1,192

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

8. Direct costs

	Reducing the burden of headache £	Total 2013 £	Total 2012 £
Service quality evaluation	33	33	254
Special educational projects	1,170	1,170	1,093
ICF	279	279	40
Projects	9,609	9,609	12,790
Essential medicines	1,520	1,520	5,640
Work impact	244	244	258
Health-care provider information	306	306	3,889
	13,161	13,161	23,964

9. Support costs

	Reducing the burden of headache £	Total 2013 £	Total 2012 £
IHS relations	70	70	-
WHO relations	-	-	415
EHF relations	195	195	1,017
HR support	13,250	13,250	17,920
HR miscellaneous expenses	142	142	101
GC director miscellaneous expenses	-	-	256
Bank charges	126	126	123
Other stakeholder relations	4,018	4,018	-
WFN relations	173	173	-
	17,974	17,974	19,832

10. Analysis of resources expended by expenditure type

	Other costs 2013 £	Total 2012 £
Costs of generating voluntary income	509	373
Costs of generating funds	509	373
Direct costs Governance and loss on exchange	31,135 4,545	43,795 6,470
	36,189	50,638

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

11. Analysis of resources expended by activities

	Activities undertaken directly 2013 £	Support costs 2013 £	Total 2013 £	Total 2012 £
Direct costs	13,161	17,974	31,135	43,795

12. Net income/(expenditure) for the year

This is stated after charging:

	2013 £	2012 £
Independent examiner's remuneration	3,174	4,086

Independent examiner's remuneration is divided as to £2,340 (2012 - the same), including value added tax, for external scrutiny and £834 (2012 - £1,746), including value added tax, for other services.

No trustee received any remuneration, fees or benefits in kind from the charitable company (2012 - the same).

One trustee (2012 - the same) was reimbursed for necessarily incurred expenses. These expenses, which are included in the appropriate categories of expenditure, totalled £14,255 (2012 - £15,344).

13. Creditors:

Amounts falling due within one year

	2013 £	2012 £
Accruals	3,036	8,935

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

14. Statement of funds

Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
5,950	9,108	(6,322)	8,736
4,581	19	(242)	4,358
16,943	71	(10,019)	6,995
47,901	201	(17,440)	30,662
11,133	48	(588)	10,593
1,840	8	(1,572)	276
-	100,000	(6)	99,994
82,398	100,347	(29,867)	152,878
88,348	109,455	(36,189)	161,614
	Forward £ 5,950 4,581 16,943 47,901 11,133 1,840 - 82,398	Forward £ resources £ £ £ 5,950 9,108 4,581 19 16,943 71 47,901 201 11,133 48 1,840 8 - 100,000 82,398 100,347	Forward £resources fexpended f \pounds \pounds \pounds $5,950$ $9,108$ (6,322) $4,581$ 19 (10,943)(242) $16,943$ 71 (10,019)(10,019) $47,901$ 201 (17,440)(17,440) $11,133$ 48 (588)(588) $1,840$ 8 (1,572) -(1,572) (6) $-$ 100,000 (6)(6)

Restricted funds

GP Education fund

This fund, comprised of a grant received from the European Headache Federation, supports the development, implementation and testing of an educational model for better headache-related primary health care in Estonia.

Special Projects - Global Campaign fund

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

Human Resouces - Global Campaign fund

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

Special Education fund

This fund, comprised of monies received from the World Headache Alliance, supports the development of recommendations for population-based burden-of-headache studies and of educational guidance for researchers involved in such studies.

Fulfilment of First Objective fund

This fund, comprising a donation from an anonymous donor, supports studies in fulfilment of the Global Campaign's First Objective, knowing the global burden of headache.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 NOVEMBER 2013

14. Statement of funds (continued)

Summary of funds

	Brought	Incoming	Resources	Carried
	Forward	resources	expended	forward
	£	£	£	£
General fund	5,950	9,108	(6,322)	8,736
Restricted funds	82,398	100,347	(29,867)	152,878
	88,348	109,455	(36,189)	161,614

15. Analysis of net assets between funds

	Unrestricted fund 2013 £	Restricted funds 2013 £	Total funds 2013 £	Total funds 2012 £
Current assets Creditors: amounts falling due within one year	8,865 (129)	155,785 (2,907)	164,650 (3,036)	97,282 (8,934)
	8,736	152,878	161,614	88,348