

REGISTERED COMPANY NUMBER: 01962979 (England and Wales)
REGISTERED CHARITY NUMBER: 293854

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 DECEMBER 2024**

FOR

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Xeinadin Audit Limited
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

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**BRITISH ASSOCIATION OF
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**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2024**

TRUSTEES	Mrs L Wright Dr S Kluzek T Allardyce (resigned 24.7.24) Dr R Chatterjee (resigned 11.11.24) Dr R A Hawkes (resigned 3.8.24) Dr K Marino Dr D A Vishnubala Dr P Wheeler Dr T Leggett Dr J Wong Dr R G Mitchell Dr R J Teare (appointed 11.8.25)
REGISTERED OFFICE	Unit 3 Jetstream Drive Auckley Doncaster DN9 3QS
REGISTERED COMPANY NUMBER	01962979 (England and Wales)
REGISTERED CHARITY NUMBER	293854
AUDITORS	Xeinadin Audit Limited Sidings House Sidings Court Lakeside Doncaster South Yorkshire DN4 5NU

**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).



Trustees' Annual Report 2024

Foreword by Chair of BASEM, Professor Patrick Wheeler

Welcome to BASEM's Annual Report for the period 1st January to 31st December 2024. This report lays out the activities of this charity this year and I would encourage all our members to take a look, as there is a lot of work that goes on behind the scenes to keep BASEM going, there may be aspects of BASEM's activities that are new to you. This report compliments the different reports given at the AGM, and the various updates given directly to members by email and through BASEM Today.

I will start this report by offering my thanks to my fellow BASEM Trustees, both past and current, to the BASEM team, and to all the BASEM members who volunteer in any capacity to help BASEM deliver all that it does. We could not do all the things that we do without you. As always there is a lot to do, and there are always ample opportunities for people to get involved, so if you are interested, please don't wait to be asked

In the different sections of this report, we show how BASEM has continued to deliver against its Charitable Objects, we give information about BASEM's finances, how BASEM supports its membership through education and awards, and different partnerships BASEM engages with external partners.

One aspect to highlight at the start of this report are the ongoing discussions with the UK Faculty of Sport & Exercise Medicine (FSEM) to create a brand-new College of Sport, Exercise, and Musculoskeletal Medicine, bringing together the activities of both BASEM and FSEM into a single organisation. These were discussed at length in last year's annual report, and activities have continued from the initial outline plans, and the BASEM membership vote in May 2023. BASEM members continue to be kept up to date through regular updates, and through information on our website <https://basem.co.uk/proposed-college/>. For most up to date information, readers are directed to this section of the website.

As BASEM Chair, I hope that this report helps highlight the many activities of BASEM during the year, continuing our journey towards College and supporting our present and future members throughout this period.

Prof. Patrick Wheeler
Chair of BASEM

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**REPORT OF THE TRUSTEES
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Introduction

BASEM is an organisation which was established in 1952 to promote the study and investigation of all medical aspects of sport. Its vision was to be the authoritative body on every medical aspect of athletics and exercise. The organisation has worked hard over the years to gain recognition for the field of sports medicine, raising awareness, pioneering research, and leading in practice. Today, BASEM is known as a multidisciplinary sports and exercise membership organisation. Many of its members hold key positions within SEM, both in the UK and across the globe. BASEM's membership continues to be diverse, with just over 1185 members across a wide selection of disciplines. Many of its members are actively involved with BASEM, whether that be through participation in one of the committees, providing resources for members or holding a place on the Board. The expertise within BASEM is extensive.

BASEM co-owns the British Journal of Sports Medicine, a highly rated global publication which promotes research and education in sport and exercise medicine. BASEM is growing closer to forming the new College of Sport, Exercise and Musculoskeletal Medicine (CSEM) with the Faculty of Sport and Exercise Medicine.

BASEMs Vision

BASEM is the leading multidisciplinary sport and exercise medicine membership organisation in the UK with a core responsibility to provide leadership, education, and support for all.

A key part of BASEM's remit is supporting the education and career development of healthcare professionals in all aspects of sports and exercise medicine including students, specialists and all those with an interest in the subject. This is comprised of the overlapping spheres of:

Musculoskeletal Medicine:

BASEM supports the development and delivery of up-to-date management of musculoskeletal conditions and encourages the evaluation of treatment options to deliver most effective care.

Exercise Medicine:

BASEM supports the benefits of physical activity in all populations without discrimination, recognising the importance it plays in health and well-being and its role in both primary and secondary prevention of disease. BASEM supports the WHO Global Action Plan to make significantly more people active by 2030.

Athlete/Team Care:

BASEM supports world-class delivery of care to athletes and teams. BASEM recognises the challenges in the desire to optimise athletic and team performance and fully upholds the requirements for ethical practice and clean sport.

BASEM is committed to leading on issues related to Equity, Diversity and Inclusivity, striving for diverse and inclusive environments within our organisation and the wider SEM community.

BASEM is joint owner of the British Journal of Sports Medicine and the BMJ Open Sport and Exercise Medicine Journal with BMJ Publishing and supports a strong international research agenda to underpin its principles.

BASEM recognises the need for strong National and International partnerships to achieve its vision

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BASEMs Objects

Object	Activity	Object	Activity
To promote exercise as a therapeutic tool	PR campaigns promoting activity and impact on health to public	To support and promote the multi-disciplinary team in Sport and Exercise Medicine	AHP benefits AGM Education BASEM Today Conference BINGs
To support the professional needs of those doctors working in the speciality of Sport and Exercise Medicine and to advise on career structures in Sport and Exercise Medicine;	Member benefits Conference Education USEMS Career opportunities ads	To provide support and education for those healthcare professionals involved in the care of athletes and individuals undertaking, or aspiring to undertake, regular physical activity at all levels	Education Conference
To promote the speciality of Sport and Exercise Medicine and to encourage best standards of clinical practice in the care of the exercising individual	PR campaigns Education Conference BINGs BJSM BASEM Today	To promote the adoption of evidenced-based practice in all areas of Sport and Exercise Medicine	Awards Education Conference BJSM
To support and encourage research in Sport and Exercise Medicine	BJSM Awards	To promote the adoption of exercise and physical activity by all sections of the population for their general wellbeing and in the prevention of illness	PR campaigns BASEM Today
To assist and advise all relevant authorities in adopting policies that will encourage and promote physical activity in schools, the workplace and the home	BJSM PR campaigns	To cooperate with the Faculty of Sport and Exercise Medicine and the Institute of Sport and Exercise Medicine and to collaborate with other associations both nationally and internationally, in furthering the speciality of Sport & Exercise Medicine and the aims of the association.	Collaborative / partnership work Awards

