

Report & Accounts 2010



Registered Charity Nos. 1051610, SC039682

FOUNDER

Cheryl Marcus

HON. LIFE PRESIDENT

Professor Graham Hughes MD FRCP

PATRONS

Professor Sir Peter Lachmann FRS

Gwyneth Strong

Lesley Collier CBE

The Rt Hon Dr The Lord Gilbert

Janet Dean

Paul Moriarty

Frances Curran

TRUSTEES FOR 2010

Chair

Jane Dunnage

North London

Vice Chair

Yvonne Norton MBE

West Midlands

Secretary

Jack Hirst

Yorkshire

Treasurer

Tina Stemp

Hampshire

Council Trustee

David Clarke

South Wales

(retired 31.12.10)

Council Trustee

Jan Roberts

North London

Council Trustee

David Price

North West

(appointed 01.01.11)

Member Trustee

Jane Robinson

Cambridgeshire

Member Trustee

Karen Allan

Strathclyde

NATIONAL COUNCIL

National Council meets in March and September and is comprised of the Officers/Trustees above together with the Chairpersons of Regional Groups or their representatives.

NATIONAL OFFICE AND STAFF (*part time)

St James House, Eastern Road, Romford, Essex RMI 3NH

Tel: 01708 731251 Fax: 01708 731252

Director

Chris Maker

Office Manager

Geraldine Leonard

Office Manager's Assistant

Ann Walsh*

Fundraising Manager

Janine Hirsch

Publications Editor

Christine Watkins*

Administration

Mary Phillips*

THE LUPUS UK MEDICAL ADVISORY PANEL

Professor Graham Hughes

Lupus/APS

Consultant Rheumatologist - London

Professor Caroline Gordon

Lupus/Pregnancy

Professor and Consultant in Rheumatology - Birmingham

Professor David Isenberg

Immunology

Professor of Rheumatology - London

Professor Peter Maddison

Dermatology

Consultant Rheumatologist and Professor of Joint and Muscle Disorders - Bangor

Professor Richard Powell (retired)

Immunology/Allergy

Professor of Clinical Immunology and Allergy - Nottingham

Professor Neil McHugh

Rheumatology

Consultant Rheumatologist - Bath

Drug-induced lupus

Professor Caroline Savage

Nephrology

Professor of Nephrology - Birmingham

Professor John Axford

Rheumatology/Cardiac

Professor of Clinical Rheumatology - London

Dr Asad Zoma

Rheumatology

Consultant Physician in Rheumatology - East Kilbride

Professor Ian Bruce

Lupus/Rheumatology

Reader and Consultant in Rheumatology - Manchester

Dr Michael Beresford

Juvenile SLE

Senior Lecturer (Clinical) in Paediatric Medicine - Liverpool

Professor George Kitas

Rheumatology/Lupus

Consultant Rheumatologist - Dudley

Groups Affiliated to LUPUS UK

Caithness Lupus Support

Artwork & Print by Bob Watkins - 01708 222322

REGIONAL GROUPS

LUPUS UK has active Regional Groups in the following areas:

Cambridgeshire

Northern Ireland

Devon & Cornwall

North Wales

Dorset

North West

East Midlands

South & East Scotland

Grampian

South London

Hampshire

South Wales

Kent

Strathclyde

Norfolk

Thames Valley

Northamptonshire

Western

North East

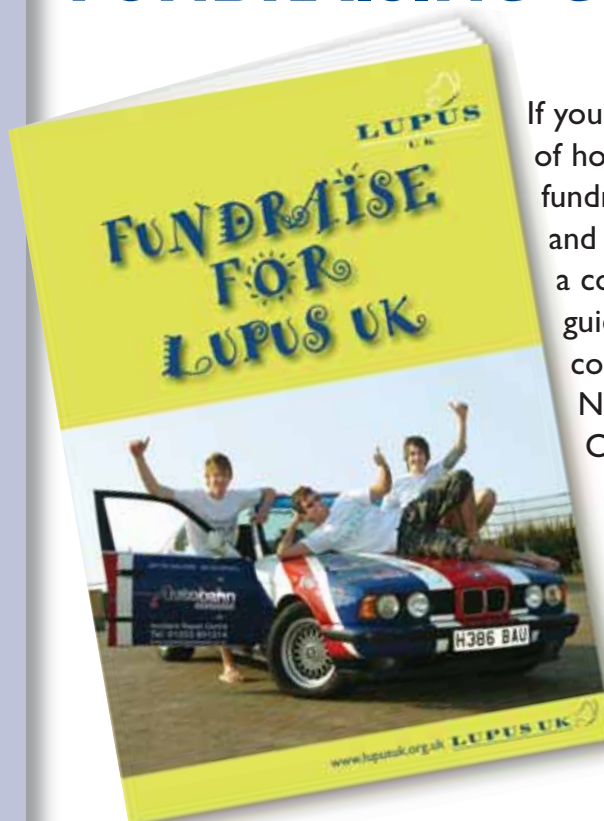
West Midlands

North London

Yorkshire

For up-to-date Regional Group details contact National Office on 01708 732151 or headoffice@lupusuk.org.uk

THE LUPUS UK FUNDRAISING GUIDE



If you are thinking of holding a fundraising event and would like a copy(s) of this guide please contact National Office.



