

ASSOCIATION FOR SPINAL INJURY RESEARCH

REHABILITATION AND REINTEGRATION

'ASPIRE'

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2010

Registered Company No. 03744357

**ASSOCIATION FOR SPINAL INJURY RESEARCH
REHABILITATION AND REINTEGRATION**

'ASPIRE'

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ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Reference and Administrative Details

PRESIDENT	John Inverdale
VICE PRESIDENTS	Angi Jones Baroness Masham Lady Margaret Tebbit A Sparkes J R Tattersall
CHAIRMAN	P J Stanford
VICE CHAIRMAN	A H Lambert
CHIEF EXECUTIVE	B Carlin MBA
TRUSTEES & DIRECTORS	D A Edwards Dr A Gall Dr B Gardner L Hamill F L Jerreat V Knox A H Lambert P J Stanford
TREASURER	T J Griffin FCA
CHARITY NUMBER	1075317 – England & Wales SC037482 – Scotland
BUSINESS ADDRESS	Aspire National Training Centre Wood Lane Stanmore Middlesex HA7 4AP
REGISTERED OFFICE	Bridge House London Bridge London SE1 9QR
AUDITORS	Wilkins Kennedy Chartered Accountants Bridge House London Bridge London SE1 9QR
BANKERS	CAF Cash Limited Kings Hill West Malling Kent ME19 4TA Lloyds Bank Plc 32 Oxford Street London W1A 2LD
SOLICITORS	Bircham Dyson Bell 50 Broadway London SW1H 0BL

**'ASPIRE'
Chairman's Report**

I have now clocked up over two decades of close involvement with Aspire, more than 15 of them as chairman, and so it is inevitable, I suppose, that I write about the charity as a father would of his child, with pride in its growth, development and achievements, and a sense of wonder at what has evolved in so short a time from the fledgling I remember at the very start. But I hope, in introducing this annual report, that I also possess those other qualities of a parent – a keen eye for where their child can do better, and a determination to spur that child on to do more.

So it is with pride that I draw your attention, in what follows, to the continuing growth and improvements across all areas of our provision of vital services to people with spinal cord injury. Aspire is now a valued presence on every Spinal Injury Centre around the country, including Northern Ireland and the Republic of Ireland. Our Independent Living Advisors are on hand to give expert guidance to those, post-injury, on the road to rebuilding independent and fulfilled lives. Our Assistive Technology facilities provide those on the centres with Internet access and the practical support they need to use computers. Our Interim Housing Programme grows year-on-year and now offers many their first home outside the Spinal Injury Centre as they begin the process of planning their future. Finally, our Human Needs Fund is there to make those plans into realities – by funding the purchase of specialist wheelchairs and computer equipment. Aspire is and will always be alongside those with spinal cord injuries, working with them in practical ways to influence their lives for the better.

Ours is, we believe, an impressive programme, but one capable of further growth to tackle outstanding areas of needs – over the provision and retention of personal assistants, for example, or in re-entering the workplace, or coping with the new challenges thrown up by growing old with a spinal cord injury. All are part of our plans for the future.

To grow, charities need not only to identify need and to come up with practical, user-focussed solutions, they also require funds, and so it is with great pleasure that I draw your attention to a 10 per cent growth in the yield of our fund-raising activities, achieved in the face of one of the worst economic downturns the country has experienced in many a long year. It is a testament to the professionalism and dedication of Aspire fund-raising and marketing team, to the support given to them by all their colleagues at the charity, and – most of all – to those who have given their time, effort, enthusiasm and money to support Aspire in everything it does.

There have been many highlights this year for Aspire, but one in particular stands out for me as the culmination of an idea first mentioned many moons ago but now brought to fruition by my erstwhile fellow trustee, now our Vice-President, Angi Jones. Friends and supporters of Aspire from over its entire 27 years in existence gathered at City Hall, home of the Mayor of London, to celebrate the publication of the charity's first book, *It's My Life*, a collection of stunning photographs by Max Forsythe and individual stories from the many inspiring people who have come through Aspire's doors over the years on their own journeys, following a spinal cord injury, to independence and fulfilment in life. The charity's new president, broadcaster John Inverdale, presided and many of those featured in the book – including Margaret (Lady) Tebbitt and the much decorated dancer and choreographer Celeste Dandeker OBE – were there to toast its appearance.

The event neatly combined Aspire's past, its present and its ambition for the future. This is a charity that has grown quickly, but it is based on solid foundations, in terms of its financial management, its evolving programmes, and most of all its passionate and unswerving commitment to breaking down the barriers that face people with spinal cord injuries.

Peter Stanford
Chairman
July 27, 2010

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE' Report of The Trustees

The Trustees, who are also directors of the charitable company for the purposes of the Companies Act 2006, present their report and financial statements for the year ended 31 March 2010 in accordance with that Act, the Charities Act 1993 and the governing instrument.

Structure, Governance and Management

Constitution

Aspire is a registered charity, number 1075317 and is also a company limited by guarantee, registered company number 3744357. The Charity is also registered with the Office for the Scottish Charity Regulator 'OSCR' with registered charity number SC037482.

Trustees

The trustees who served during the year were as follows:

D A Edwards
Dr A Gall
Dr B Gardner (appointed 1 October 2009)
L Hamill
F L Jerreat
V Knox
A H Lambert
P Stanford

None of the Trustees had an interest in any contract or arrangement of a material nature during the year under review.

Methods for recruiting and appointing trustees

The Trustees select members to join the trustee board that will compliment and strengthen the existing professional expertise and competencies of the board. The Trustees welcome expressions of interest from candidates that have served a minimum of one year as a committee member supporting the work of the charity. The Trustees meet a minimum of four times a year and in addition to this attend exceptional meetings to review and develop the charity's strategy. The Trustees have several committees set up under specific terms of reference which delegate certain functions from the trustee board. Each committee is chaired by a Trustee whose responsibility it is to communicate the work and progress of the committee to the Board and to present decisions that need to be ratified by the full Board.

Policies & procedures for inducting and training trustees

During the recruitment process, a new Trustee receives a full induction to the organisation including Aspire's history, ethos, culture and vision for the future. Further to this a meeting is arranged with the Chief Executive at the Aspire National Training Centre when a tour of the facilities is given and a more detailed explanation is provided regarding the charity's activities. Trustees are also provided with the publication 'The Essential Trustee, What you need to know', prepared by the Charities Commission. Trustees are also invited to attend Seminars and Conferences that may be deemed appropriate and where they are not able to attend, one Trustee will provide an update and feedback to the Board from any events attended.

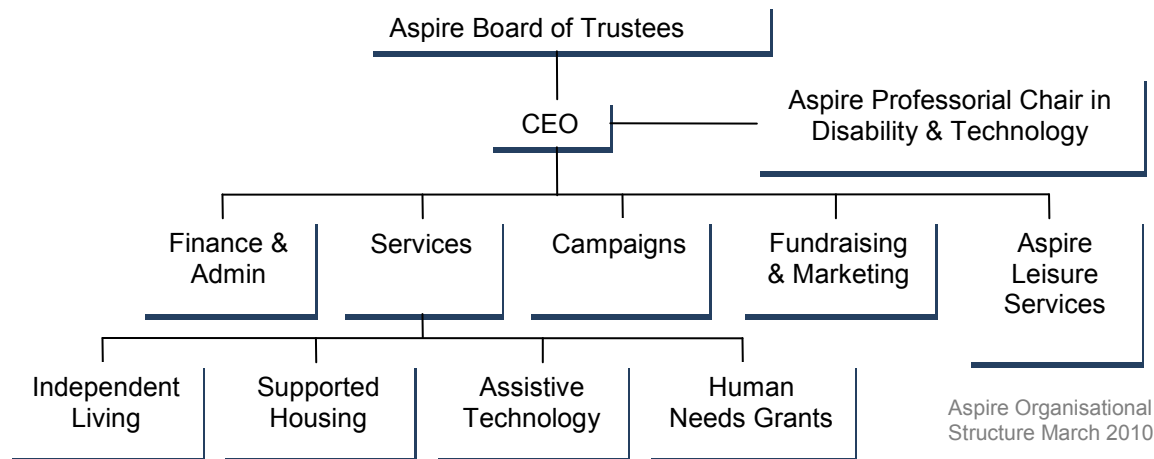
**‘ASPIRE’
Report of The Trustees**

Organisational structure and how decisions are made

The Aspire Board of Trustees is ultimately responsible for ensuring the Charity’s strategic direction and the actions of its employees. This responsibility is discharged through the Chief Executive Officer. The Trustee Board meets every three months to review performance against agreed operational and financial targets. Each activity area of Aspire’s work is closely monitored by Committees that include at least one Trustee who will Chair the Committee. Each Committee will invite external experts and advisors to assist in the monitoring and evaluation of these activities and to help in the longer-term development. The committees all meet prior to each and every Trustee meeting when reports are presented. Issues that require Trustee decisions are presented at the meeting where the Board will debate and agree what action is appropriate. Each decision is communicated through the Chief Executive Officer and recorded in the minutes of the meeting.

In addition to this, weekly meetings are held with the Vice-Chairman and the Chief Executive to monitor the Charity’s performance and governance. Financial matters are also reviewed under the same frequency between the Honorary Treasurer and the Chief Executive.