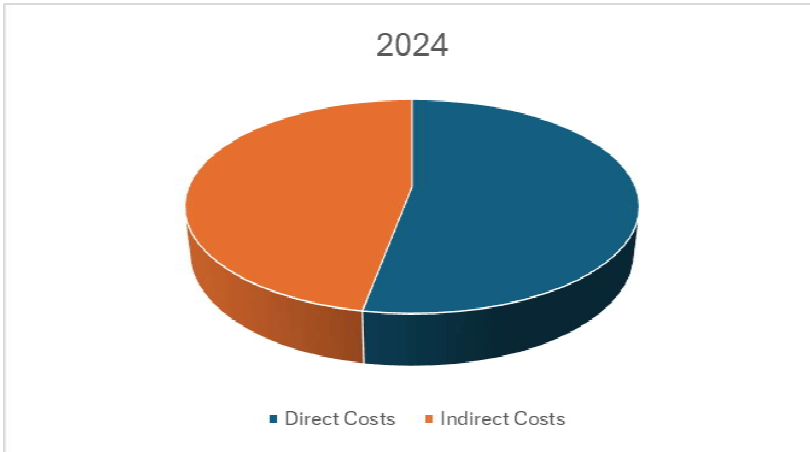
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The Financials

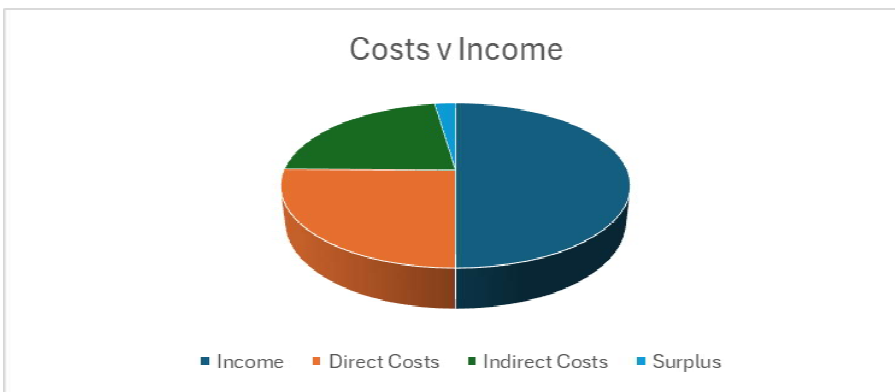
Our Direct Costs

In 2023 BASEMs indirect costs increased due to planned development. In 2024 direct costs are the highest. These costs are associated with the delivery of BASEMs educational activities and member benefits.



Costs Vs Income

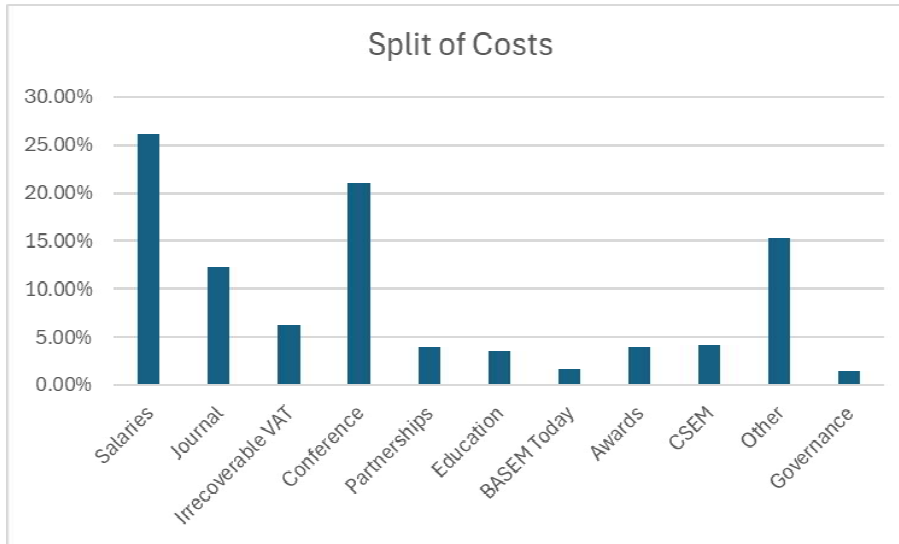
As a charity, it is important to understand how our income is spent. In 2024, 44% of our income was spent on running costs and 50% still spent on member benefits. A reduction in BASEMs surplus this year was planned as we forge towards CSEM.



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Costs Breakdown



In 2024, BASEM staffing structure changed, leaving five members of BASEM Team to bring their expertise in Education, Conference and Event organisation, Leadership and Management, Membership and Awards, Communication, Finance, Governance and Administration. Staff costs have increased and have become BASEM's largest single expenditure.

Our valued journal, BJSM, is a cost that BASEM pays for all its members and this cost comes in as the fourth highest single cost. Many of our members find the journal to be one of the greatest benefits of membership, where members would have to pay significantly more than their annual membership fee to BASEM for just the journal alone.

BASEM have now registered for VAT after reaching the threshold and with advice from accountants.

Overall conference income increased in 2024 but also did the costs, total financial contribution towards the conference from its reserves is well within approved budget.