THE FUNDRAISING OFFICE ANNUAL REPORT FOR 2010

We are pleased to show below the major donations/funding, over £500, received at National Office during 2010 from Companies, Charitable Trusts, Legacies, London Marathon, British 10k London Run, and other fundraising events. We are most grateful to everyone who has supported LUPUS UK in 2010 and only lack of space prevents us from listing them all.

| | | | | | |
|---|---------|--|--------|--------------------------------------|------|
| Pauline Anne Garland, Legacy | £26,290 | Jaqueline Foley, 70's night | £1,091 | Daniel Mitchell, Run to Beat | £549 |
| Ruth Julie Blakey, Legacy | £16,941 | Richard Shaw, Tour of Torfaen | £1,042 | Mary Ramsey, Quiz Night | £549 |
| Michael Peter Fennell, Legacy | £15,000 | Neil Smith & Andy Malone Catforth Duathlon | £1,041 | Maxine Higgins, 50th Birthday Party | £526 |
| Mary Kidd, Legacy | £15,000 | Steve Greenwood, Ben Nevis | £1,033 | St. Peters Church, Salefleetby | £521 |
| Glaxo Smith Kline | £15,000 | Sandy Inner Wheel Club | £1,030 | Steve Walters, Run to Beat | £515 |
| Nikesh Davda & Friends Spinathon | £9,536 | Police Mutual Assurance Society | £1,002 | Madeline Babe, Legacy | £500 |
| Joan Dorothy Smith, Legacy | £5,912 | Sylvia Aitken Trust | £1,000 | James Beattie Charitable Trust | £500 |
| Jay & Dan Ford, London/Paris | £5,075 | The Misses Barrie Charitable Tr. | £1,000 | Cussons plc | £500 |
| James Tudor Foundation | £5,000 | The Childwick Trust | £1,000 | Gordon Fraser Trust | £500 |
| Beck Randall & Carpenter | £4,605 | Doris Field Charitable Trust | £1,000 | Lodge Italia | £500 |
| Annabel Dennis, Kilimanjaro | £4,038 | Lewis Family Charitable Trust | £1,000 | Dylan Mahmut, Various | £500 |
| Pamela Leslie, Various | £3,840 | Orr Makintosh Foundation | £1,000 | Mr. & Mrs. McCrae, Victoria Public H | £500 |
| Bob Gooby, Sandra Gooby Memorial Walk | £3,385 | Johnson Matthey plc | £1,000 | Mr. B.E. Parks | £500 |
| Heathland School | £3,382 | Pilkington General Charity | £1,000 | Royal Mail Carers Society | £500 |
| Karen Banks, Big Fun Run | £3,088 | Lorna Poole, Donation | £1,000 | | |
| Donya & Alex Armstrong Prague Marathon | £2,142 | Patricia Routledge Charitable Tr. | £1,000 | | |
| Kevin Riley/Steven Roberts London/Paris | £2,080 | Gertrude Stevens, Legacy | £1,000 | | |
| Max & Vicky Field, Run to Beat | £2,075 | Maria Rose White, Legacy | £1,000 | | |
| The Balney Charitable Trust | £2,000 | Worshipful Company of Innholders | £1,000 | | |
| Fowler Smith & Jones Trust | £2,000 | Geraldine Coyle, Paris Marathon | £980 | | |
| Ann Mason, Legacy | £2,000 | Jade Pancoust and others, 3 leg race | £959 | | |
| Phoenix Partnership | £2,000 | Alarm South East | £948 | | |
| Cecil Pilkington Charitable Trust | £2,000 | Hannah Rigby, Run to Beat | £920 | | |
| Rob Jacob, Kilimanjaro | £1,850 | James & Beverley McRae | £875 | | |
| Brendan Beasley, Golf Day | £1,823 | Matthew Darby, Brighton Marathon | £850 | | |
| Richard Knowles, Ben Nevis | £1,790 | Amber & Tim Wigram-Coggins | £830 | | |
| The Sheaf Singers, Concert | £1,722 | Wedding Celebration | £826 | | |
| Bartle Bogle Hegarty | £1,678 | Shildon Town Mayor's Charity | £826 | | |
| Shital Patel, Race for Life | £1,640 | Niklas Cook, Rock Diamond Ultra | £804 | | |
| Kingsway International Christian Centre | £1,637 | ACE INA Services Ltd. | £800 | | |
| Joshua & Sarah Allen Run to Beat | £1,601 | Hammermith College Beauty Studio | £783 | | |
| Dr. Robert Wilson, Legacy | £1,600 | Mark Bignell, Bike Ride | £756 | | |
| Withington Golf Club | £1,558 | Coutts Charitable Trust | £750 | | |
| Thomas Keble School | £1,500 | J. Dilla, Fundraiser | £750 | | |
| James McLean, Screwball Rally | £1,475 | Rainford Trust | £750 | | |
| Orsett Golf Club Senior Section | £1,300 | Neil Farmer, Run to Beat | £726 | | |
| Emma Fisher, Skydive | £1,270 | Annika Ruddock, 3 Peaks | £710 | | |
| Dulcie Sheppard, "Lady Gaga" | £1,232 | Elliot & Lauren Dakin Manchester 10k | £709 | | |
| Tom Nicholson, Martial Arts | £1,192 | Libby Ashby, Run to Beat | £700 | | |
| Andrea Griffiths, Sponsored Swim | £1,155 | David Arthur, Great South Run | £660 | | |
| Tracey Eyre & Wayne Wright Run to Beat | £1,138 | Andy Rogers, Lupus Ball | £658 | | |
| Sandra Sercombe, Ruby Wedding | £1,135 | James Galloghly, Crooked Lake Triathlon | £654 | | |
| Jenni Mumford, Great North Run | £1,130 | James Athorn, Mountain Mayhem | £652 | | |
| Angela Woodhouse, Butterfly Ball | £1,130 | Venus Glanville, Charity Meal | £640 | | |
| Nataly Bobb, Charity Dance | £1,121 | Samantha Alexander, Great North Run | £600 | | |
| Graham & Nick Worthington | £1,109 | Lorraine Pendry, Auction Night | £600 | | |
| Sponsored Swim | £1,109 | Marsh Christian Trust | £600 | | |
| Timothy Davies, Mont Blanc Climb | £1,105 | Duncan Pass, Hong Kong Marathon | £580 | | |
| | | Bevita Mattu, Skydive | £571 | | |
| | | Jatinder Chana, Run to Beat | £566 | | |
| | | Richard Hanson, Blokes on Bikes | £552 | | |

