

LIFTING THE BURDEN

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2015

LIFTING THE BURDEN
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the charity, its trustees and advisers	1
Trustees' report	2 - 6
Independent examiner's report	7 - 8
Statement of financial activities	9
Balance sheet	10
Cash flow statement	11
Notes to the financial statements	12 - 20

LIFTING THE BURDEN
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE PERIOD ENDED 31 DECEMBER 2015**

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

LIFTING THE BURDEN
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 DECEMBER 2015

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their report together with the financial statements of Lifting The Burden (the company) for the period ended 31 December 2015. The Trustees confirm that the 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), 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 2015).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

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.

LIFTING THE BURDEN
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE PERIOD ENDED 31 DECEMBER 2015

Achievements and performance

a. Review of activities

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

The charitable company's activities continued to focus on campaign stage one: gathering knowledge of the global burden of headache. The accounting period saw the completion of the nationwide population-based study in Morocco and the analysis and publication of earlier findings from Zambia, India and Nepal. This information was added to the database at the Norwegian University of Science and Technology, which accumulates the data gathered from the Global Campaign studies as a resource for global public-health policy and future research. The charitable company's collaboration with the ongoing Global Burden of Disease (GBD) Study led to recognition of migraine as sixth highest cause of disability worldwide, medication-overuse headache as eighteenth and headache disorders collectively as third. A nationwide school-based survey of the global burden of childhood and adolescent headache was completed in Turkey, and plans were laid for similar studies in Zambia and Ethiopia. The workplace-based studies of lost work-time attributable to headache were also completed in Turkey. Looking towards campaign stage three (working with local stakeholders to reduce the burden of headache), the service quality evaluation project was implemented in specialist centres in twelve countries throughout Europe. Work commenced on revising the clinical management aids published in 2007; these are needed to support interventional programmes, especially in primary care. These two initiatives continued the charitable company's productive collaboration with the European Headache Federation. The intervention project in Georgia came to its conclusion; the outcome was that six headache clinics were established, with ever-increasing work-loads, in a country where none existed previously. The charitable company entered a new collaboration with the European Brain Council, the purpose of which is to assess the value of treatment interventions in an environment of limited health-care resources which demands cost-effectiveness.

The charitable company again contributed to relevant activities of the World Health Organization, within its official relations. Most importantly these included the headache section of the International Classification of Diseases, 11th edition (ICD-11), and the Disease Control Priorities programme which, in its third iteration (DCP-3), includes migraine for the first time.

Many publications in peer-reviewed scientific journals carried the findings of these and other activities, and continued to promote the political as well as humanitarian arguments for greater investment in better headache services. The charitable company exhibited in a booth at the International Headache Congress in Valencia, Spain.

b. 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 £57.

LIFTING THE BURDEN
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE PERIOD ENDED 31 DECEMBER 2015

Financial review

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. Financial activities and affairs

The statement of financial activities for the period ended 31st December 2015 shows total income of £27,464 and total expenditure of £49,989. At 31 December 2015 the unrestricted fund balance was £20,237 and the restricted funds totalled £96,958.

In the opinion of the Trustees, the overall state of affairs of the charitable company at 31 December 2015 is satisfactory.

c. 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.

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). Until August 2014, only members of the board of Trustees, together with the World Headache Alliance (WHA), were members of the charitable company. From August 2014 onwards, 32 individual members together with the European Headache Federation as a corporate member have been accepted into the charitable company.

LIFTING THE BURDEN
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE PERIOD ENDED 31 DECEMBER 2015

WHA was dissolved in November 2014.

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.

Plans for future periods

The charitable company will continue its activities already in progress. Collaboration with the World Health Organization will remain central to these activities.

Earlier plans for setting up population-based burden-of-headache studies in Sudan and Senegal ran into obstacles, but new proposals are being considered for Benin, Nigeria and Uganda with the aim of completing the map of sub-Saharan Africa. Plans continue for new studies in Peru and Sri Lanka.

Funds are needed to support the proposed worldwide school-based study of child and adolescent burden of headache, for which purpose a new collaboration with the International Headache Society is under discussion.