A 5 Year Strategic Plan has been developed to give clear guidance for longer-term decisions. The Strategic plan is communicated to all staff within Aspire and is instrumental in shaping each department’s Annual Operational Plan. In developing these Operational Plans each department, in consultation with the designated Trustee, under-takes an annual review of current performance and the Strengths, Weaknesses (internal), and Opportunities and Threats (external). This process commences in December of each year with the final plans being approved by each of the Committees before being presented to the Board of Trustees, for final approval, at the March Trustee meeting. The new plans with the supporting financial budgets are then implemented at the beginning of April.



Wider network and/or relationship with affiliated organisations

To communicate and advance the work of Aspire we work with other charities and organisations to ensure the most effective means of operating and delivering our services. Aspire is a member of a consortium of spinal cord injury charities called SIT (Spinal Injuries Together). This consortium was launched in 2004 and aims to: ensure each of the charities know what they are working to achieve, give support where necessary, and avoid any duplication of service activity.

As part of our Assistive Technology Services Aspire is a member of a nationwide network of Karten CTEC Centres. Aspire is also a member of the Executive Board for the UK Spinal Cord Injury Research Network, the European Spinal Cord Injury Federation and a member of MASCIP (Multidisciplinary Association of Spinal Cord Injury Professionals).

'ASPIRE' **Report of The Trustees**

Risk Management

The Trustees have examined the major risks which the charity faces and confirm that systems have been established so that the necessary steps can be taken to manage those risks.

The systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss. They include;

- Full competitor and external threat analysis for all services.
- An annual budget with full supporting business plans approved by the trustees.
- Regular consideration by the trustees of financial results, variances from budgets and non-financial performance.
- Quarterly reporting and assessment of operational plans and objectives that have been agreed and set for the year.
- Delegation of authority and segregation of duties.
- Identification and management of risks.
- On-going investment in the development of the professional knowledge and capability of staff.
- A 5 Year Strategy with supporting 3 year financial forecasts.

Objectives and Activities

Aspire was founded in 1983 to work with people with spinal cord injury to create opportunity, choice and independence through its activities in rehabilitation, reintegration and research. Its office is in Stanmore in Middlesex, alongside the London Spinal Injury Centre at the Royal National Orthopaedic Hospital Trust (RNOH).

Rehabilitation

Aspire gives practical, financial and emotional support to people with spinal cord injuries from the time of their injury through to discharge from a Spinal Injury Centre and onwards for the rest of their lives. Aspire has developed a range of services which it believes offers individuals a nurturing and rehabilitative environment that will enable them to achieve their full potential. It is Aspire's aim to deliver and build on these services throughout the UK.

Reintegration

Aspire's National Training Centre was extended to become Europe's first National Training Centre for disabled and non-disabled people. It was opened by The Duke of York in September 1998 and is the showpiece of the Charity's unique approach to breaking down the barriers between non-disabled and disabled people. As well as state-of-the-art rehabilitation, physiotherapy and occupational therapy suites, the Centre offers a large range of sporting, dance and training activities, all of which are run on an integrated basis – where non-disabled and disabled people can take part side-by-side. The Centre now enjoys more than 500,000 active visits each year, with 28% of membership and approximately 36% attendance by disabled customers.

Aspire provides temporary homes for those waiting to be discharged from hospital so that they may be reunited with their family and start living their life again whilst waiting for a permanent home to be made available. Last year we acquired adapted and opened more such houses in various locations in the UK increasing our housing complement to 19. Our key aim over the coming years is to expand this provision to support the discharge needs of spinal injury patients.

Aspire provides a range of practical services to support people with a spinal cord injury to reintegrate into society and lead a fulfilled life.

Research

Aspire has, from its inception, been excited by the possibilities of technology. The Charity is determined that people with spinal cord injuries should be at the cutting edge of potentially beneficial new developments in this field. To that end, Aspire has invested almost £2 million in support of our Professorial Chair in Disability and Technology over the past fourteen years through University College London Institute of Orthopaedics and Musculo-Skeletal Sciences, based at the Aspire Centre for Disability Sciences, Royal National Orthopaedic Hospital, Stanmore.

'ASPIRE' Report of The Trustees

Main objectives for the year

Aspire will continue to develop and expand its services on a national scale to support people with a spinal cord injury from the moment of their injury throughout their life.

In 2009/10 Aspire's key objectives were:

1. Independent Living - Develop and improve Aspire Independent Living Advisor (AILA) Service to meet the needs of patients - Recruit AILA for Belfast. Develop and launch full impact measurement reporting. Formal involvement in Patient Education programmes.
2. Advocacy Service – To work in partnership with the Department of Work and Pension (DWP) to review the pilot project at Stoke Mandeville Hospital. If this review is favourable and demonstrates success in providing benefits, advice and support to spinally injured patients, Aspire will work with the DWP to introduce the service to Spinal Injury Centres throughout the UK where appropriate.
3. Aspire Housing - Increase our housing stock from 16 to 23 to meet the discharge needs as defined by the Spinal Injury Centres. To investigate ways to manage our average occupancy to no more than 6 months. Develop and launch full impact measurement and reporting.
4. Assistive Technology - Capture all users contact details. Improve effectiveness of the service. Develop and launch full impact measurement reporting. Launch facility at Middlesbrough.
5. Human Needs - to continue to market the Human Needs Fund throughout the UK with an annual budget available for grants of £65k. To monitor and produce an annual report on the effectiveness of Human Needs Grants based on frequency of use and promoting greater independence.
6. Campaigning – To continue to campaign on the following key areas:
 - a. Care Services – Undertake planned research to identify the issues with the current Care Provision that will provide evidence to support our campaigning. This is identified as a two year project.
 - b. Wheelchair Provision - Apply pressure and highlight the issue of current wheelchair provision with the aim of improving wheelchair provision to spinally injured people.
 - c. Housing and Patient Discharge Issues - Secure recognition of housing/discharge issues and a reduction in the numbers of patients discharged to unsuitable housing.
 - d. Employing Disabled Fitness Instructors – Undertake research to identify if there are any levels of reluctance in employing a disabled Fitness Instructor.
7. Sports Development – Aspire will continue to use its expertise and success in breaking down the barriers between disabled and non-disabled people within the leisure environment. Aspire recognise that this will lead to greater access to rehabilitation and health beneficial exercise as well as social inclusion. We therefore aim to;
 - a. Progress with the Manufacturing of FES Rowing machines.
 - b. Identify the means to affect greater influence and impact on the Leisure Industry to encourage increased activity by disabled people.
 - c. Explore opportunities and give support where possible to develop Aspire National Training Centre type facilities in the UK: TREAT Trust Wales, Salisbury District General Hospital Spinal Injury Centre and any other appropriate opportunities.
 - d. Develop and launch a Disabled Fitness Instructor programme by January 2010.
 - e. Appoint a Sports Development Officer to manage and improve Aspire's disability and integrated sports activities by January 2010.
8. Research at the Aspire Centre for Disability Science - Recruit and appoint a new Aspire Professor and recruit and appoint our first Aspire PhD Studentship to research in the field of the Ageing Process in Spinally Injured People
9. Fundraising – Develop Corporate Fundraising to ensure its long-term sustainability – minimum of 4 key corporate relations raising £100k, securing major partnerships for 2010. Increase the Channel Swim income to £500k. Achieve agreed budgets – total income of £1,250k, including £300k for Restricted Funds (to be raised through corporate sponsorships, trust and foundations), at a cost of less than £520k. Maintaining fundraising cost at or below 23% of Aspire's total expenditure.

Strategies for achieving those objectives

1. Aspire will continue to develop new relationships with Housing Associations in key geographical locations, already identified, to gain new fully accessible properties to add to its existing complement of Aspire Houses. Aspire will work in partnership with the Housing Associations toward new build projects and present a case to gain access to existing housing stock. Through our new Campaigning activities, Aspire will seek to gain political support towards the successful development of our Housing complement.
2. We have forged strong relationships with the Occupational Therapists at all Spinal Injury Centres where our Assistive Technology facilities have been placed. We continue to work with and report to our funders, who support our programme, to ensure they are kept informed of all developments and benefits to the spinal injury community and maintain an understanding of the latest technological developments. Our programme continues to be supported by the volunteer tutors who are almost all former patients.
3. A national service of Aspire Independent Living Advisors provides practical support and advice on living life with a spinal cord injury. They ensure newly injured patients are informed of all the services available to support them and of the practical solutions to problems that Aspire can provide.
4. Aspire aims to raise the profile of issues in Parliament, the media and other organisations. Respond to relevant consultations and debates. Secure quantitative and qualitative evidence of the scale of the problems and use this data where appropriate. Our Campaigns Manager works closely with Aspire Services to continue to identify issues and evolve objectives to meet changing demands.
5. We will actively pursue local arts and drama organisations to work in partnership with Aspire towards the introduction of additional integrated services in the Aspire National Training Centre.
6. Aspire will undertake constant reviews and assessments of our fundraising throughout the year to ensure we achieve the most effective and efficient fundraising results.
7. Continual monitoring by the Fundraising and Marketing committee will ensure the compliance with our annual plan and budgets.
8. Our achievements and future objectives will be assessed against our Five Year Strategy to ensure we remain committed to our strategic aims. Our Five Year Strategy document remains our guide in developing overall objectives and provides the longer-term direction for all departments within Aspire.