GIFT AID TAX RECLAIMS

We are able to reclaim the tax paid on individual gifts if the donor has signed a Gift Aid Declaration form and in 2010 this figure amounted to £31,761.

GO THAT EXTRA MILE

Go That Extra Mile continues to be a popular event and in 2010 a magnificent £8,851 was raised, we are so grateful to all those who took part.

LUNCH 4 LUPUS

Lunch4Lupus raised £1,568 in 2010.

FLORA LONDON MARATHON

This continues to be our major fundraising event of the year and our runners raised a magnificent £53,000.

THE BRITISH LONDON 10K

We had 24 places again this year and thanks to the fantastic efforts of our runners, we received a wonderful £5,091.

RUN TO THE BEAT 2010

This is the second time we have purchased entries for this event and filled all 30 places. Our runners raised a magnificent £13,220.

BIG FUN RUN

This was the first year we teamed up with The Big Fun Run with 66 runners taking part in different events around the country. Our thanks also go to the many runners that gained their own places for various events across the country.

Keep up the good work.

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2010

| | Unrestricted Funds | Restricted Funds | Total Funds | 2009 |
|--|-----------------------|---------------------|------------------|----------------|
| | £ | £ | £ | £ |
| INCOMING RESOURCES | | | | |
| Incoming resources from generated funds | | | | |
| Voluntary income | 515,514 | - | 515,514 | 471,735 |
| Activities for generating funds | 279,843 | - | 279,843 | 273,011 |
| Investment Income | 13,317 | - | 13,317 | 24,224 |
| Incoming resources from charitable activities. | 28,653 | - | 28,653 | 26,850 |
| TOTAL INCOMING RESOURCES | 837,327 | - | 837,327 | 795,820 |
| RESOURCES EXPENDED | | | | |
| Cost of generating funds: | | | | |
| Cost of generating voluntary income | 48,268 | - | 48,268 | 52,133 |
| Fundraising costs | 134,355 | - | 134,355 | 127,396 |
| Charitable activities | 894,182 | - | 894,182 | 602,920 |
| Governance costs | 3,435 | - | 3,435 | 3,240 |
| TOTAL RESOURCES USED | 1,080,240 | - | 1,080,240 | 785,689 |
| NET INCOME/(DEFICIT) FOR THE YEAR | -242,913 | - | -242,913 | 10,131 |
| Other recognised gains & losses: | | | | |
| Gain/(loss) on investments | 21,554 | - | 21,554 | 27,981 |
| Net incoming resources/(resources expended) | -221,359 | - | -221,359 | 38,112 |
| Fund balances January 2010 | 518,056 | 10,955 | 529,011 | 490,899 |
| FUND BALANCES DECEMBER 2010 | 296,697 | 10,955 | 307,652 | 529,011 |