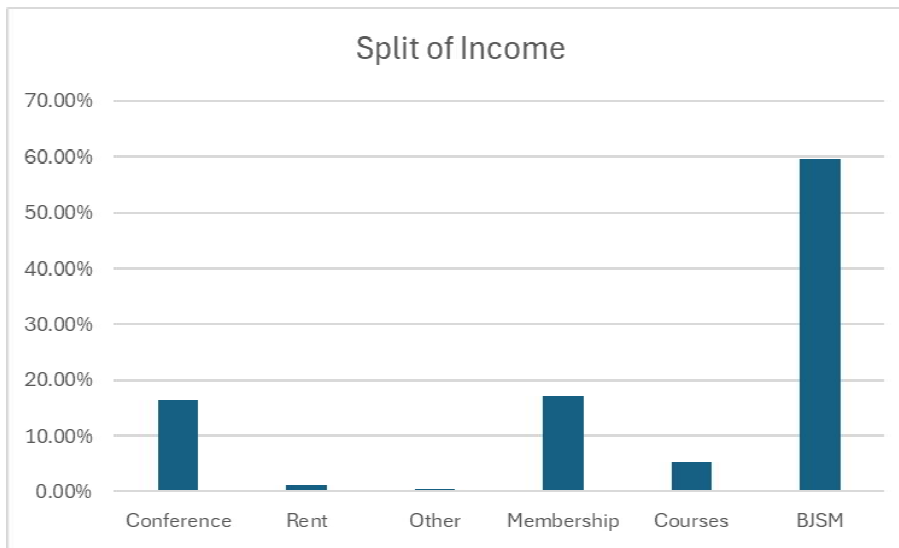
In 2024 we continue to work with the Faculty of Sport and Exercise Medicine towards the creation of a CSEM. The costs in 2024 were mainly due to legal advice as we prepared a due diligence report on FSEM which shows no concerns.

Governance was less than 2023 as we moved the AGM online.

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Income



Our income sources remain consistent, with much of our income being from our medical journal, BJSM, nearly 60%. This helps to support the costs of supporting our membership and being able to have a greater impact in developing the sports and exercise medicine speciality. Conference income remained the same as 2023 at 17%.

Balance Sheet

We have a restricted fund which hasn't decreased in 2023. This was a restricted fund given to BASEM to provide an award, which was re-opened in 2024, but no satisfactory applications were received, therefore the balance remains the same. Applications will be welcomed in 2025.

The Board reviewed the reserves policy and signed off on a new policy which enables BASEM to hold reserves appropriate to ensure that in the event of a catastrophic event causing BASEM to go into liquidation, the following commitments can be met:

- Running costs for six months of run down
- Financial commitment of any outstanding awards
- Financial commitment of conference costs
- Two years' staff costs (including pension and NICs)

Because the level of these commitments change, reserves are to be reviewed against these commitments annually, and the appropriate amount of reserves are put aside in a separate BASEM account. For 2024, the maximum reserves required would be £854k. At the balance sheet date, BASEM held £2.293m in free reserves.

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In BASEM's budget for 2024, BASEM is also holding £200k of designated funds to potential costs of the work to establish a new College of SEM jointly with FSEM (UK), £25k to create a new research training course for members to improve their skills and provide them with greater opportunities and £45k towards members fee price hold.

Plans for 2024

During 2024, the third year of our three-year strategic plan, we aimed to build on the groundwork we had put in place in 2022 and start to develop our existing offer. This included:

- Developing our partnerships to improve career development opportunities for members
- Building our brand and reputation to increase membership and promote SEM
- Reviewing our systems and processes to ensure BASEM is working efficiently whilst continuing to provide a quality service
- Increasing, improving, and raising awareness of membership benefits to attract and retain members and ensure standards are met
- Development of awards to focus on research in SEM
- Developing the organisation's systems and resources to ensure the organisation is fit to grow and broaden its membership base further

Activities to Meet Objects

Our Research Bursaries and Awards

Following a thorough review of our awards, we reopened them for 2024 and have had a great number of quality applications. This report highlights the amount awarded per award and what we have paid out during 2024. Due to the term of some of our awards, some funds are paid out in the following year.

This year, these have included:

Award	Total Awarded in 2024	Total Paid in 2024
Association Prize for SEM (Conference Award)	£900.00	£900.00
BOSEM Article Processing Charges Award	£1,854.00	£1,854.00
External Training & Development Sponsorship	£5,000.00	£3,069.45
Malcolm Read Scholarship	£0.00	£0.00
MSc Bursary in SEM	£2,500.00	£1,000.00
PhD Award	£0.00	£0.00
Research Bursary	£20,000.00	£6,321.71
Tom Donaldson Poster Prize (Conference Award)	£900.00	£900.00
Travelling Fellowship	£5,000.00	£5,000.00
Undergraduate Elective Award	£4,000.00	£2,147.75

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- Following a review of our PhD award, BASEM decided not to reopen this for 2024 due to the long-term financial commitment this would involve and the upcoming merger between BASEM and FSEM.
- No suitable applications were received in 2024 for the Malcolm Read Scholarship. A full review was completed to revise the award for 2025 to encourage eligible applications.

Our Promotion of Members' Work and BASEM

Branding and Exhibiting

We looked to increase BASEM's reach this year through attending events and being present at key times. In order to make sure our message was heard, we spent time improving our exhibiting resources, and using marketing techniques to keep our organisation in mind post-event. By attending international events, we have also increased general awareness of BASEM overseas, with our stand being a very popular one to attend. We have worked hard to increase interaction between BASEM and prospective members and we have included existing members in our activities to promote the benefits of BASEM membership.

Membership Growth

We spent a lot of time in 2024 promoting membership, promoting our members, and raising awareness of SEM. We grew membership by 7% in 2024 (numbers of members at the end of 2024 Vs number of members at the end of 2023). The largest proportion of new members were full members, and 12% of new members are allied health professionals.

BASEM Membership Directory

We have developed a BASEM Internal Membership Directory, a new membership benefit available to all BASEM members. Members can create your profile to connect with other, seek advice and support from professionals within all aspects of SEM, find opportunities to learn, develop and collaborate, and showcase services. This has been well-received by our membership.

Education and Careers Resources

Overview

BASEM continues to deliver a robust and diverse educational programme, supporting professionals at all stages of their Sport and Exercise Medicine (SEM) careers. Over the past year, we have run four core courses, including our flagship Foundation Course and a suite of revision courses aligned with Faculty of Sport and Exercise Medicine (FSEM) examinations.

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This year, BASEM's education programme reached a total of 168 delegates, reflecting strong national engagement and growing international interest in Sport and Exercise Medicine. Delegates joined from ten countries outside the UK, including Canada, Ireland, New Zealand, Switzerland, Qatar, Saudi Arabia, Malta, Sweden, Spain, and the West Indie, demonstrating the global accessibility of our online learning format and the expanding reach of our educational offerings.

Our residential Foundation Course remains a popular entry point into SEM, offering a comprehensive introduction to exercise medicine, musculoskeletal medicine, and team care. The revision courses, tailored to FSEM Part One and Part Two exams, as well as the new Diplomas in Team Care and Exercise Medicine, have seen strong uptake and positive feedback, reflecting BASEM's commitment to accessible, high-quality education.