It is expected that the charitable company's focus will shift from campaign stage one to campaign stage three: working with local stakeholders to reduce the burden of headache. Wherever opportunities arise, the charitable company will develop and test models of headache services in countries. Currently an interventional project is being considered in Nepal. Funding for this objective is also being sought in a financial climate that remains quite adverse.

Members

The charitable company is a company limited by guarantee. The members of the charitable company are the Trustees, together with such individual and corporate members as the Trustees from time to time admit to membership, who are currently 32 and one respectively. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £10 per member.

LIFTING THE BURDEN
(A company limited by guarantee)

TRUSTEES' REPORT (continued)
FOR THE PERIOD ENDED 31 DECEMBER 2015

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;
- 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.

This report was approved by the Trustees on 6 June 2016 and signed on their behalf by:

T J Steiner
Trustee

LIFTING THE BURDEN
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE PERIOD ENDED 31 DECEMBER 2015

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

I report on the financial statements of the company for the period ended 31 December 2015 which comprise the Statement of Financial Activities, Balance Sheet and Cash Flow Statement, 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 period 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.

LIFTING THE BURDEN
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT (continued)
FOR THE PERIOD ENDED 31 DECEMBER 2015

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 Charitieshave 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: 14 June 2016

David Wells FCA

Griffin Stone Moscrop & Co

Chartered Accountants

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

LIFTING THE BURDEN
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31 DECEMBER 2015

	Note	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Income from:					
Donations	2	8,283	-	8,283	39,751
Investments	3	57	-	57	448
Charitable activities	4	-	-	-	1,000
Other income	5	4,020	15,104	19,124	82
Total income		<u>12,360</u>	<u>15,104</u>	<u>27,464</u>	<u>41,281</u>
Expenditure on:					
Raising funds	6	338	-	338	265
Charitable activities	7,9,10	15,799	32,870	48,669	62,204
Other expenditure	8	174	808	982	706
Total expenditure	11	<u>16,311</u>	<u>33,678</u>	<u>49,989</u>	<u>63,175</u>
Net expenditure before transfers		<u>(3,951)</u>	<u>(18,574)</u>	<u>(22,525)</u>	<u>(21,894)</u>
Transfers between funds	16	(551)	551	-	-
Net expenditure		<u>(4,502)</u>	<u>(18,023)</u>	<u>(22,525)</u>	<u>(21,894)</u>
Net movement in funds		<u>(4,502)</u>	<u>(18,023)</u>	<u>(22,525)</u>	<u>(21,894)</u>
Reconciliation of funds:					
Total funds at 1 December 2014		<u>24,739</u>	<u>114,981</u>	<u>139,720</u>	161,614
Total funds at 31 December 2015		<u><u>20,237</u></u>	<u><u>96,958</u></u>	<u><u>117,195</u></u>	<u>139,720</u>

All activities relate to continuing operations.

The notes on pages 12 to 20 form part of these financial statements.

LIFTING THE BURDEN
(A company limited by guarantee)
REGISTERED NUMBER: 06943628

BALANCE SHEET
AS AT 31 DECEMBER 2015

	Note	31 December 2015		30 November 2014	
		£	£	£	£
Current assets					
Debtor	14	-		4,804	
Cash at bank and in hand		120,535		138,097	
		<u>120,535</u>		<u>142,901</u>	
Creditor: amount falling due within one year	15	(3,340)		(3,181)	
Net current assets			117,195		139,720
Net assets			117,195		139,720
Charity funds					
Restricted funds	16		96,958		114,981
Unrestricted fund	16		20,237		24,739
Total funds			117,195		139,720

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 period 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 the preparation of financial statements.

The financial statements were approved by the Trustees on 6 June 2016 and signed on their behalf, by:

T J Steiner

The notes on pages 12 to 20 form part of these financial statements.