There were no recognised gains or losses for the year ended 31st December 2010 or 31st December 2009 other than those included in the Statement of Financial Activities.

BALANCE SHEET AS AT 31 DECEMBER 2010

| | Unrestricted Funds | Restricted Funds | Total Funds | 2009 |
|--|-------------------------------|-----------------------------|------------------------|-------------|
| | £ | £ | £ | £ |
| FIXED ASSETS | 4,129 | - | 4,129 | 887 |
| INVESTMENTS | 193,657 | - | 193,657 | 172,103 |
| | 197,786 | - | 197,786 | 172,990 |
| CURRENT ASSETS | | | | |
| Stock | 30,696 | - | 30,696 | 44,546 |
| Debtors | 20,833 | - | 20,833 | 11,887 |
| Cash at bank and in hand | 1,135,405 | 10,955 | 1,146,360 | 939,828 |
| Cash at bank and in hand held by Regional Groups | 61,103 | - | 61,103 | 68,285 |
| | 1,248,037 | 10,955 | 1,258,992 | 1,064,546 |
| CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | | | |
| | 533,799 | - | 533,799 | 379,696 |
| NET CURRENT ASSETS | | | | |
| | 714,238 | 10,955 | 725,193 | 684,850 |
| NET ASSETS | | | | |
| | 912,024 | 10,955 | 922,979 | 857,840 |
| CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR | | | | |
| | 615,327 | - | 615,327 | 328,829 |
| | 296,697 | 10,955 | 307,652 | 529,011 |
| REPRESENTED BY: | | | | |
| FUND BALANCES | 296,697 | 10,955 | 307,652 | 529,011 |

These financial statements are not the statutory accounts but a summary of information relating to the statement of financial activities and the balance sheet. The full financial statements have been audited externally and a copy of these may be obtained by writing to LUPUS UK at St James House, Eastern Road, Romford, Essex RM1 3NH. The accounts were approved by the Trustees on 7th May 2011 and will be submitted to the Charities Commission.

Tina Stemp

Honorary Treasurer and Authorised Trustee

Jane Dunnage

Chair and Authorised Trustee

In our opinion the summary financial information in this report is consistent with the full financial statements of the charity for the year ended 31st December 2010.

Hillier Hopkins LLP

Chartered Accountant and Registered Auditor
64 Clarendon Road, Watford, Herts WD17 1DA

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2010

The Trustees present the annual report and the audited accounts of the Charity for the year ended 31st December 2010. The financial statements have been prepared in accordance with the accounting policies and comply with the Charity's constitution and applicable law.

THE CHARITY

LUPUS UK is the National Charity for all people affected by lupus in England, Wales, Scotland and Northern Ireland. Its objectives are to:

- educate and support patients with lupus (in all its forms) and their carers, and to encourage those with the disease to be involved in managing their illness
- raise public awareness about lupus, particularly within the medical profession
- fund research into lupus, its causes, consequences and treatment
- grant pump-priming funding for specialist lupus nurses within the NHS.

Vision

Our vision is that with earlier diagnosis and better treatments, most people with lupus will be able to live their lives without the large physical, emotional and economic burden that this illness has often caused in the past.

The original Charity, British SLE Aid Group (founded in 1978) became LUPUS UK from 1st January 1996 with the new constitution approved on 14th October 1995. The constitution has been amended periodically since then, most notably on 11th May 2008 to incorporate wording so that the Charity could register with the Office of the Scottish Charity Regulator.

Trustees

The Trustees of the Charity who served during the year ended 31st December 2010 are shown on the inside front cover. Trustees are elected by National Council by rotation and serve a period of three years at which point they are either re-elected or retire. The National Council invites nominations for two Member Trustees

Jack Hirst was re-elected Secretary/Trustee, David Price was elected as a Council Trustee and Jane Robinson was re-elected as a Member Trustee, the appointments taking effect on the 1st January 2011. David Clarke, a Council Trustee, retired 31st December 2010.