Across all courses, feedback has highlighted the relevance of content, the quality of teaching, and the value of peer interaction. BASEM's education programme remains financially stable and strategically aligned with the evolving needs of the SEM community.

Foundation Course

Our Foundation Course continues to be a cornerstone of BASEM's educational offering. This three-and-a-half-day residential programme introduces the three key strands of Sport and Exercise Medicine (SEM): exercise medicine, musculoskeletal medicine, and team care. It remains popular with those at the beginning of their SEM journey, as well as professionals from other disciplines with a special interest in SEM. This year, the course welcomed 36 delegates, including 3 international participants: 2 from Spain and 1 from the West Indies—reflecting its continued international appeal. The course remains financially stable, with consistent delegate numbers and strong demand year-on-year.

The programme covers a broad range of topics including the impact of physical activity on health, clinical examination techniques, nutrition, common musculoskeletal conditions, and treatment approaches. Delegates consistently report that the course meets their expectations and supports their professional development. As in previous years, the hands-on practical sessions, and opportunities to network with experienced tutors were particularly valued.

Feedback was collected from 21 respondents, who gave an average score of 5/5 when asked to rate the event as a whole. Notably, sessions on anti-doping and concussion received perfect scores from all respondents, highlighting the relevance and quality of the content delivered.

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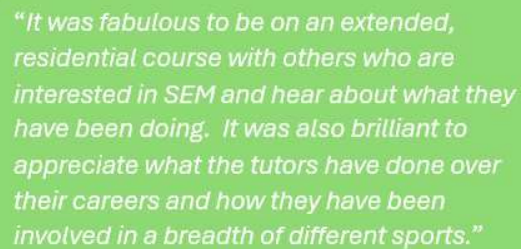
**REPORT OF THE TRUSTEES
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“Given me a good idea for career strategy and paths to involvement in sport. Definitely increased my interest in pursuing SEM as a career. Has informed my future practice in terms of exercise prescription and the public health implications.” F1 Doctor



“Amazing course, even better than anticipated. Felt welcomed into the specialty with open arms. It was a privilege to share close conversation with established BASEM members/board members & receive open, honest advice.” F1 Doctor



“It was fabulous to be on an extended, residential course with others who are interested in SEM and hear about what they have been doing. It was also brilliant to appreciate what the tutors have done over their careers and how they have been involved in a breadth of different sports.”

Revision Courses

BASEM’s revision courses are designed to support candidates preparing for the Faculty of Sport and Exercise Medicine (FSEM) membership examinations, particularly registrars, as well as professionals seeking to refresh their knowledge without sitting the exam. Delivered entirely online, these courses offer flexible and accessible learning to a wide audience, including international participants. Over the past year, the programme has grown in scope and impact, with strong delegate feedback and increasing engagement across all offerings.

BASEM Revision Course Part One (2 sittings)

This course was delivered entirely online across 2 sittings and attracted a total of 41 delegates. The virtual format continues to support flexible learning and broad participation, ensuring accessibility for a diverse range of professionals.

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Delegates represented a wide range of clinical backgrounds and geographic locations, with most based in the UK and international participants joining from Ireland, Sweden, Saudi Arabia, and the West Indies.

Specialties included a broad mix of primary care clinicians, hospital doctors, sports medicine professionals, and allied health practitioners, ranging from trainees to senior leaders. This diversity enriched the learning experience and highlighted the course’s relevance across multiple disciplines within Sport and Exercise Medicine.

[Sitting 1](#) received 7 feedback responses. Individual session ratings were strong, with Soft Tissue, Sports and Minor Injury Management (including investigations and radiology) receiving a perfect score of 5/5, and Sudden Death in Sport and Exercise-Associated Collapse scoring 4/5.

Delegates praised the course’s structure and delivery:

- *“Really good comprehensive cover of topics, tutors all very helpful, passionate & knowledgeable. It has made me feel more prepared. I enjoyed the incorporation of questions into talks—helpful for learning, passing knowledge, and identifying blind spots.” – Anonymous*
- *“Given how busy the day was, I thought the course was really well run and engaging and has helped me prepare for the exam. The breakout rooms I found helpful.” – Anonymous*

[Sitting 2](#) also received 7 feedback responses, with all rated sessions scoring an average of 4.5/5 These included:

- Tutorial A – Psychology
- Tutorial B – Exercise in Special Groups: Women
- Tutorial B – Exercise in Special Groups: Children

Feedback across both sittings indicates that the course remains well-aligned with delegate needs, offering high-quality content and interactive learning experiences.

BASEM Revision Course Part Two

Thirteen delegates attended this online course, including participants from Canada and Ireland, and it received highly positive feedback. A total of 7 responses were submitted, which showed that individual session ratings were excellent. All sessions within the Common MSK Scenarios and Joint Examination Review series—including Elbow, Wrist and Hand, Knee, Hip and Groin, Spine, Shoulder, and Foot and Ankle—received an average score of 5/5, reflecting the high quality and relevance of the content.

Participants particularly valued the interactive elements, including breakout groups and case-based discussions, which fostered collaborative learning and practical application of knowledge. Specific comments included:

- *“Group/discussion format was great.” – Club Doctor*
- *“Enjoyed small breakout rooms. Improves group discussion.” – Anonymous*

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The course continues to meet the expectations of those preparing for the FSEM Part Two examination, offering a well-structured and engaging learning experience tailored to the needs of SEM professionals.

BASEM Revision Courses for the Diploma in Team Care and Diploma in Exercise Medicine

These newly introduced courses were developed in response to the updated FSEM Diploma examinations. Close collaboration with the Faculty of Sport and Exercise Medicine was instrumental in shaping the content, particularly through the sharing of practice questions and alignment with the revised exam structure.

The Diploma in Team Care Revision Course welcomed 35 delegates, including 2 international participants from Spain and the West Indies. Feedback from 16 respondents averaged 4.25/5, with sessions on older, retiring, and retired athletes scoring a perfect 5/5, and topics such as performance threat management, immune health, and recovery strategies averaging 4/5.