How objectives link to longer term strategies & objectives

Our Aspire Services Department is the spearhead of our national outreach programme and takes the Charity out into the community, nationwide. Our objectives are set to ensure; 1) we increase our awareness to the multidisciplinary spinal cord injury professionals, 2) newly injured patients, and 3) the general spinal injury community. Direct links with each and every Spinal Centre will also help Aspire communicate with more people with spinal cord injuries directly. The success of our Aspire Independent Living Advisors provides a regular face to this increased presence and essential guidance to Aspire Services on the most appropriate support and help needed.

Evidence indicates that one of the greatest issues facing Spinal Injury Centres and patients is the ability to be discharged to an accessible home at the end of the rehabilitation process and to get back on with their life. 25% of patients are discharged to Care Homes. This may be the most appropriate accommodation for a minority of patients but it is certainly not for the majority. Patients, once discharged to a Care Home, can face a residency period of one to six years. During this time they will live in a single room and be prevented from being reunited with their family in their own home and not able to enjoy the freedom and independence we all take for granted. For the 59% of patients discharged to their own homes almost all will be attempting to live in an un-adapted home where living conditions can be very limiting and extremely challenging.

Expanding our housing complement will increase the possibility of patients being discharged to a temporary home whilst action is taken to prepare a permanent home. The additional benefits are that our properties promote independence, can accommodate a live in carer and family if necessary whilst this service also ensures a specialist bed in a spinal injury centre can become available for a newly injured patient at the earliest opportunity.

'ASPIRE' Report of The Trustees

How objectives link to longer term strategies & objectives (cont.)

Aspire aims to ensure our Housing Programme supports every Spinal Injury Centre throughout the UK and will continue to expand. Objective 3 will aim to address this and start to provide additional national support.

Our Assistive Technology provides patients with internet access to stay in touch with family and friends worldwide, keep up to date with the outside world and the independence to bank online. This technology embraces our ethos and helps to maintain independence.

Aspire exists to support people from injury to independence. Our campaigning objectives allow us to reach and have a positive influence on those beyond our immediate service users, ensuring that Aspire has an impact on all 40,000 people in the UK with a spinal cord injury.

Achievements and Performance

Objective 1

Independent Living - Develop and improve AILA Service to meet the needs of patients - Recruit AILA for Belfast. Develop and launch full impact measurement reporting. Formal involvement in Patient Education programmes.

Outcome

- Full training programme established. Advertised for Belfast AILA but no candidates – currently trying new approach. Weekly reports submitted from each Centre, including details of patients spoken to. Pilot evaluation system run with good success. Involvement in Patient Education Programmes in Salisbury, Stanmore and Southport, plus Relatives' Day in Stoke Mandeville.

Objective 2

Advocacy Service – To work in partnership with the Department of Work and Pension (DWP) to review the pilot project at Stoke Mandeville Hospital. If this review is favourable and demonstrates success in providing Benefits Advice and Support to spinally injured patients, Aspire will work with the DWP to introduce the service to Spinal Injury Centres throughout the UK where appropriate.

(This project was to develop a new advocacy service for Benefits Advice and Support for spinally injured patients. However, work with the DWP means that Aspire has assisted in a new national service being delivered in spinal injury centres.)

Outcome

- Pilot at Stoke Mandeville was successful and DWP have agreed to roll out to other Centres as needed. Aspire will broker the Service. Agreements to introduce the service with Stanmore, Oswestry, Southport and Cardiff, with meetings arranged at other Centres.

Objective 3

Housing - Increase our housing stock from 16 to 23 to meet the discharge needs as defined by the Spinal Injury Centres. To investigate ways to manage our average occupancy to no more than 6 months. Develop and launch full impact measurement and reporting.

Outcome

- Three additional houses were added to our stock therefore increasing our Housing complement to 19. The average occupancy stay is approximately one year, usually because no suitable properties are available through the local authority. Exit interviews have been conducted with all tenants. All calls handled by informal advocacy service has been monitored.

Achievements and Performance (cont.)

Objective 4

Campaigning – To continue to campaign on the following key areas:

- a. Care Services – Undertake planned research to identify the issues with the current Care Provision that will provide evidence to support our campaigning. This is identified as a two year project.
- b. Wheelchair Provision - Apply pressure and highlight the issue of current wheelchair provision with the aim of improving wheelchair provision to spinally injured people.
- c. Housing and Patient Discharge Issues - Secure recognition of housing/discharge issues and a reduction in the numbers of patients discharged to unsuitable housing.
- d. Employing Disabled Fitness Instructors – Undertake research to identify if there are any levels of reluctance in employing a disabled Fitness Instructor.

Outcome

- a. Care Questionnaire designed and approved for use by Royal National Orthopaedic Hospital. Work with outpatients to begin June 2010.
- b. Project on hold due to delays in government regarding their formal assessment.
- c. Discharge data collected. MPs attended all house launches.
- d. Research started and ongoing. To be used when Disabled Fitness Instructor Programme launches. (additional) New Policy and Information Officer recruited. Work underway to highlight inaccessibility of Stanmore tube station. Consultations responded to on Equality Law and public transport

Objective 5

Assistive Technology - Capture all users contact details. Improve effectiveness of the service. Develop and launch full impact measurement reporting. Launch facility at Middlesbrough.

Outcome

- First training conference run for volunteers and Occupational Therapists. Full audit of equipment and skills completed. Some user details captured, and system in place to monitor number of users undergoing training. Meeting with Middlesbrough establishes that they have an effective facility already in place, but they have made use of Aspire training.

Objective 6

Human Needs - to continue to market the Human Needs Fund throughout the UK with an annual budget available for grants of £65k. To monitor and produce an annual report on the effectiveness of Human Needs Grants based on frequency of use and promoting greater independence.

Outcome

- Spend exceeded budget, with additional funds secured by Aspire to meet the need. 6 month reviews carried out with all successful applicants, and report produced.

Objective 7

Sports Development – Aspire will continue to use its expertise and success in breaking down the barriers between disabled and non-disabled people within the leisure environment. Aspire recognise that this will lead to greater access to rehabilitation and health beneficial exercise as well as social inclusion. We therefore aim to;

- a. Progress with the Manufacturing of FES Rowing machines.
- b. Identify the means to affect greater influence and impact on the Leisure Industry to encourage increased activity by disabled people.
- c. Explore opportunities and give support where possible to develop Aspire National Training Centre type facilities in the UK: TREAT Trust Wales, Salisbury District General Hospital Spinal Injury Centre and any other appropriate opportunities.
- d. Develop and launch a Disabled Fitness Instructor programme by January 2010.
- e. Appoint a Sports Development Officer to manage and improve Aspire's disability and integrated sports activities by January 2010.

'ASPIRE'
Report of The Trustees

Achievements and Performance (cont.)

Outcome

- a. The first FES Rowing machine has now been manufactured. We are now moving towards the final stages of British Safety Standards compliance test for the rowing machine which will take a further eighteen months to complete.
- b. Aspire continues to provide evidence based presentations to Leisure operators through the Inclusive Fitness Initiative National Road Show.
- c. Opportunities have been explored with TREAT Trust Wales, Salisbury Spinal Injury Centre and also Harrow Borough Council. The TREAT project is now at funding stage and Aspire continue to support the Trust on its development and funding strategy. Salisbury District General Hospital have decided not to go ahead with this type of project in the near future. Aspire made comment on the inclusivity of designs for Hatch End High School Pool and await feedback from the Borough Council. A new opportunity has been identified with the British Inspirational Trust (BRIT) and will be developed in the next year. We have also given support and advice to a community project in South Africa.
- d. A pilot programme has been developed in partnership with The Inclusive Fitness Initiative and YMCAfit. YMCAfit have agreed to part fund the project and Aspire hopes to fund the remaining costs to run the pilot course. On completion of the course the evidence gained will be used to obtain further funding and publicise the need for such training within the leisure industry.
- e. A partnership with Tottenham Hotspur football club foundation was agreed in September 2009 and they funded the six month placement of a part time Sports development officer at Aspire. Aspire have now funded a further six months to continue the valuable project work both on site and off site in local schools.

Objective 8

Research at the Aspire Centre for Disability Science - Recruit and appoint a new Aspire Professor and recruit and appoint our first Aspire PhD Studentship to research in the field of the Ageing Process in Spinally Injured People

Outcome

- The first recruitment process to appoint a new Aspire Professor was unsuccessful. An international search, through specialist recruitment agents, is ongoing with the aim to appoint in the next financial year.

Objective 9

Introduce new integrated arts services within the Aspire National Training Centre.

- The Aspire Head of Operations is working with CandoCo to build on the success of previous integrated dance courses for the Summer and regular youth dance classes - regular dance class on Friday evenings, funded by Aspire, have now been established.
- Aspire was working with Spiro Arc to develop integrated drama for children.

Outcome

- A regular dance class on Friday evenings, funded by Aspire, has now been established.
- Work with Spiro Arc did not progress. Aspire established a partnership with Herts Inclusive Theatre and will launch the first course in September 2010.

Achievements and Performance (cont.)

Objective 10

Fundraising - Develop Corporate Fundraising to ensure its long-term sustainability – minimum of 4 key corporate relations raising £100k, securing major partnerships for 2010. Increase the Channel Swim income to £500k. Achieve agreed budgets – total income of £1,250k, including £300k for Restricted Funds (to be raised through corporate sponsorships, trust and foundations), at a cost of less than £520k. Maintaining fundraising percentage of Aspires total expenditure at or below 23%.