Opportunities for training are circulated to the Trustees and some courses have been attended during the year. All of the Trustees have been involved directly in the work of the Charity before their election. To ensure best practice the Trustees have worked through the NCVO publication 'The Good Trustee Guide' and new Trustees are also encouraged

to read the Charity Commission publication 'The Essential Trustee'. During the year a Trustees' Code of Conduct was drawn up and put into practice and significant work was done on preparation of the LUPUS UK Road Map including the 5-year Research Strategy.

Management

The daily management of LUPUS UK is under the control of the Director who is responsible for staff and the running of National Office, and reports to the Trustees.

OBJECTIVES, ACTIVITIES AND PERFORMANCE

Systemic Lupus Erythematosus (SLE) is an auto-immune condition where the immune system does not work properly; instead of protecting the body it can also attack any part of the body. Presently there is no known cure. The diversity and intensity of symptoms and damage to organs can make it a very difficult and potentially disabling disease to live with. Most patients need life-long medication, which in turn can lead to potential problems. Lupus can sometimes affect one system of the body more intensely than others. If the kidneys are affected it is usually referred to as lupus nephritis. If the skin and hair are affected it is usually referred to as discoid lupus. Other terms may be used by clinicians to define particular aspects of the disease. In general terms SLE is referred to as lupus. The purpose of the Charity is to support and help people living with lupus and to advance the education of the public and the medical profession in all aspects of the disease. There are a number of key ways in which the Charity does this, including its telephone help-line, Group meetings in various parts of the country and information in a number of formats. LUPUS UK supports lupus medical research into the causes and consequences of lupus and improved medication and funds specialist Lupus Nurses within the NHS on a pump-prime basis.

The Trustees would like to record their thanks to those members who commit their time and energy to the running of its local Groups, particularly the Chairs. Some Groups have had to reduce their activities for various reasons while others are beginning to establish themselves; we welcome offers of help from those willing to work and support the Charity in this way.

Once again our London Marathon runners excelled themselves along with participants in numerous other runs and events. In support of LUPUS UK people climbed mountains, cycled, ran and parachuted out of planes. We are indebted to everyone who showed their commitment





and support of the Charity by participating in a wide range of activities to raise lupus awareness and funding for the Charity's Grants programme.

During Lupus Awareness Month in October many members and supporters were busy. Awareness and fundraising go together in many ways. Lunch4Lupus and Go that Extra Mile once again proved very popular with members, friends and family; wonderful fundraising and excellent awareness with everyone taking part having a great time.



During 2010 the Trustees approved Grants totalling £703,597 of which £404,884 relates to funding Specialist Lupus Nurses in Dudley, Cambridge, Bath and the West of Scotland. £298,713 was committed to research into the varying aspects of lupus. At the end of 2010 the Charity's commitment to fund Grants was £1,102,489 with the total charge for the year being £661,280 (see Grant Making Policy on page 6).

LUPUS UK continues to review and update its range of literature and the LUPUS UK website www.lupusuk.org.uk, is packed with information, and has been upgraded to ease navigation and extend the range of lupus goods available, including Christmas cards. New members may now join online. The Eclipse website provides information for those with light sensitivity issues, www.eclipse.lupusuk.org.uk.

A summary of the results of the questionnaire completed by over 3,000 members, anonymously, during 2009 has highlighted a number of key areas:

- on average it is taking more than seven years to diagnose lupus patients from the first symptom experienced
- more than 45% of patients are initially misdiagnosed with a wide variety of other conditions
- the most difficult symptoms to live with are fatigue, joint pain and depression
- just under 50% of those retired had to do so on health grounds and
- of the 42% receiving benefits, 24% receive higher level mobility allowance.

LUPUS UK continues to keep in regular contact with lupus specialists and lupus nurses and has a specialist website for medical professionals www.medical.lupusuk.org.uk. The Charity is grateful for the advice and help of its Scientific and Medical Advisory Panel on a number of matters and the support of many

medical professionals. Recognising the importance of lupus awareness within both the medical profession and the wider public, one of the Charity's aims is to provide literature and information to all people with lupus via lupus and rheumatology clinics. In order to improve awareness the Charity is represented at various conferences, exhibitions and seminars countrywide by the Staff, Trustees and Group members.

During the year, LUPUS UK was invited by NICE (National Institute for Clinical Excellence) to take part in a Scoping Workshop for a potential new treatment for lupus, Belimumab. NICE is proceeding with an appraisal of this drug during 2011, which LUPUS UK will attend, alongside a number of lupus specialists.