One delegate noted, *“Good to hear practical examples to go along with the reading. Makes it more realistic and easier to apply to my own practice.”* – Anonymous

The Diploma in Exercise Medicine Revision Course attracted 54 delegates, with 33 feedback responses averaging 4.4/5 for overall satisfaction. Sessions on Physical Activity Guidelines and Epidemiology received a perfect score of 5/5, while the Pregnancy and Post-Partum breakout session averaged 4/5.

Delegate comments reflected the high quality and professionalism of the course delivery:

- *“Very slick organisation. Well timed and great presentations.”* – Emergency Medicine Doctor
- *“Excellent overview of what to study for the exam.”* – Medical SpR
- *“Passionate and knowledgeable faculty.”* – GP

Delegates included a diverse mix of UK-based and international clinical and allied health professionals from six countries, with specialties spanning primary care, hospital medicine, sports medicine, and physiotherapy. Their varied backgrounds, from trainees to senior leaders, created a rich learning environment and reinforced the course’s broad relevance within Sport and Exercise Medicine.

Comprehensive resources have now been developed for both courses, and the tutor teams are well-established, ensuring these offerings are ready for annual delivery and continued alignment with evolving examination standards.

Our Partnerships

Faculty of Sport and Exercise Medicine (FSEM)

In 2023, BASEM membership voted in favour of working with FSEM to establish a College. This will mean dissolving both existing charities to form a new organisation, and as such we have been working closely with FSEM throughout 2024 to gather legal advice and ensure appropriate communication with each membership set. We are now well underway into this process.

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Undergraduate Sports and Exercise Medicine Society (USEMS)

We have continued our support for SEM undergraduates through our partnership with the Undergraduate Sport and Exercise Medicine Society.

We again supported the USEMS conference, which was this year hosted by Undergraduate SEM Society at University College London, and we provided branded bags for the delegates which contained careers information and a prize for their Poster Competition. We have also again supported some of USEMS IT costs, such as a Canvas and Zoom account, to help them promote SEM through their society.

The Undergraduate Elective Award in association with USEMS continues to be popular among our undergraduate members and in 2024 supported four medical students to complete electives in Australia and Malta.

SEM Academy

A greater number of our members are now using SEM Academy on a regular basis for e-learning, with just over half of our membership signed up to the platform. This is a platform we have invested heavily in, in partnership with the Australasian College of Sports and Exercise Physicians and it provides up to date, relevant e-learning across a huge range of SEM topics.

Orthoevidence

We have renewed our licence for members to receive Orthoevidence again this year. Over 1000 BASEM members have registered with Orthoevidence and an average of 26% of these use the platform on a regular basis. It allows members to keep up to date with the latest research to improve patient care. It has the single largest MSK database in the world and this is available at no cost to all of our members but a cost to BASEM at £18.49 per annum per member currently using the platform. Members find this a useful resource for clinical practice and this resource is particularly welcomed by our allied health professional members.

Our Annual Conference

‘Translating Research into Practice’

Coventry Arena, November 2024

Conference Chair: Professor Dane Vishnubala

BASEM held its annual conference at Coventry Arena in November 2024, and we are pleased to report it was a resounding success. The event brought together professionals from across the Sport and Exercise Medicine (SEM) community, offering a rich and varied programme that reflected both the depth and breadth of the field.

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Programme and Content

The conference featured multiple thematic streams covering musculoskeletal practice, exercise medicine, and athlete/team care. Sessions addressed both specialist and generalist topics, including novel approaches and current hot issues in SEM. A total of 72 speakers from five countries; Australia, Canada, South Africa, Denmark, and the USA, contributed to the programme, bringing international expertise and diverse perspectives. To support the delivery of content, 10 stream chairs and 15 session chairs provided leadership and continuity across sessions, ensuring a well-coordinated and high-quality experience for delegates.

Delegates and Reach

BASEM's conference programme welcomed 304 delegates, with strong national and international engagement. Delegates joined from 12 countries outside the UK, including Pakistan, USA, Switzerland, Japan, Turkey, Australia, Saudi Arabia, Trinidad & Tobago, Ireland, Canada, Malaysia, and Azerbaijan. Delegates represented a wide range of professional specialties, including GPs, consultants, registrars, physiotherapists, chiropractors, academics, nutritionists, and team doctor, demonstrating the relevance and reach of BASEM's offerings across the SEM community.

Academic Contributions

In addition to the main programme, delegates were invited to explore high-quality poster presentations and attend Podium Presentations on Day 1. These sessions showcased member research and innovation. On Day 2, winners of the Association Prize for SEM and the Tom Donaldson Poster Prize were announced, recognising excellence in academic contribution.

Networking and Social Events

The conference programme included dedicated social and break times to actively encourage networking and meaningful connections among delegates. The Conference Dinner, held on the evening of Day 1, began with a drink's reception, followed by a seated meal in the main hall. The evening concluded with the BASEM pop-up casino, offering guests further opportunities to relax, engage, and build relationships in an informal setting.

Accreditation and CPD

The conference was awarded CPD accreditation by the Faculty of Sport and Exercise Medicine. All delegates received CPD certificates following the event to confirm their attendance and support their ongoing professional development.

Industry Engagement

Sponsors were present in the Exhibition Hall, offering a wide variety of products and services relevant to the SEM industry. Their support played a vital role in making the conference possible, and delegates were encouraged to visit their stands throughout the event.

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Feedback and Impact

Some feedback received:

"Brilliant conference everyone... the best BASEM one I have been to and I have been to a lot! Well done."

Speaker & former Conference Chair: SEM Doctor and Defence GP

"All the organisation was excellent. Everything was so slick." **Co-Chair,** Consultant in SEM

"Thank you to you and the rest of the BASEM conference team. As a speaker and first time at BASEM I felt very well looked after. Great flow to the day and content I felt was diverse and top quality. Great to meet new connections and catch up with old colleagues" **Speaker:** Head of Women's Physiotherapy

"Many thanks for another top class BASEM conference, seamless organisation with fantastic range of speakers to stimulate discussion and learning. Brilliant." **Speaker :** Lecturer at UCL, & Medical Adviser

Delegate feedback was actively collected and remains invaluable in shaping future meetings. The true impact of the conference lies in the changes it inspires in practice. Attendees shared how the event opened up new opportunities for athlete services and research, encouraged community-focused physical activity, and helped translate research into real-world application. One delegate noted:

"By attending the conference, I'm now more inclined towards the sports medicine field. I learned so much, and my practice has become far more research based."