Outcome

- Corporate Fundraising – 8 Key corporate relations developed during the financial year raising in excess of £100k although some of this funding will span two financial years.
- Channel Swim income did not increase to £500k but raised £455k. Total number of participants increased by 10% but unfortunately the average amount raised by each participant fell.
- Income was approximately £80k below the budget target although total £104k increase by £104k year on year. The net contribution to Aspire improved by £133k, total of £658k (2009 - £525k, 2008 - £513k) due to improved cost fundraising efficiency (an improvement of 22%) on the previous financial year.
- Fundraising percentage of the total expenditure for Aspire was 23%.

Financial Review

Income

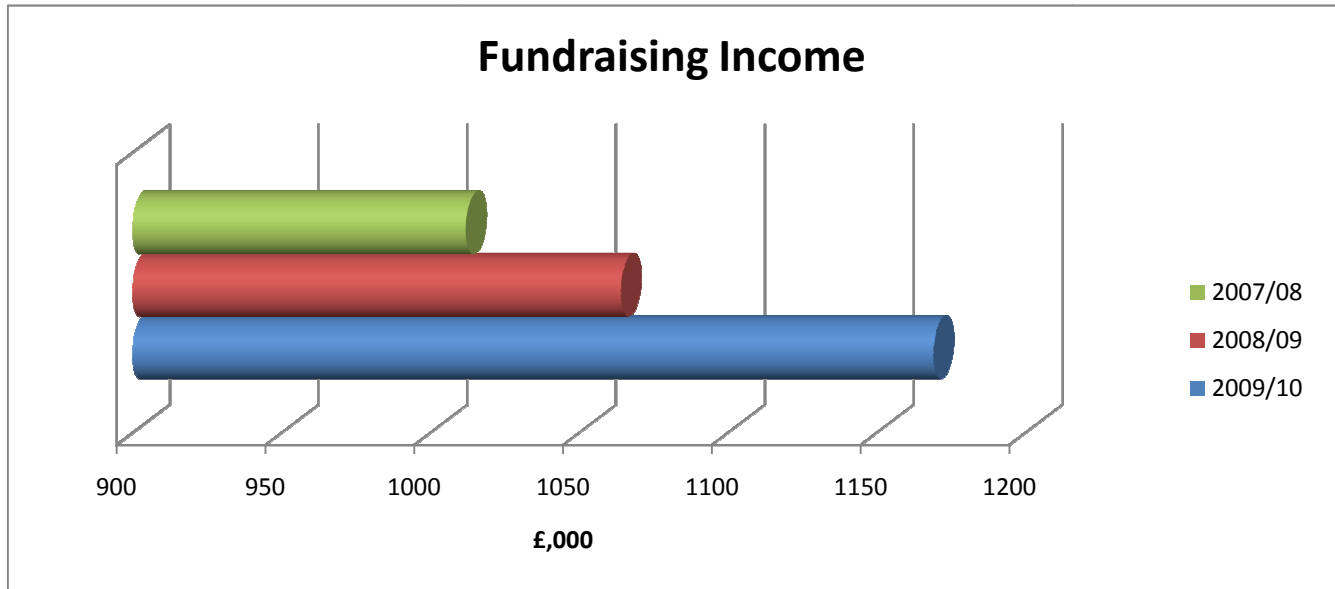


Figure 1 Aspire Fundraising Income 2007 ~ 2010

Total Fundraising income has increased 5% and 10%, respectively, over the past two years. These results are completely in line with our overall strategy to diversify and to build on our fundraising capacity in a sustainable way.

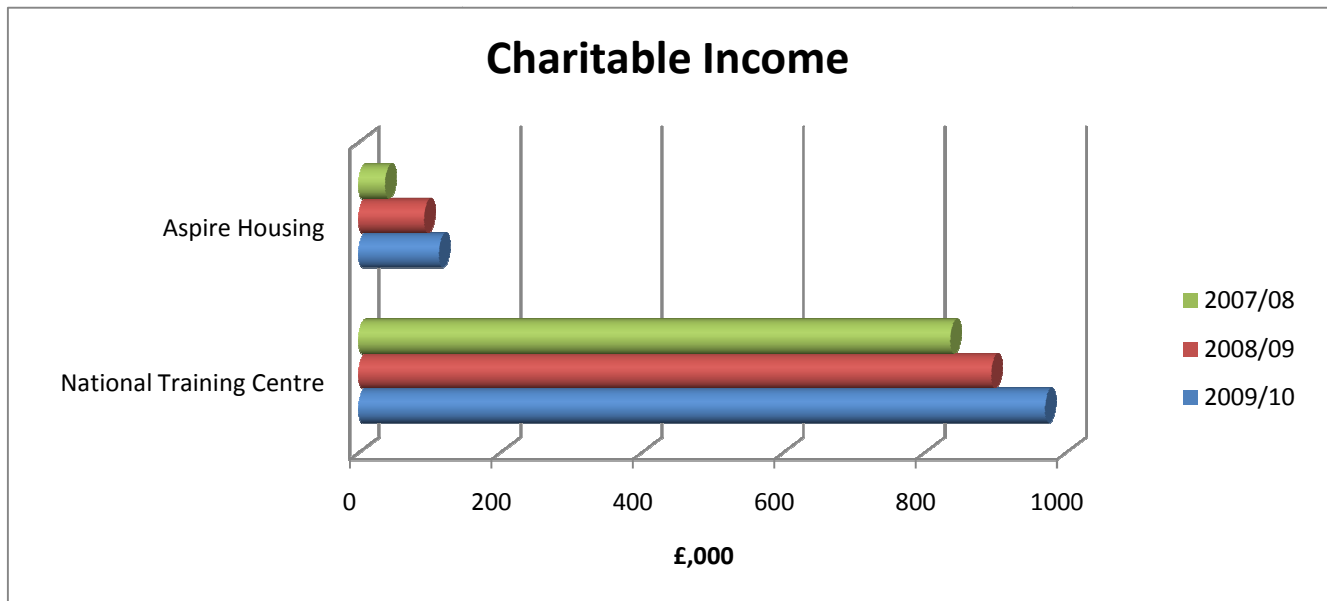


Figure 2 Aspire Charitable Income 2007 ~ 2010

The number of Aspire Houses increased over the year and as a result our rental income increases. The Aspire National Training Centre continues to demonstrate its success by beating its budget for the second consecutive year and boosting income by 8.6% on the previous year.

Expenditure

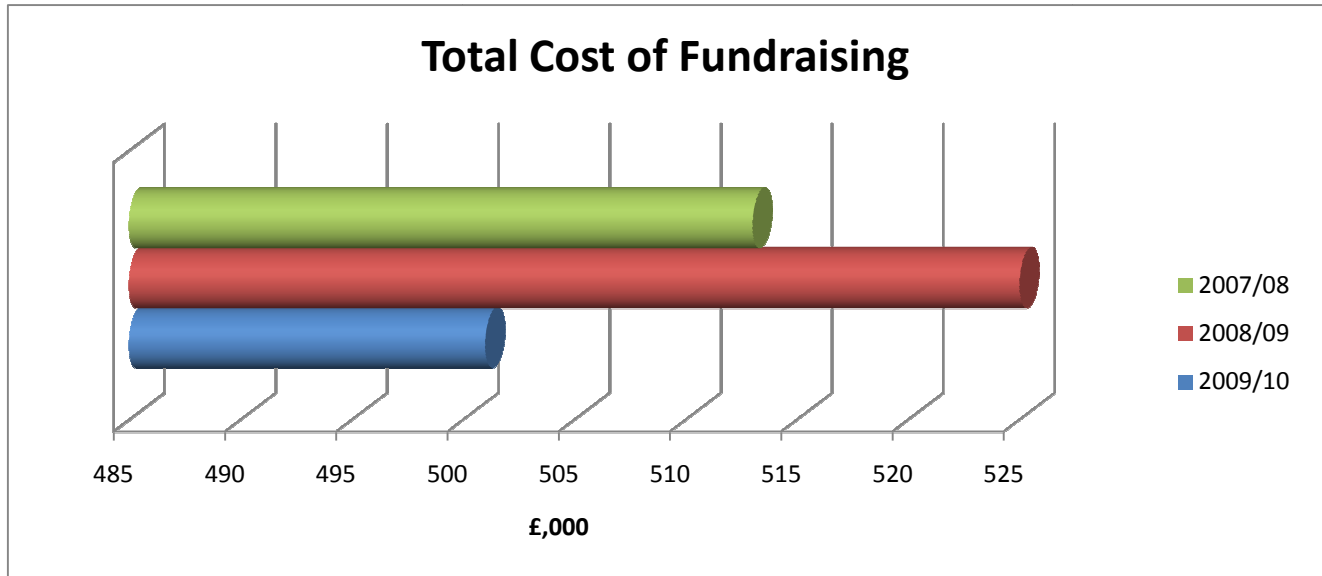


Figure 3 Aspire Total Cost of Fundraising 2007 ~ 2010

Aspire has invested in building fundraising capacity to support development in fundraising performance. A target has also been to strive for improved cost effectiveness which is demonstrated by a modest reduction in overall fundraising costs. Aspire continues to maintain the total cost of fundraising at or below 23% of total charity expenditure.