LUPUS UK continues to work closely with the UK Juvenile SLE Study Group; a collaboration between a significant number of paediatric hospitals around the UK, looking into the incidence, causes and treatment of this illness as it affects children and young people. This is an area of continued growing importance. The Alder Hey Children's Hospital met the criteria for a LUPUS UK Centre of Excellence and during the year was presented with the Award, one of three in the UK, and the only children's hospital.



LUPUS UK has over one hundred Contacts, mainly members who have lupus themselves, or others whose partner has lupus and who are Carers, they offer telephone help-line advice to enquirers. A new Training Course for them was initiated during the year with the training centred on listening skills. Our Contacts are available to anyone who has, or thinks they may have lupus, and can offer support and general advice. The leaflet 'Listening Ear' is available from LUPUS UK National Office and is sent to all enquirers and distributed through rheumatology and lupus clinics in order to make people aware of the service.



LUPUS UK is prudently run and Research and other Grants are only approved by the Trustees if funds are already held. Once the commitment to fund has been announced the funding is placed in a reserve. Like most other

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2010

charities LUPUS UK has been affected by the current economic climate and the Trustees have taken account of this with regard to future budgets and will ensure that the Charity tailors its commitments to its resources.

Risk management

The Trustees drew up a Risk Map during the year, which is used to examine the major strategic, business and operational risks that the Charity faces and confirm that regular reports are produced so that the necessary steps can be taken to review and lessen these risks.

Grant Making Policy

The Charity invites applications for the funding of research projects and specialist lupus nurses. Applications for research funding are reviewed against specific criteria and research objectives by the Peer Review Panel. In comparison with some other organisations, LUPUS UK currently does not have sufficient funding available for large-scale trials; it will therefore look to support applications that focus on the following:

- smaller pilot studies, which will lead to applications to major funders for large-scale research trials
- enabling grants for basic science support, which would enable larger projects by providing essential data for large grant applications
- medical meetings that would facilitate improvements to the understanding of the causes, prevention and treatment of lupus and its research.

Advice is provided by external referees where necessary. The Trustees then consider the Peer Review Panel's recommendations in awarding research funding. LUPUS UK is a partner of the National Institute for Health Research.

The Charity funds specialist nurses within the NHS on the understanding that these posts will become permanently funded by the particular Hospital at the end of the 3 year period.

Further details are available from the Charity's Grants Manager.

FINANCIAL REVIEW OF ACCOUNTS

The state of the Charity's affairs at 31st December 2010, with comparative information for the previous year, is shown in the accompanying financial statements.

Total funds received during the year were £837,327 against £795,820 in the previous year. Voluntary income (Donations received, Membership and Gift Aid) was up by £43,779 on the previous year. Investment income (Interest and Dividends) was down £10,907, due to the low level of interest rates. Activities for generating funds (Fundraising) were up by £6,832 on the previous year and income from charitable activities (Sales) was up by £1,803.

The costs of generating funds were down. The costs of

generating Voluntary Income and Fundraising costs were up by £3,094 with Charitable Activities - Support and Administration costs down by £8,046. Grants costs attributable for the year were up by £299,308, to the considerable sum of £661,280.

Overall there is a deficit of income over expenditure of £242,913 for the year before including gains on investments. The value of the investments at 31st December 2010 stood at £193,657 and a gain of £21,554 has been accounted for. The financial markets have been turbulent but we would anticipate the value to rise in the coming years as the investments are of a long term nature.

Reserves policy

The Charity's reserves at 31st December 2010 were £307,652 (2009: £529,011). LUPUS UK needs reserves to maintain its current activities and provide funding committed for longer term projects to progress them to completion, as well as enabling the Trustees to meet their day to day responsibilities and ensure that the Charity can continue to operate as a going concern. The Trustees have considered their policy in respect of the level of their reserves and aim to retain a minimum sum in the region of one year's expenditure, which will be held on deposit at the best available rate.

Investment management

The Investment Portfolio is controlled by Rathbones Investment Management Ltd, of London and quarterly valuations are forwarded together with various reports.

Our investments increased in value by £21,554 during the year under review.

Dividends received for the year were £5,765 and interest received for the year of £7,552.

PUBLIC BENEFIT

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The Charity works closely with the medical profession to raise awareness of the illness to all patients and does not charge for supplying information and advice to the public. Membership of the Charity is open to all who are interested in supporting its work, whether they have lupus or not.

VOLUNTEER INVOLVEMENT

The National Council of LUPUS UK is made up of a representative from each of the Regional Groups: these are managed by a volunteer committee of individuals, who are mostly lupus patients. In total, around 400 people with



lupus and a smaller number of other supporters conduct the affairs of the Charity at local and national levels across the usual range of the Charity's educational, social and fund-raising activities. This includes the nationwide network of telephone Contacts who offer a listening ear to many people who may be seeking diagnosis for lupus, or who are lupus patients and need support at difficult times. The Trustees recognise the commitment and dedication of our many volunteers and are very grateful to all who take on these various roles.