Our Publications and Communications

British Journal of Sport and Exercise Medicine (BJSM) and BMJ Open Sport and Exercise Medicine (BOSEM) Jointly owned by BASEM and British Medical Journal (BMJ), our members continue to receive the BJSM at no charge to them. In 2024, BJSM retained its' spot as top journal in the Sports Sciences category at 16.2, whilst BOSEM impact factor has also improved to 5.2. We continued to support our members wanting to pursue a career in research through a discount of 25% on article processing charges for publishing in BOSEM. Members can also apply for a BOSEM Article Processing Charges Award, which if approved, will cover the full publishing cost of articles in BOSEM. Through these initiatives we aim to increase the amount of research carried out in the SEM sector and support those who have the ability to carry out research but haven't got the financial support to do so.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

The BJSM continue to lead globally within sport and exercise medicine research. Of particular note is BJSM's pioneering work on Equity, Diversity, and Inclusion (EDI). They are the first BMJ Group journal to require an EDI statement with every manuscript submission: a commendable step toward highlighting EDI principles in research.

Member Newsletter (BASEM Today)

BASEM Today has continued to develop, with excellent content throughout the year, showcasing different aspects of SEM, and knowledge from our membership, in addition to raising awareness of BASEM's work. The team have worked hard this year to streamline processes and create efficiencies, in addition to bringing in external sponsors to ensure the publication costs are kept to a minimum. The publication is currently available to all members in paper form and online.

BINGs

Since 2022, our BINGs have been growing and developing, with more and more members taking up the opportunity to virtually network. In 2024 we focused on a range of topics, including Concussion and RED-S, which saw great discussion between Doctors and Allied Professionals working in a range of settings, countries and sports. As highlighted in member feedback, access to networking opportunities is seen as a highly valued benefit of BASEM membership and we are keen to continue to offer a range of platforms for or members to do this. Undergraduates have notably found BINGs useful, as it allows for them to hear about examples of their learnings in practice within SEM and the different approaches between the professions and sports; encouraging multidisciplinary working from the very start of their career.

E-Circular

Our monthly e-bulletin enables members to have a summary of all BASEM's activity in one email. Throughout the year, the e-circular has been developed to ensure better readability and a more visual overview of key points. This remains a popular resource for BASEM members.

Meetings, Votes, and Ad-hoc Updates

During 2024, a huge amount of Board and staff time was spent discussing and planning the formation of a new college of SEM, jointly with the Faculty of Sport and Exercise Medicine (FSEM UK). A dedicated steering group with representatives from both organisations has been established to oversee and guide this process.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Volunteers

BASEM has continued to receive a vast amount of support from its volunteers, who make up various working groups and committees, including the conference, awards, science, and education committees and the BASEM Today team, who keep members up to date with the latest. Many of our members continue to contribute to our newsletters, by providing articles, guest editing editions of BASEM Today and BASEM Reports, and sharing their connections to help us identify others outside of the BASEM community who can help. There are a range of individual members who have supported BASEM by giving their time to increase the knowledge base at BASEM, by disseminating information to the BASEM Board about their areas of expertise, and those who represent BASEM at external events. The BASEM community has given a lot to support BASEM this year, and we are truly grateful for everyone's time and effort.

Governance

BASEM is a charitable company, with memorandum and articles of association (M&As) as the governing document which guides process such as appointing new trustees. BASEM Trustees and BASEM staff have met regularly throughout the year, with a continued focus on transparency, governance and strategic alignment. Operational processes have been accessed and optimised, such as the membership database and awards systems.

No Trustee elections were held in 2024, and no changes made to our M&As.

A key area of focus has been the collaborative work with FSEM toward forming the new organisation. A dedicated steering group with representatives from both organisations has been established to oversee and guide this process. We continue to communicate with lawyers and HR teams to ensure a thorough process is followed. A designated member of staff was appointed in 2024 to oversee this process.

Development

At the end of 2022, BASEM put aside designated funds for the purposes of developing BASEM's membership offer, including a greater number of member opportunities, education, and events and raising awareness of SEM in general. To ensure BASEM could work on the development, BASEM increased the staff base further, and spent time ensuring we recruited, trained, and retained good, high quality staff, and that the office was equipped for the increase in staff numbers and included modern-day technology. Our development projects in 2024 included:

IT Development

To ensure we are working in the most efficient way possible, the team reviewed our current IT systems and found ways of automating many of the processes. This included our awards system, which previously relied on manual systems and spreadsheets. Additionally, we have worked on updating our website with new functionality and making it easier for members and non-members to find information, including the ability to search, and easier access members' area. The new BASEM website will go live in early 2024 and will be a window to everything BASEM does and provide a one-stop-shop for members.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Member Support

BASEM continues to review and develop its offer and support to members. This includes partnership development to ensure members are getting the best service and value for money and investing in internal services such as the Member Directory and educational content.

Staff Development

In 2024 the team at BASEM has developed a strong bond through collaborative working to continue the good work of BASEM. Each of us has grown within our own functions while also supporting one another, whenever needed.

Our Team Values

Collaboration: We work together, supporting each other and sharing knowledge to achieve collective success.

Respect: We value diversity and treat everyone with fairness, dignity, and understanding.

Integrity: We act with honesty, accountability, and transparency in all areas of our work.

Innovation: We encourage creativity, adaptability, and continuous improvement.

Excellence: We strive for the highest standards, taking pride in the quality and impact of what we do.

Wellbeing: We prioritise a supportive environment where our team feel safe, respected, and able to thrive.

Future Plans

We have made huge inroads to reviewing our current provision, resources and reach, and we are now in a position to take the next steps of our three-year strategic plan. On the horizons for 2026 includes:

- Keeping core relationships with partners
- Member engagement, creating different ways for members to be involved with BASEM
- Promote members benefits
- Creation of the new College of SEM (CSEM)

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee and registered in England. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed by its governing document and Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

Trustees are appointed for up to 3 years and can be re-elected for a further 3 years, subject to the rules laid down in the Memorandum and Articles of Association.

Organisational structure

The board meet at least four times a year to deal with the business of the Association and is responsible for the governance framework, the strategic direction and policy of the charity. Staff members also attend the meetings but have no voting powers.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and Senior Management Team are discussed and agreed at each board meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Each meeting's minutes are recorded, circulated to each member and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the SMT.