LIFTING THE BURDEN
(A company limited by guarantee)

CASH FLOW STATEMENT
FOR THE PERIOD ENDED 31 DECEMBER 2015

	Note	2015 £	2014 £
Cash flows from operating activities			
Net cash used in operating activities	18	<u>(17,505)</u>	<u>(26,106)</u>
Cash flows from investing activities:			
Interest from investments		<u>(57)</u>	<u>(448)</u>
Net cash used in investing activities		<u>(57)</u>	<u>(448)</u>
Change in cash and cash equivalents in the period	19	(17,562)	(26,554)
Cash and cash equivalents brought forward		<u>138,097</u>	<u>164,651</u>
Cash and cash equivalents carried forward	19	<u>120,535</u>	<u>138,097</u>

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Lifting The Burden meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

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

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have 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 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 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the company of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the company which is the amount the company would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Other income is recognised in the period in which it is receivable.

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

1. Accounting policies (continued)

1.5 Reconciliation with previous Generally Accepted Accounting Practice

In preparing these financial statements, the Trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required.

No restatements were required.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated to the applicable expenditure headings.

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.

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the bank.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount repaid net of any trade discounts due.

1.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.10 Creditors and provisions

Creditors and provisions are recognised where the company has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.11 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

LIFTING THE BURDEN
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015**

1. Accounting policies (continued)

1.12 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.

1.13 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. Income from donations

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Donations	-	-	-	30,493
Donated facilities and services	8,283	-	8,283	9,258
	<hr/>	<hr/>	<hr/>	<hr/>
	8,283	-	8,283	39,751
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

In 2014, of the total income from donations, £ 33,278 related to the unrestricted fund and £ 6,473 related to restricted funds.

3. Investment income

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Bank interest receivable	57	-	57	448
	<hr/>	<hr/>	<hr/>	<hr/>
	57	-	57	448
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

In 2014, of the total investment income, £ 448 related to the unrestricted general fund and £ NIL related to restricted funds.

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

4. Income from charitable activities

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
WHO headache atlas	-	-	-	1,000
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

In 2014, of the total income from charitable activities, £ 1,000 related to the unrestricted general fund and £ NIL related to restricted funds.

5. Other income

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Royalty income	-	-	-	82
Repayment of unused grants made in earlier years	4,015	15,104	19,119	-
Other interest receivable	5	-	5	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	<u>4,020</u>	<u>15,104</u>	<u>19,124</u>	<u>82</u>

In 2014, of the total other incoming resources, £ 82 related to the unrestricted general fund and £ NIL related to restricted funds.

6. Costs of raising funds

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Website structure and hosting	338	-	338	265
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

In 2014, of the total costs of raising funds, £ 265 related to the unrestricted general fund and £ NIL related to restricted funds.

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

7. Governance costs

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Accountancy fees	620	2,881	3,501	3,822
General governance costs	37	172	209	205
Trustees' meeting expenses	186	867	1,053	518
Management aids	58	270	328	-
	<u>901</u>	<u>4,190</u>	<u>5,091</u>	<u>4,545</u>

In 2014, of the total governance costs, £246 related to the unrestricted general fund and £4,299 related to restricted funds.

8. Other expenditure

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Loss on exchange	174	808	982	706
	<u>174</u>	<u>808</u>	<u>982</u>	<u>706</u>

In 2014, of the total other expenditure, £38 related to the unrestricted general fund and £688 was related to restricted funds.

9. Direct costs (excluding support costs)

	Reducing the burden of headache £	Total 2015 £	Total 2014 £
Service quality evaluation	211	211	-
Projects	23,867	23,867	32,747
Work impact	47	47	836
Health-care provider information	-	-	505
Service delivery and organisation	-	-	589
	<u>24,125</u>	<u>24,125</u>	<u>34,677</u>

LIFTING THE BURDEN
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015**

10. Support costs

	Reducing the burden of headache £	Total 2015 £	Total 2014 £
IHS relations	816	816	-
WHO relations	-	-	705
EHF relations	-	-	1,227
HR support	10,115	10,115	11,251
HR miscellaneous expenses	14	14	242
GC director miscellaneous expenses	-	-	137
Bank charges	124	124	122
Other stakeholder relations	8,384	8,384	9,298
	<u>19,453</u>	<u>19,453</u>	<u>22,982</u>