DONATIONS

The Charity is most appreciative of the many people, companies, trusts and other organisations who have made valued donations in support of people with lupus during the year.

**Tina Stemp - Honorary Treasurer and Authorised
Trustee Jane Dunnage - Chair
7th May 2011**

LUPUS UK GRANTS AGREED DURING 2010

| APPLICANT | GRANT HEADING | AMOUNT |
|--|---|---------------------------|
| Dr Michael Beresford Royal Liverpool Children's Trust | Investigating the serum effects on apoptosis in juvenile-onset SLE | £107,693 over 2 years |
| Prof David Isenberg UCL, London | Centrifuge | £7,180 |
| Prof Caroline Gordon Queen Elizabeth Hospital, Birmingham | SLICC inception cohort study | £60,856 over 3 years |
| Dr Frances Hall Addenbrooke's Hospital Cambridge | Lupus Specialist Nurse | £141,171 over 3 years |
| Sister Sue Brown RNHRD, Bath | Continued funding for CNS post | £81,577 over 3 years |
| Dr Max Field/Dr Asad Zoma Glasgow Royal Infirmary | LUPUS UK Specialist Nurse for West Scotland | £108,085 |
| Prof David Isenberg Queens' University, Belfast | Uncertainty in SLE: Development and Validation of a Patient Reported Outcome Measure to Facilitate Patient Management | £25,856 over 15 months |
| Dr Elizabeth Jury UCL, London | Can lupus T cell hyperactivity be normalised by manipulating membrane lipids? | £17,638 |

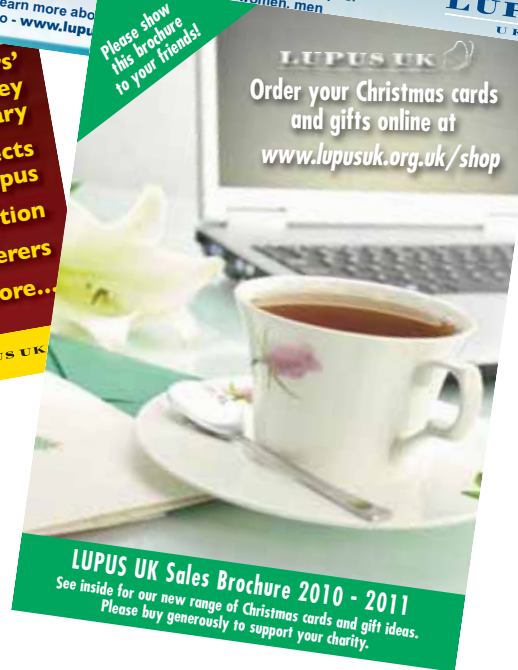
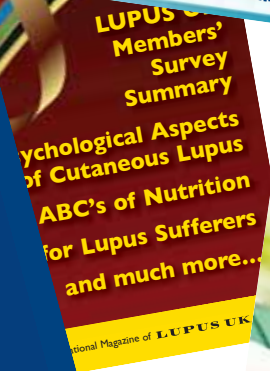
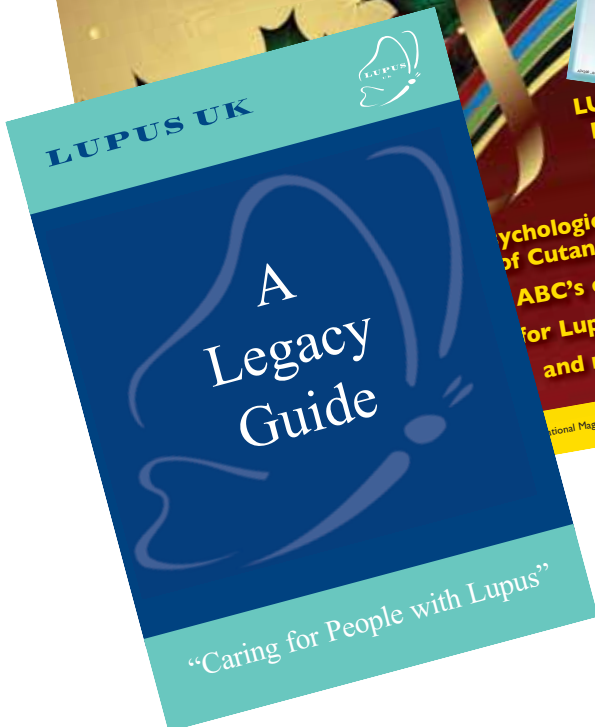


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www.lupusuk.org.uk**

Make ClickNow your homepage and every time you search the internet you will be raising funds for LUPUS UK. Alternatively just bookmark the site as your search engine.