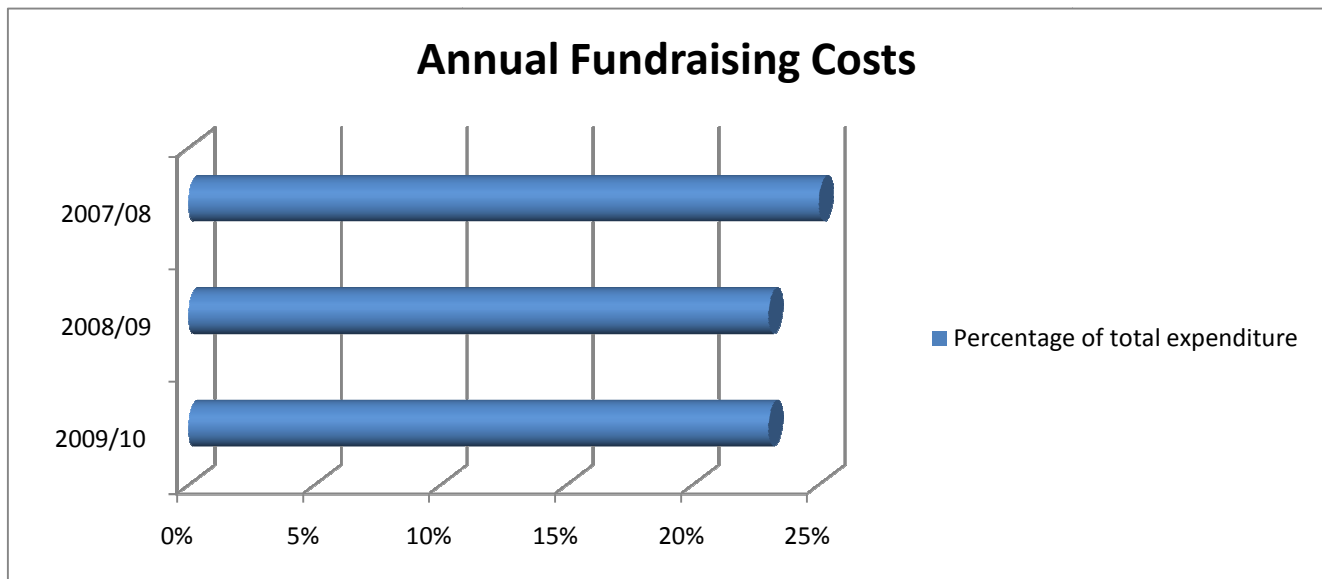


Figure 4 Fundraising as a Percentage of Total Annual Expenditure 2007 ~ 2010

**'ASPIRE'
Report of The Trustees**

Expenditure (continued)

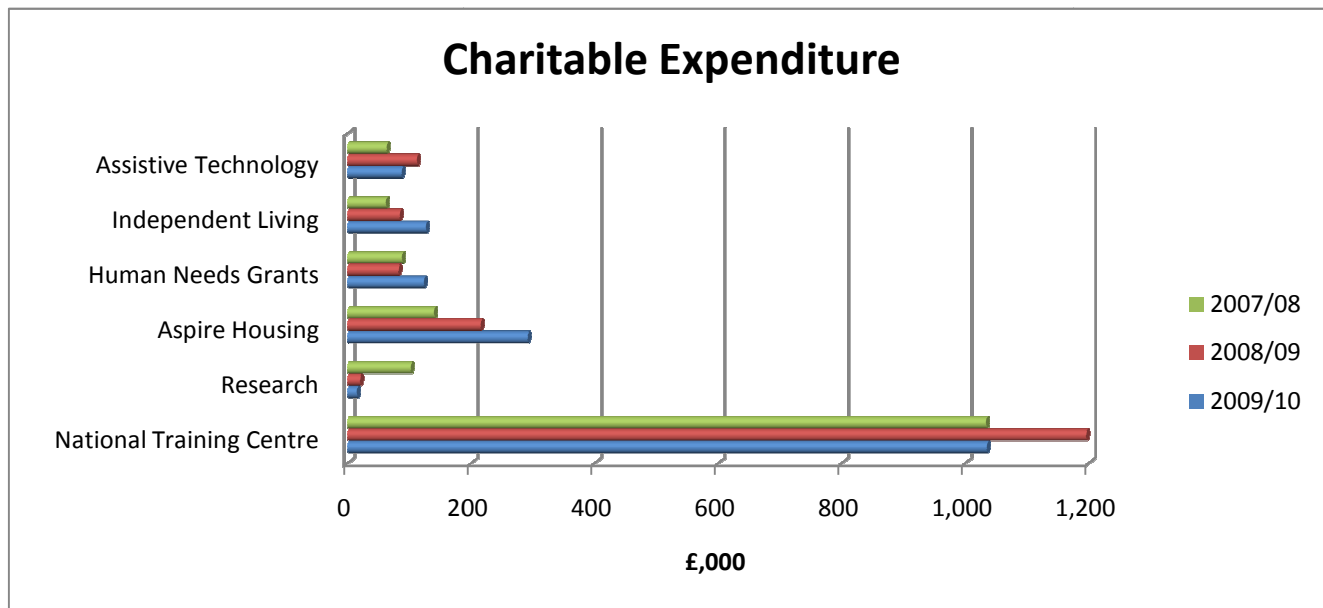


Figure 5 Aspire Charitable Expenditure 2007 ~ 2010

The Aspire National Training Centre expenditure decreased as a result of a reduction in utility costs and a lower requirement for repairs and maintenance.

Our research expenditure is normally in support of the core costs for the Professorial Chair in Disability and Technology. This post is currently vacant whilst we continue to work with the Institute of Orthopaedics and Musculoskeletal Sciences, University College London to recruit a new Professor.

Aspire Housing expenditure has increased due to the ongoing expansion of this service and the capital expenditure required to set up additional properties. The total expenditure shown above is for the adaptation, furnishing and equipping, rent and on-going operating costs.

The Aspire Human Needs Fund has successfully supported people with a spinal cord injury throughout the UK, for more than fifteen years. Grants are given to purchase specialist equipment that will promote and improve a spinally injured person's independence. We are striving to increase the volume and value of our grants and are pleased that we have been able to achieve these objectives in the last year.

Independent Living is the expenditure that supports our team of Aspire Independent Living Advisors who support patients in the spinal injury centres throughout the UK. This team has now increased to meet the needs of 8 spinal injury centres.

Assistive Technology costs reduced slightly this year as hardware and software upgrades had been completed in the previous financial year. A major upgrade of all facilities is planned in the next financial year.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE' Report of The Trustees

Investment policy and returns

Aspire operates an investment policy to achieve the maximum possible return at the lowest level of risk. There are two key components of our investments; 1) support the cost of our Professorial Chair, and 2) support the designated and restricted funding allocated to support our programme of services. We aim to ensure that cash deposits grow in value, in line with the rate of inflation, whilst providing a modest return on the original capital invested. To achieve this, Aspire has chosen to invest with the Charities Aid Foundation Bond Income Fund (dividend yield of 4.4%) and Fixed Rate Deposit Account with the Birmingham Midshires (3yr at 5.44 %), whilst also placing cash deposits with Scottish Widows (2%).

The market value of the investments as at 31 March 2010 was £1,741k. This includes £1,077k in restricted funds to support the Aspire Professorial Chair and the remainder in designated funds to support future projects.

Reserves Policy

Free reserves available for use or designation by Aspire exclude restricted funds (note 11) and the net book value of tangible fixed assets (note 6). The Trustees have reviewed the general reserves policy for the Charity and have considered the financial requirements needed to support the work of the Charity and to protect against potential risks.

	2009/10	2008/09
	£,000	£,000
Total Unrestricted Funds	779	721
Less: Tangible Fixed Assets	<u>203</u>	<u>152</u>
Free reserves before designations	<u>576</u>	<u>569</u>

The Trustees have established a policy whereby the unrestricted funds (not committed or invested in tangible fixed assets) held by the Charity should be between 3 to 6 months of operating cost (currently estimated between £500k to £1m). This, in the opinion of the Trustees, would provide sufficient protection against any potential drop in funding income to ensure Aspire Services remain unaffected.

Designation of Unrestricted Funds

The following table is the agreed additional designation of unrestricted funds at the end of our financial year.

Fund/Service:	Amount Designated in the Year:
Human Needs	£115k
Independent Living	£30k
Assistive Technology	£30k
Housing	£30k
Disability Employment Project	£10k

Designated funds form part of Unrestricted Funds and are amounts set aside by the Trustees to meet specific future requirements. Total designated funds at the year end amounted to £446k. Further details of these funds are explained in note 12 of the Financial Statements.

Volunteers

The Charity is extremely grateful for the altruistic efforts of its volunteers who are involved in our administration, support and fundraising activities. The dedication shown by our volunteers has been unflinching and complimented with boundless energy, enthusiasm and commitment. We are indebted to them for their support.

'ASPIRE'
Report of The Trustees

Employees

All Employees are provided with monthly newsletters that update them on the most recent activities of the Charity and the achievements throughout the year. We also invite all employees to attend full staff meetings that provide them with an opportunity to openly express any concerns and explore ideas they may have directly with our senior management team. Staff are also encouraged to stay in touch with progress through social media – Aspire Facebook and Twitter and to take part in events throughout the UK.