Induction and training of new trustees

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The Chair and SMT are responsible for ensuring a full induction of Trustees takes place, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the SMT or secretary at the time of the changeover of trustees.

Risk management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the SMT and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at meetings held throughout the year and the risk management policies are amended as required.

PUBLIC BENEFIT

The trustees have considered this purpose, the aims and objectives of the charity and its current and planned activities against the Charity Commission's general guidance on public benefit. The Trustees are satisfied that the charity's purpose, aims, objectives and activities are fully consistent with charity purposes as defined in the Charities Act 2011.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in 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. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Xeinaidin Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 27/09/2025..... and signed on the board's behalf by:

Dr Patrick Wheeler
.....
Dr P Wheeler - Trustee

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Opinion

We have audited the financial statements of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE (the 'charitable company') for the year ended 31 December 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Material uncertainty relating to going concern

We draw attention to Note 1 in the financial statements and the Trustees Annual Report, which indicates that a material uncertainty exists as the charity is in later stages of a potential merger. As part of the merger, there is a possibility that the company will transfer operations and net assets to a new entity, and wind up the company within the next 12 months.

Our opinion is not modified in respect of this matter.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the company, we identified that the principal risks of non-compliance with laws and regulations related to charities commission and corporation tax legislation and we considered the extent to which non-compliance might have a material effect on the financial statements. As part of this assessment we considered both quantitative and qualitative factors. We also considered those laws and regulations that have a direct impact on the preparation on the financial statements, such as the Companies Act 2006 and FRS 102.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements which included the risk of management override of controls. We determined that the principal risks were related to posting inappropriate journal entries, omitting, advancing or delaying recognition of events and transactions that have occurred during or after the reporting period, and potential management bias in the determination of accounting estimates or judgements to manipulate results.

Audit procedures performed by the engagement team include:

- Enquiring of and obtaining written representation from management in relation to known or suspected instances of non-compliance with laws and regulations and fraud;
- Evaluation of management's controls designed to prevent and detect irregularities;
- Identifying and, where relevant, testing journal entries posted by senior management or with unusual combinations;
- Assessing and evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Incorporating elements of unpredictability into the nature, timing and/or extent of audit procedures performed.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentation, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Use of our report

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

Andrew Cribb

Andrew Cribb FCA (Senior Statutory Auditor)
for and on behalf of Xeinadin Audit Limited
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

Date: 29/09/2025.....

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Memberships	4	185,054	-	185,054	169,129
Courses		57,050	-	57,050	33,187
Conferences		114,456	-	114,456	111,681
Journal income		646,145	-	646,145	627,457
Other trading activities	2	64,006	-	64,006	54,550
Investment income	3	17,795	-	17,795	17,339
Total		1,084,506	-	1,084,506	1,013,343
EXPENDITURE ON					
Raising funds	5	-	-	-	869
Charitable activities					
Memberships	6	267,394	-	267,394	269,342
Courses		219,425	-	219,425	163,641
Conferences		320,149	-	320,149	280,775
Journal income		127,806	-	127,806	88,155
Awards		99,886	-	99,886	91,440
Total		1,034,660	-	1,034,660	894,222
Net gains on investments		-	-	-	41,912
NET INCOME		49,846	-	49,846	161,033
RECONCILIATION OF FUNDS					
Total funds brought forward		2,960,848	4,115	2,964,963	2,803,930
TOTAL FUNDS CARRIED FORWARD		3,010,694	4,115	3,014,809	2,964,963

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**BALANCE SHEET
31 DECEMBER 2024**

	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	13	173,254	-	173,254	178,083
Investment property	14	206,000	-	206,000	206,000
		379,254	-	379,254	384,083
CURRENT ASSETS					
Debtors	15	593,633	-	593,633	532,496
Investments	16	1,159,726	-	1,159,726	-
Cash at bank		1,119,509	4,115	1,123,624	2,118,569
		2,872,868	4,115	2,876,983	2,651,065
CREDITORS					
Amounts falling due within one year	17	(241,428)	-	(241,428)	(70,185)
NET CURRENT ASSETS					
		2,631,440	4,115	2,635,555	2,580,880
TOTAL ASSETS LESS CURRENT LIABILITIES					
		3,010,694	4,115	3,014,809	2,964,963
NET ASSETS					
		3,010,694	4,115	3,014,809	2,964,963
FUNDS					
19					
Unrestricted funds:					
Designated fund				270,000	130,000
Unrestricted fund				2,672,441	2,745,533
Awards fund				68,253	85,315
				3,010,694	2,960,848
Restricted funds:					
Restricted funds				4,115	4,115
TOTAL FUNDS					
				3,014,809	2,964,963

The financial statements were approved by the Board of Trustees and authorised for issue on 27/09/2025..... and were signed on its behalf by:

Dr Patrick Wheeler
Dr Patrick Wheeler (See 27-2025 21:57:08 GMT+1).....
P Wheeler - Trustee

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	167,703	47,813
Finance costs paid		<u>(7,617)</u>	<u>(6,545)</u>
Net cash provided by operating activities		<u>160,086</u>	<u>41,268</u>
Cash flows from investing activities			
Fixed term cash deposits		(1,159,726)	-
Purchase of tangible fixed assets		(1,112)	(5,512)
Interest received		<u>5,807</u>	<u>9,966</u>
Net cash (used in)/provided by investing activities		<u>(1,155,031)</u>	<u>4,454</u>
Change in cash and cash equivalents in the reporting period			
Cash and cash equivalents at the beginning of the reporting period		<u>2,118,569</u>	<u>2,072,847</u>
Cash and cash equivalents at the end of the reporting period		<u>1,123,624</u>	<u>2,118,569</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	49,846	161,033
Adjustments for:		
Depreciation charges	5,941	5,406
Losses on investments	-	(41,912)
Interest received	(5,807)	(9,966)
Finance costs	7,617	6,545
Increase in debtors	(61,137)	(62,891)
Increase/(decrease) in creditors	<u>171,243</u>	<u>(10,402)</u>
Net cash provided by operations	<u>167,703</u>	<u>47,813</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.24	Cash flow	At 31.12.24
	£	£	£
Net cash			
Cash at bank	<u>2,118,569</u>	<u>(994,945)</u>	<u>1,123,624</u>
	<u>2,118,569</u>	<u>(994,945)</u>	<u>1,123,624</u>
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	<u>-</u>	<u>1,159,726</u>	<u>1,159,726</u>
	<u>-</u>	<u>1,159,726</u>	<u>1,159,726</u>
Total	<u>2,118,569</u>	<u>164,781</u>	<u>2,283,350</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

One aspect to highlight at the start of this report are the ongoing discussions with the UK Faculty of Sport & Exercise Medicine (FSEM) to create a brand-new College of Sport, Exercise, and Musculoskeletal Medicine, bringing together the activities of both BASEM and FSEM into a single organisation.