11. Analysis of resources expended by expenditure type

	Other costs 2015 £	Total 2014 £
Costs of raising funds	338	265
Direct costs, including support costs	43,578	57,659
Governance	5,091	4,545
Loss on exchange	982	706
	<u>49,989</u>	<u>63,175</u>

12. Analysis of resources expended by activities

Charitable activities

	Activities undertaken directly 2015 £	Support costs 2015 £	Total 2015 £	Total 2014 £
Direct costs	<u>24,125</u>	<u>19,453</u>	<u>43,578</u>	<u>57,659</u>

Of the above, £14,898 (2014 - £16,741) relates to the unrestricted general fund and £28,680 (2014 - £40,918) relates to restricted funds.

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

13. Net expenditure

This is stated after charging:

	2015	2014
	£	£
Independent examiner's remuneration	3,501	3,822

Independent examiner's remuneration is divided as to £2,575 (2014 - £2,450), including value added tax, for external scrutiny and £926 (2014 - £1,372), including value added tax, for other services.

No trustee received any remuneration, fees or benefits in kind from the charitable company (2014 - the same).

Two trustees were (2014 - one trustee was) reimbursed for necessarily incurred expenses. These expenses, which are included in the appropriate categories of expenditure, totalled £16,949 (2014 - £24,058).

14. Debtor

	31 December	30 November
	2015	2014
	£	£
Tax recoverable	-	4,804

15. Creditor:
Amount falling due within one year

	31 December	30 November
	2015	2014
	£	£
Accrual	3,340	3,181

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

16. Statement of funds

	Brought forward £	Income £	Expenditure £	Transfers in/(out) £	Carried forward £
Unrestricted fund					
General fund	24,739	12,360	(16,311)	(551)	20,237
Restricted funds					
GP Education fund	3,709	-	(165)	-	3,544
Special Projects - Global Campaign fund	-	15,104	(947)	-	14,157
Human Resources - Global Campaign fund	18,151	-	(10,935)	-	7,216
Project Africa fund	6,269	-	(6,820)	551	-
Special Education fund	267	-	(12)	-	255
Fulfilment of First Objective fund	86,585	-	(14,799)	-	71,786
	<u>114,981</u>	<u>15,104</u>	<u>(33,678)</u>	<u>551</u>	<u>96,958</u>
Total of funds	<u>139,720</u>	<u>27,464</u>	<u>(49,989)</u>	<u>-</u>	<u>117,195</u>

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, provided 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 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. During the year a transfer of £551 was made to the fund from the unrestricted general fund in order to meet excess expenditure incurred and the fund was then closed.

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.

LIFTING THE BURDEN
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 DECEMBER 2015

16. Statement of funds (continued)

Summary of funds

	Brought forward £	Income £	Expenditure £	Transfers in/(out) £	Carried forward £
General fund	24,739	12,360	(16,311)	(551)	20,237
Restricted funds	114,981	15,104	(33,678)	551	96,958
	<u>139,720</u>	<u>27,464</u>	<u>(49,989)</u>	<u>-</u>	<u>117,195</u>

17. Analysis of net assets between funds

	Unrestricted fund 2015 £	Restricted funds 2015 £	Total funds 2015 £	Total funds 2014 £
Current assets	20,828	99,707	120,535	142,900
Creditor: amount falling due within one year	(591)	(2,749)	(3,340)	(3,180)
	<u>20,237</u>	<u>96,958</u>	<u>117,195</u>	<u>139,720</u>

18. Reconciliation of net movement in funds to net cash flow from operating activities

	2015 £	2014 £
Net expenditure for the year (as per Statement of financial activities)	(22,525)	(21,894)
Adjustment for:		
Interest from investments	57	448
Decrease/(increase) in debtor	4,804	(4,804)
Increase in creditor	159	144
Net cash used in operating activities	<u>(17,505)</u>	<u>(26,106)</u>

19. Analysis of cash and cash equivalents

	2015 £	2014 £
Cash at bank and in hand	120,535	138,097
Total	<u>120,535</u>	<u>138,097</u>