The Charity has implemented a number of detailed policies in relation to all aspects of personnel matters as an awarded Investor in People organisation.

Trusts and commercial supporters

Aspire would like to thank the following trusts and foundations for their support of our work during the last year:

Queen's Silver Jubilee Trust	The Gooch Charitable Trust
The Kathleen Hannay Memorial Charity	The Hospital Saturday Fund Charitable Trust
Garfield Weston Foundation	The Worshipful Company of Wheelwrights
The Clothworkers' Foundation	The Hoover Foundation
Department of Health	Grey Court Trust
The Diana Deyong Charitable Trust	The John Ellerman Foundation
The Jordan Charitable Foundation	Milton Keynes Community Foundation
The Grand Charity	The Earmark Trust
The James Tudor Foundation	The Ian Karten Charitable Trust

Aspire would also like to thank the following for their support:

John Inverdale	Porters Park Golf Club
Rob Nothman	Ernst & Young
Nigel Wray	Penningtons Solicitors LLP
Beatability Ltd	Irwin Mitchell
Wilkins Kennedy	Shoosmiths
Active Assistance	AKW Medi-care
Mazars	Fletchers
Tesco Direct	London Special Risks

'ASPIRE'
Report of The Trustees

Plans for Future – 2010/11

Aspire will continue to develop and expand its services on a national scale to support people with a spinal cord injury from the moment of their injury throughout their life.

The key objectives for Aspire are:

1. Independent Living - Recruit AILAs in Belfast and Middlesbrough. Establish the evaluation system and use on an ongoing basis. Increase involvement in Patient Education Programmes. Establish closer working relationship with SIT colleagues.
2. Benefits Advice and Support to Spinal Injury Patients – Finalise arrangements at all Centres. Monitor effectiveness of the Service. Publicise Service, including media call with DWP Minister.
3. Aspire Housing - Increase housing stock 19 to 26. Ensure minimum of 5 properties on line for completion in 2011/12. Work to make no tenancy last longer than 12 months
4. Assistive Technology - Upgrade facilities as determined by audit. Plan and deliver training conference. Recruit dedicated AT Manager. Develop and launch full impact measurement reporting.
5. Human Needs - HNF, with spend to equal £85k for the year. To maintain the evaluation system; To review and update the eligibility criteria. To investigate ways of working more efficiently with restricted funding streams.
6. Campaigning – To continue to campaign on the following key areas:
 - a. Commence Care Service Research. Evaluate to identify key issue to be addressed.
 - b. Monitor progress of wheelchair provision work, and respond as necessary.
 - c. Seek ways to improve recognition of housing issues and decrease numbers of patients discharged to inappropriate housing.
 - d. Complete and release Disabled Fitness Instructors research. Respond to consultations as and when relevant. Complete Stanmore tube station work.
7. Sports Development – Aspire will continue to use its expertise and success in breaking down the barriers between disabled and non-disabled people within the leisure environment. Aspire recognise that this will lead to greater access to rehabilitation and health beneficial exercise as well as social inclusion. We therefore aim to;
 - a. To continue to support the British Safety Standards testing process with Odstock Medical Limited.
 - b. To influence the leisure industry in inclusive design and operation of leisure facilities.
 - c. Explore opportunities and give support where possible to develop Aspire National Training Centre type facilities in the UK: TREAT Trust Wales, BRIT, Harrow Borough Council and any other opportunities that can be identified during the year.
 - d. Launch the Aspire Disabled Fitness Instructor Training Programme.
 - e. Secure a permanent Sport Development Officer at Aspire and extend the influence to local and national levels.
8. Research at the Aspire Centre for Disability Science - Recruit and appoint a new Aspire Professor and recruit and appoint our first Aspire PhD Studentship to research in the field of the Ageing in Spinally Injured People
9. Fundraising – We aim to continue to strengthen our existing fundraising activities and explore new opportunities, particularly within the Motorcycle and Rugby communities, with a view to raising £1,449k at a cost of £560k. To achieve this we aim to develop fundraising partnerships with at least five motorcycle clubs and three rugby clubs to allow us to reach these key target areas. We aim to increase the Channel Swim income to £550k with a renewed focus on online fundraising and developing links within the leisure industry. We aim to further develop our Corporate Fundraising to raise £180,000 whilst maintaining and developing at least 10 key partnerships that will provide more than just financial rewards to Aspire. In recognition of the importance of social networking and the internet we have also set ourselves the target of achieving 500 followers on Twitter, 1,000 fans on Facebook and an increase in web traffic to Aspire's website of 20%.

'ASPIRE'
Report of The Trustees

Trustees' responsibilities in relation to the financial statements

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

Company law and the law applicable to charities in England and Wales requires charity trustees to prepare financial statements for each financial year 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 the 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 judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to assume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities Act 2006 and the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

Statement as to disclosure of information to auditors

So far as the Trustees are aware, there is no relevant audit information (as defined by Sections 495 and 496 of the Companies Act 2006) of which the charitable company's auditors are unaware, and each Trustee has taken all the steps that he or she ought to have taken as a trustee/director in order to make himself or herself aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

A resolution for the re-appointment of Wilkins Kennedy as auditors to the charitable company will be submitted to the Annual General Meeting.

This report has been prepared in accordance with the Statement of Recommended Practice: 'Accounting and Reporting by Charities' and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to smaller entities.

By Order of the Board

.....
Alan Lambert

Date:

'ASPIRE'

Independent Auditors' Report To The Members

We have audited the financial statements of ASPIRE for the year ended 31 March 2010 which comprise the Consolidated Statement of Financial Activities, the Balance Sheets, the Consolidated Cash Flow Statement and the related notes. These financial statements have been prepared in accordance with the accounting policies set out therein, the requirements of the Statement of Recommended Practice: 'Accounting and Reporting by Charities' 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 charity's trustees those matters we are required to state to them 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 charity and the charity's trustees 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 company for the purposes of company law) responsibilities for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and for being satisfied that the financial statements give a true and fair view are set out in the Statement of Trustees' Responsibilities.

Our responsibility is to audit the financial statements 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 financial statements 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 Trustees' Annual Report is consistent with those financial statements.

In addition we report to you if, in our opinion, the charitable company has not kept adequate accounting practice, if the charitable company's financial statements 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 if certain disclosures of trustees' remuneration specified by law are not made.

We read the Trustees' Annual Report 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 an examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the financial statements, 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 the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements 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 financial statements.

Opinion

In our opinion:

- the financial statements give a true and fair view, in accordance with United Kingdom Generally Accepted Accounting Practice, of the state of affairs of the group and of the charitable company as at 31 March 2010, and of the group's incoming resources and application of resources in the year then ended;
- the financial statements have been properly prepared in accordance with the Companies Act 2006; and
- the information given in the Trustees' Report is consistent with the financial statements.

Bridge House
London Bridge
London SE1 9QR

J Howard FCA (Senior Statutory Auditor)

For and on behalf of **Wilkins Kennedy, Statutory Auditor**

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Consolidated Statement of Financial Activities

For The Year Ended 31 March 2010

	Notes	Unrestricted Funds £'000	Restricted Funds £'000	Total 2010 £'000	Total 2009 £'000
Incoming resources					
Incoming resources from generated funds					
Voluntary income	2	262	192	454	242
Activities for generating funds:					
Income of trading subsidiary	3	719	-	719	822
Investment income		5	45	50	89
Incoming resources from charitable activities					
National Training Centre		958	-	958	894
ASPIRE Supported Housing		113	-	113	92
Total incoming resources		2,057	237	2,294	2,139
Resources expended					
Cost of generating funds					
Cost of generating voluntary income		194	-	194	144
Costs of trading subsidiary		317	-	317	381
Charitable expenditure					
National Training Centre		1,010	9	1,019	1,196
Research		-	14	14	20
ASPIRE Supported Housing		182	108	290	215
Human Needs grants		122	-	122	82
Promoting independent living		66	59	125	84
Assistive technology		74	11	85	111
Campaigning		23	-	23	-
Governance costs		11	-	11	8
Total resources expended	4	1,999	201	2,200	2,241
Net incoming (outgoing) resources before transfers		58	36	94	(102)
Transfer between funds		-	-	-	-
Net incoming (outgoing) resources		58	36	94	(102)
Gain (loss) on investments	7	-	27	27	(21)
Net movement in funds		58	63	121	(123)
Fund balances brought forward		721	1,091	1,812	1,935
Fund balances carried forward at 31 March 2010		779	1,154	1,933	1,812

The notes on pages 24 to 32 form part of these financial statements.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

**'ASPIRE'
Consolidated Balance Sheet**

As at 31 March 2010

	Notes	£'000	<u>2010</u> £'000	£'000	<u>2009</u> £'000	£'000
Fixed assets						
Tangible fixed assets	6		203			152
Investments	7		1,741			1,310
				<u>1,944</u>		<u>1,462</u>
Current assets						
Stocks	8	5			6	
Debtors	9	149			264	
Cash at bank and in hand		226			471	
			<u>380</u>		<u>741</u>	
Creditors: Amounts falling due Within one year	10	(391)			(391)	
Net current liabilities				<u>(11)</u>		<u>350</u>
Net assets				<u>1,933</u>		<u>1,812</u>
Funds						
Restricted funds	11		1,154			1,091
Unrestricted funds	12		779			721
				<u>1,933</u>		<u>1,812</u>