It doesn't cost the user or the charity anything to use it.



lunch 4 lupus

LUPUS UK introduced a new challenge for Lupus Awareness Month in 2007 giving members the chance to host a *lunch 4 lupus* during October, with family and friends. The guests, instead of bringing a traditional party gift, are invited to make a donation to LUPUS UK.

The host receives invitations to send to their guests, together with donation forms and some helpful hints on hosting a successful event. If lunch isn't possible, members can host a coffee morning or a dinner party. Ideally we ask members to host their event during October but if that isn't possible, to pick a time convenient to them.

Now in its fifth year *lunch 4 lupus* has become an annual feature for LUPUS UK.

GO THAT EXTRA MILE
for people with lupus!

Members and friends again took on the challenge to Go That Extra Mile, our major National Event and an important source of vital funding for our work.

A three-mile WALK, then add the fourth!

This year's event raised £8,851 for the charity.



LUPUS - THE FACTS



Lupus, a presently incurable illness of the immune system, is a condition that is probably genetic in origin whereby the immune system goes into overdrive. The result is overproduction of the antibodies that normally afford protection, and this excess of antibodies starts to cause damage. Lupus is neither infectious nor contagious and some 50,000 people are now believed to suffer from this condition in the UK.



The principal trigger of lupus is hormonal activity and as a result nine out of ten people with the illness are female – the illness can be more prevalent in Afro-Caribbeans and Asians. Lupus can also trigger at puberty, after childbirth, during the menopause, one or more triggers may be involved.



The major symptoms of lupus seem to be extreme tiredness and joint and muscle pain. Patients can also suffer with any of headaches, migraine, rashes, oral ulcers, kidney problems, hair loss, flu-like symptoms and/or night sweats, depression, chest pains and other manifestations. The illness often seems to mimic other diseases – this gives rise to difficulty in diagnosis and the condition can be overlooked, sometimes for years, unless the GP or consultant is alert to the possibility of lupus.



Lupus can attack certain major organs and for a few the illness is life threatening. Achieving an earlier diagnosis allows better opportunity for control of the disease and for some normal form of lifestyle.



For further information, contact National Office and we will be pleased to provide details on the illness, the charity and its work.

THE WORK OF LUPUS UK



to maintain a network of Regional Support Groups and Contacts throughout the UK



to publicise lupus through the Press, Radio and TV, magazine articles and all other possible outlets



to publish information on the disease and make literature available on lupus from other sources



to provide advice to all lupus patients and to assist those with light sensitivity by way of the Eclipse Light Sensitivity Support Group and our website <http://eclipse.lupusuk.org.uk>



to arrange education meetings and generally inform the medical and nursing professions about lupus



to raise money for research and welfare support through national, regional and local fundraising events



to publish a regular national magazine, "News & Views"



to produce posters and other publicity material on lupus



to promote the annual October Lupus Awareness Month



to affiliate with other organisations whereby the voice of LUPUS UK reaches so many more



Trek to the summit of *Kilimanjaro - FREE!*

If you have ever wanted to undertake an exhilarating challenge for charity here is your chance. LUPUS UK are looking for adventurous volunteers to trek to the summit of the World's tallest free-standing mountain, and if you raise enough in sponsorship you will get to take part for free! Be prepared to immerse yourself in the tranquillity of the jungle, spectacular wildlife,

breathtaking glaciers and experience something others will only ever dream of. For those of you with a sense of adventure and the desire to do something challenging for a great cause simply give us a call at the office on **01708 731 251** and we will send you a full information pack and everything you need to take part in the experience of a lifetime.

Further information from LUPUS UK on 01708 731251



THE THRILL OF A LIFETIME AND RAISE MONEY FOR LUPUS UK!

WANTED!

Adventurous
people throughout the UK
to do something like this.....

for FREE!



Help us raise funds by making an exhilarating 10,000 feet freefall parachute jump. No experience is required and if you raise the minimum amount of sponsorship you will get to jump for FREE!

For a free information pack call
LUPUS UK
01708 731251

Events organised by SKYLINE Professional Events Organisers

STOP PRESS – if you would like to be involved in other exciting activities, i.e. three/four peaks challenge, coast to coast cycling, mountaineering, multi activity weekends and much more, a brochure is available with something to suit everybody.

For details of any of these events, ring our Fundraising Manager, Janine Hirsch on:

01708 731251

Visit our website www.lupusuk.org.uk