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

The financial statements were approved by the Board on and signed on their behalf by:-

.....
Alan Lambert

The notes on pages 24 to 32 form part of these financial statements.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'
Charitable Company Balance Sheet

As at 31 March 2010

	Notes	<u>2010</u>		<u>2009</u>	
		£'000	£'000	£ '000	£'000
Fixed assets					
Tangible fixed assets	6		203		152
Investments	7		1,741		1,310
			<u>1,944</u>		<u>1,462</u>
Current assets					
Debtors	9	96		218	
Cash at bank and in hand		<u>170</u>		<u>409</u>	
		266		627	
Creditors: Amounts falling due within one year	10	<u>(277)</u>		<u>(277)</u>	
Net current liabilities			<u>(11)</u>		<u>350</u>
Net assets			<u>1,933</u>		<u>1,812</u>
Funds					
Restricted funds	11		1,154		1,091
Unrestricted funds	12		<u>779</u>		<u>721</u>
			<u>1,933</u>		<u>1,812</u>

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

The financial statements were approved by the Board on and signed on their behalf by:-

.....
Alan Lambert

The notes on pages 24 to 32 form part of these financial statements.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Consolidated Cash Flow Statement

For the Year Ended 31 March 2010

	<u>2010</u>		<u>2009</u>	
	£ '000	£'000	£'000	£'000
Reconciliation of changes in resources to net cash flow from operating activities				
Changes in resources		91		(102)
Depreciation		73		52
Decrease in stocks		1		3
(Increase) in debtors		117		(42)
(Decrease) Increase in creditors		-		(11)
		<u>282</u>		<u>(100)</u>
Cash flow statement				
Net cash flow from operating activities		282		(100)
Capital expenditure and financial investment				
Payments to acquire investments	(1,079)		(715)	
Payments to acquire tangible fixed assets	(124)		(38)	
Proceeds from sale of investments	<u>676</u>		<u>1,165</u>	
		<u>(527)</u>		<u>412</u>
		(245)		312
Financing		-		-
		<u>(245)</u>		<u>312</u>
(Decrease) increase in cash		<u>(245)</u>		<u>312</u>
Reconciliation of changes in cash				
Balance at 1 April 2009		471		159
(Decrease) increase in cash		<u>(245)</u>		<u>312</u>
Balance at 31 March 2010		<u>226</u>		<u>471</u>

The notes on pages 24 to 32 form part of these financial statements.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

For the Year Ended 31 March 2010

1. ACCOUNTING POLICIES

a) Basis of accounting

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), applicable UK Accounting Standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005), issued in March 2005.

b) Consolidation

These financial statements consolidate the results of the charity and its wholly owned subsidiary, ASPIRE Fundraising Limited, on a line by line basis. A separate statement of financial activities for the charitable company has not been presented as permitted by paragraph 397 of the SORP.

c) Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income including core grants, sponsorship, donations and gifts is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Incoming resources from charitable activities comprises income from carrying out the charity's activities, including the operation of the National Training Centre and the supported housing.
- Investment income is included when receivable.

d) Resources expended

Expenditure is accounted for on an accruals basis. The irrecoverable element of VAT is included with the item of expense to which it relates.

- Costs of generating funds are those costs incurred in attracting voluntary income.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those incurred in the governance of the charity and are primarily associated with constitutional and statutory requirements.

e) Tangible fixed assets

Depreciation on all tangible fixed assets is calculated to write off their cost over their estimated useful lives at the following annual rates:-

Leasehold improvements	20 years
Office fixtures & fittings	25% per annum on cost
Computer equipment	33% per annum on cost

f) Fixed asset investments

Fixed asset investments are included at market value at the balance sheet date. Any gain or loss on revaluation is taken to the SOFA.

g) Stock

Stock is stated at the lower of cost and net realisable value.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

1. ACCOUNTING POLICIES (Continued)

h) Funds accounting

Restricted funds – these are funds that can only be used for specific restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds – these are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

i) Legal status

Aspire is a company limited by guarantee and has no share capital. The liability of each member in the event of a winding up is limited to £1.

j) Taxation

The company is a registered charity and is therefore entitled to the exemptions from corporation tax afforded by section 505 of the Income and Corporation Taxes Act 1988. Accordingly, there is no corporation tax charge in these financial statements.

2. VOLUNTARY INCOME

	<u>2010</u> £'000	<u>2009</u> £'000
Donations	322	210
Grants received	132	32
	<u>454</u>	<u>242</u>

3. SUBSIDIARY UNDERTAKING – ASPIRE FUNDRAISING LIMITED

The profit of the subsidiary undertaking, Aspire Fundraising Limited, is gifted to the charity so that there is no liability to Corporation Tax for that entity. Aspire Fundraising Limited produces audited accounts annually to 31 March and a summary of the company's transactions and financial position is set out below:

Turnover	719	822
Cost of sales	(190)	(239)
	<u>529</u>	<u>583</u>
Operating costs	(127)	(142)
	<u>402</u>	<u>441</u>
Operating profit	402	441
Interest received	-	-
	<u>402</u>	<u>441</u>
Net income of trading subsidiary	402	441
Payments made under gift aid	(402)	(441)
	<u>-</u>	<u>-</u>
Retained in subsidiary	-	-

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

4. RESOURCES EXPENDED	<u>Staff costs</u> £'000	<u>Direct costs</u> £'000	<u>Support</u> £'000	<u>Total</u> £'000
Cost of generating funds:				
Cost of generating voluntary income	148	31	15	194
Costs of trading subsidiary	111	193	13	317
Charitable expenditure:				
National Training Centre	565	143	311	1,019
Research	-	14	-	14
ASPIRE Supported Housing	65	225	-	290
Human Needs grants	19	-	103	122
Promoting independent living	82	-	43	125
Assistive technology	47	38	-	85
Campaigning	20	1	2	23
Governance costs	-	-	11	11
	<u>1,057</u>	<u>645</u>	<u>498</u>	<u>2,200</u>

All costs are allocated between the expenditure categories noted above on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, for example, time spent, per capita or floor area.

Governance costs include:

	<u>2010</u> £'000	<u>2009</u> £'000
Auditors' remuneration:		
- For audit	4	4
- For other services	3	3
	<u> </u>	<u> </u>

5. STAFF COSTS

Wages and salaries	974	916
Social security costs	77	70
Pension contributions	6	7
	<u>1,057</u>	<u>993</u>

None of the Trustees received any remuneration or benefits during the year (2009: None). Expenses totalling £Nil were reimbursed to trustees during the year (2009: £443).

The emoluments of one member of staff are within the range £60,001 to £70,000.

The average number of employees during the year was as follows:

	<u>Group</u>		<u>Parent</u>	
	<u>2010</u>	<u>2009</u>	<u>2010</u>	<u>2009</u>
Aspire National Training Centre	55	63	55	63
Other	15	11	15	11
Trading subsidiary	8	6	-	-
	<u>78</u>	<u>80</u>	<u>70</u>	<u>74</u>

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

6. TANGIBLE FIXED ASSETS

Group and Charity	Fixtures, Fittings and		Total £'000
	Leasehold Improvements £'000	Computers and £'000	
Cost			
At 1 April 2009	217	263	480
Additions	-	124	124
At 31 March 2010	<u>217</u>	<u>387</u>	<u>604</u>
Depreciation			
At 1 April 2009	102	226	328
Charge for the year	16	57	73
At 31 March 2010	<u>118</u>	<u>283</u>	<u>401</u>
Net Book Value			
At 31 March 2010	<u>99</u>	<u>104</u>	<u>203</u>
At 31 March 2009	<u>115</u>	<u>37</u>	<u>152</u>

In the opinion of the directors the building comprising the National Training Centre has a nil value due to it being sited on land leased from the Royal National Orthopaedic Hospital and hence subject to certain restrictions. On this basis the building and certain associated equipment have been shown in the accounts of Aspire at a cost of nil, being depreciated cost less capital grants received.

7. INVESTMENT

	Group		Charity	
	2010 £'000	2009 £'000	2010 £'000	2009 £'000
Shares in subsidiary undertaking	-	-	-	-
Other investments (note 7.1)	1,741	1,310	1,741	1,310
	<u>1,741</u>	<u>1,310</u>	<u>1,741</u>	<u>1,310</u>

Aspire is the beneficial owner of 10 ordinary shares of £1 each being the whole of the issued share capital of Aspire Fundraising Limited, a company incorporated in England.

7.1 OTHER INVESTMENTS

	2010 £'000	2009 £'000
Market value at 1 April 2009	1,310	1,780
Additions at cost	1,080	715
Proceeds on disposal	(676)	(1,164)
Gain/(loss) on revaluation	27	(21)
Market value at 31 March 2010	<u>1,741</u>	<u>1,310</u>
Historical cost at 31 March 2010	<u>1,765</u>	<u>1,361</u>

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

7.1 OTHER INVESTMENTS (continued)	<u>2010</u> £'000	<u>2009</u> £'000		
CAF Bond Income Units	715	488		
Birmingham Midshires Fixed Term Deposit	167	412		
Bank of Scotland Fixed Rate Deposit Account	-	410		
Scottish Widow	859	-		
	<u>1,741</u>	<u>1,310</u>		

8. STOCK	Group		Charity	
	<u>2010</u> £'000	<u>2009</u> £'000	<u>2010</u> £'000	<u>2009</u> £'000
Goods for sales	<u>5</u>	<u>6</u>	<u>-</u>	<u>-</u>

9. DEBTORS				
Other debtors	38	30	19	30
Prepayments and accrued income	111	234	77	188
	<u>149</u>	<u>264</u>	<u>96</u>	<u>218</u>

10. CREDITORS: Amounts falling due within one year				
Trade creditors	101	85	101	76
Subscriptions in advance	243	207	131	105
Other taxes and social security costs	23	20	23	20
Other creditors	8	9	8	9
Accruals and deferred income	16	70	14	67
	<u>391</u>	<u>391</u>	<u>277</u>	<u>277</u>

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

11. RESTRICTED FUNDS	Balance 1 April 2009 £'000	Incoming Resources £'000	Utilised/ Released £'000	Investment gain & Transfers £'000	Balance 31 March 2010 £'000
Professorial Chair	1,007	45	(2)	27	1,077
Carer programme	14	-	-	-	14
Fertility project	2	-	-	-	2
Fitness studio	-	1	(1)	-	-
Aspire Housing	-	124	(108)	-	16
Blythe Spirit day room	4	-	(4)	-	-
Physio Fund	1	-	(1)	-	-
Pope John Paul Garden	-	2	(2)	-	-
Spinal Injury Centre	-	2	(3)	-	(1)
Wheelchair basketball	-	3	(5)	-	(2)
Wheelchair rugby	5	-	(2)	-	3
Wheelchair football	3	-	-	-	3
Assistive technology	10	-	(10)	-	-
Independent Living	-	60	(60)	-	-
Capital grants fund	31	-	(3)	-	28
Graham Nicholson fund	14	-	-	-	14
	1,091	237	(201)	27	1,154

The Professorial Chair fund has been established to support a professorial chair in disability and technology through University College London Institute of Orthopaedics and Musculo-Skeletal Sciences, based at the Royal National Orthopaedic Hospital Spinal Injury Unit. The funds, including a major grant from the Esmée Fairbairn Foundation. The purpose of the research undertaken through the Professorial Centre is to demonstrate, by using internationally recognised best practice, how marked improvement in function and quality of life can be achieved in a cost effective manner. The value of this research will benefit some of the most disadvantaged members of our society with physical disabilities. The fund receives income from the investments and interest from money held on account.

Aspire Carer Programme has very kindly been supported over previous years by the Henry Smith Charity and John W Greening MBE. This has involved the development of training courses to give carers the knowledge and confidence to care for someone with a spinal cord injury. Aspire trained over 150 carers throughout the UK during a three year period. Aspire will now use this money to support necessary research to support our Campaigning for improvements in Carer Service.

The Spinal Centre Fund receives donations from patients and families of patients. These funds are used to purchase a wide range of incidental items in support of patients. A small negative balance is being carried forward as funds are being received to cover this in the first month of the new financial year.

The Aspire National Training Centre Fitness Studio fund provides funding to support the purchase of additional fully accessible equipment that can be used by disabled and non-disabled customers. Further improvements have been made through the purchase of specialist accessible fitness equipment which has been supported from our Free Funds. A small negative balance is being carried forward as funds are being received to cover this in the first month of the new financial year.

Aspire Housing Programme provides temporary homes in the local community in key locations in England, Wales and Scotland for newly discharged patients. Spinally injured individuals may temporarily live in a specially adapted and fully accessible comfortable environment on their own or with their family, whilst arrangements are made to meet their long-term housing needs. We are extremely grateful to the Clothworker's Foundation, the Grand Charity and the Garfield Weston Foundation for their financial support during the year.

11. RESTRICTED FUNDS (Continued)

Blythe Spirit Fund was set up for the refurbishment of the spinal injury unit day room. The fund is now being used to purchase furniture and fittings to improve the quality of the day room environment.

The Physio Fund supports the purchase of incidental equipment that will benefit patients and assist the Occupational and Physiotherapists, at the Royal National Orthopaedic Hospital, with the rehabilitation of patients with a spinal cord injury.

Aspire fund the maintenance and upkeep of the Pope John Paul II Garden, which is located next to the Royal National Orthopaedic Hospital Spinal Injury Unit. The cost of this work is supported through a private donation to Aspire each year.

The Spinal Centre Fund receives donations from patients and families of patients. These funds are used to purchase a wide range of incidental items in support of patients.

Aspire provides financial support to cover some of the expenses for the Wheelchair Basketball, Wheelchair Rugby and the development of Electric Wheelchair Football based at the National Training Centre and nationally. A small negative balance is being carried forward as a Grant to support this is due in April 2010.

Our Assistive Technology programme provides specialist computer equipment, software and training support to teach people with a spinal cord injury with limited or no physical ability to operate a computer. This service is provided through Occupational Therapy Departments and dedicated rooms to give patients valuable access to the internet and permits communication with family, friends and work colleagues worldwide. Through generous grants from the James Tudor Foundation this service has been able to develop in the majority of Spinal Injury Centres throughout England, Wales, Northern Ireland and the Republic of Ireland.

The Independent Living fund includes a restricted grant from the Department of Health, Section 64 and a grant from the John Ellerman Foundation. This money is granted in support of employing an Independent Living Officer who provides direct practical support, information and guidance to new spinally injured patients and manages the team of Independent Living Advisors.

The Capital Grants Fund represent grants received for the purchase of tangible fixed assets and is released at a rate consistent with the depreciation charged on these assets.

The Graham Nicholson Fund was set up after his death in a motor accident in 2006. Dr Graham Nicholson was a highly regarded senior research fellow in the Aspire Centre for Disability Sciences, Institute of Orthopaedics and Musculoskeletal Science, University College London. This fund will provide financial support to research students who continue to work in the field of disability and technology to which Dr Nicholson was so dedicated.

ASSOCIATION FOR SPINAL INJURY RESEARCH REHABILITATION AND REINTEGRATION

'ASPIRE'

Notes To The Financial Statements

12. UNRESTRICTED FUNDS	Balance 1 April <u>2009</u> £'000	<u>Income</u> £'000	<u>Expenditure</u> £'000	<u>Transfers</u> £'000	Balance 31 March <u>2010</u> £'000
Designated Funds					
Aspire Westlake Research Fund	75	-	-	-	75
Human Needs	118	40	(123)	115	150
Aspire Housing	22	114	(136)	30	30
Independent Living	50	-	(50)	30	30
Building Fund	91	-	-	-	91
FES Rowing	23	-	-	-	23
Integrated Arts & Drama	10	-	(2)	-	8
Integrated Activity Project	5	-	(5)	-	-
Head of Services	55	-	(39)	(16)	-
Assistive technology	-	-	-	30	30
Disability Employment Project	-	-	-	10	10
	<u>449</u>	<u>154</u>	<u>(355)</u>	<u>199</u>	<u>447</u>
Other					
General reserve	272	1,903	(1,644)	(199)	332
	<u><u>721</u></u>	<u><u>2,057</u></u>	<u><u>(1,999)</u></u>	<u><u>-</u></u>	<u><u>779</u></u>

Designated funds form part of Unrestricted Funds and are amounts set aside by the Trustees to meet specific future requirements of the organisation. Further details of these funds are shown below:

The Aspire Westlake Research Fund is intended to fund research to find practical ways to identify and improve the effects of the ageing process in those with a spinal cord injury. The funds set aside are to support the cost of a PhD studentship at the Aspire Centre for Disability Sciences.

The Board of Trustees designated £115k with the intention that this should support the ongoing demand for Human Needs grants in coming year.

Aspire Housing, Independent Living and funds are both providing core cost under-writing to support these two areas of service.

The Aspire National Training Centre is now more than ten years old and the Trustees aim to maintain a fund to support any possible unplanned/foreseen major cost of repair.

FES Rowing (Functional Electrical Stimulation Rowing) is a programme being supported by Aspire with the aim of translating over fourteen years of research in this area into a publicly available benefit to the spinal injury community. We are most grateful for a grant in support of this project from the Childwick Trust.

The Integrated Arts & Drama fund is supporting project work to introduce more services in the Aspire National Training Centre.

The Integrated Activity Project is a small amount of funding that supported Aspire in developing a pioneering new fully inclusive exercise class of cycling and hand cycling.

Head of Services fund was set up to support the cost of re-introducing this post to Aspire.

'ASPIRE'

Notes To The Financial Statements

13. ALLOCATION OF CHARITY NET ASSETS

The net assets of the charity are held for the various funds as follows:

	<u>Fixed Assets</u> £'000	<u>Investments</u> £'000	<u>Current Assets</u> £'000	<u>Current Liabilities</u> £'000	<u>Total 2010</u> £'000
Restricted funds	-	832	322	-	1,154
Unrestricted funds	203	909	58	(391)	779
	<u>203</u>	<u>1,741</u>	<u>380</u>	<u>(391)</u>	<u>1,933</u>

14. PENSION

The company contributes to a defined contribution pension scheme in respect of its employees. The contributions payable are charged to the Statement of Financial Activities. Pension contributions for the year amounted to £6,366 (2009: £6,856).