BASEM members continue to be kept up to date through regular updates, and through information on our website <https://basem.co.uk/proposed-college/>. For most up to date information, readers are directed to this section of the website.

In the collaborative work with FSEM toward forming the new organisation, a dedicated steering group with representatives from both organisations has been established to oversee and guide this process. We continue to communicate with lawyers and HR teams to ensure a thorough process is followed. A designated member of staff was appointed in 2024 to oversee this process.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the activity that aggregate all cost related to the activity. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Awards offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Governance costs

Governance costs include costs of the preparation and audit of statutory accounts, remuneration to trustees for services not related to duties of being a trustee, costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Allocation and apportionment of costs

Administration costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and are allocated to activity cost categories on a basis consistent with the use of resources.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

Website development

Website development is written off over three years, which is the period considered the site will provide economic benefit.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	- 2% on cost
Fixtures and fittings	- 20% on cost
Computer equipment	- 25% on cost

Investment property

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

Taxation

The charity is exempt from corporation tax on income and gains falling within Part 11 of the Corporation Tax Act 2010, to the extent that these are applied to its charitable purposes.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds set aside by the directors for specific future purposes or projects.

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

Further explanation of the nature and purpose of each material fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Current asset investments

Current asset investments comprise of cash deposits placed on fixed-term or notice account and are held at cost.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

2.	OTHER TRADING ACTIVITIES			
			2024	2023
			£	£
	Sponsorship		<u>64,006</u>	<u>54,550</u>
3.	INVESTMENT INCOME			
			2024	2023
			£	£
	Rents received		11,988	7,373
	Deposit account interest		<u>5,807</u>	<u>9,966</u>
			<u>17,795</u>	<u>17,339</u>
4.	INCOME FROM CHARITABLE ACTIVITIES			
			2024	2023
			£	£
	Member subscriptions	Activity Memberships	185,054	169,129
	Course fees	Courses	57,050	33,187
	Congress income	Conferences	114,456	111,681
	Journal income	Journal publication & other services	646,145	627,457
			<u>1,002,705</u>	<u>941,454</u>
5.	RAISING FUNDS			
	Other trading activities			
			2024	2023
			£	£
	Sponsorship		<u>-</u>	<u>869</u>
6.	CHARITABLE ACTIVITIES COSTS			
			Direct	Support
			Costs	costs (see
			£	note 7)
			£	£
	Memberships		60,097	207,297
	Courses		65,834	153,591
	Conferences		251,812	68,337
	Journal income		127,806	-
	Awards		<u>41,860</u>	<u>58,026</u>
			<u>547,409</u>	<u>487,251</u>
				<u>1,034,660</u>

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

7. SUPPORT COSTS

	Administration £	Governance costs £	Totals £
Memberships	204,781	2,516	207,297
Courses	148,968	4,623	153,591
Conferences	63,067	5,270	68,337
Awards	<u>55,510</u>	<u>2,516</u>	<u>58,026</u>
	<u>472,326</u>	<u>14,925</u>	<u>487,251</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Auditors' remuneration	9,600	9,600
Depreciation - owned assets	5,941	5,407
Hire of plant and machinery	<u>1,519</u>	<u>1,129</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

	2024 £	2023 £
Trustees' fees	<u>2,223</u>	<u>4,412</u>

The following remuneration was paid to Charity's trustees, for services towards providing the Company's charitable aims:

	2024 £	2023 £
Dr Jane Dunbar	-	1,400
Mrs Lucy Wright	-	1,000
Dr Dane Vishnubala	2,223	2,012

The board have given regard to the Charity Commission's guidance and consider the payments to be in the best interest and reasonable for the services provided.

No remuneration was paid to the trustees during the financial year or previous financial year, for their duties as a trustee.

Trustees' expenses

	2024 £	2023 £
Trustees' expenses	<u>3,102</u>	<u>510</u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	240,213	195,414
Social security costs	17,602	14,454
Other pension costs	<u>14,644</u>	<u>11,477</u>
	<u>272,459</u>	<u>221,345</u>

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

	2024	2023
Administration & management	<u>5</u>	<u>6</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
£60,001 - £70,000	-	1
Less than £60,000	<u>5</u>	<u>5</u>
	<u>5</u>	<u>6</u>

Termination benefits paid during the year amounted to £26,438 as part of a restructuring program.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Memberships	169,129	-	169,129
Courses	33,187	-	33,187
Conferences	111,681	-	111,681
Journal income	627,457	-	627,457
Other trading activities	54,550	-	54,550
Investment income	<u>17,339</u>	<u>-</u>	<u>17,339</u>
Total	<u>1,013,343</u>	<u>-</u>	<u>1,013,343</u>
EXPENDITURE ON			
Raising funds	869	-	869
Charitable activities			
Memberships	269,342	-	269,342
Courses	163,641	-	163,641
Conferences	280,775	-	280,775
Journal income	88,155	-	88,155
Awards	91,440	-	91,440

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted funds £	Restricted fund £	Total funds £
	<u> </u>	<u> </u>	<u> </u>
Total	894,222	-	894,222
Net gains on investments	41,912	-	41,912
NET INCOME	161,033	-	161,033
RECONCILIATION OF FUNDS			
Total funds brought forward	2,799,815	4,115	2,803,930
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>2,960,848</u>	<u>4,115</u>	<u>2,964,963</u>
12. INTANGIBLE FIXED ASSETS			Website £
COST			
At 1 January 2024 and 31 December 2024			<u>44,141</u>
AMORTISATION			
At 1 January 2024 and 31 December 2024			<u>44,141</u>
NET BOOK VALUE			
At 31 December 2024			<u> </u> <u> </u>
At 31 December 2023			<u> </u> <u> </u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

13. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2024	230,712	11,156	44,488	286,356
Additions	<u>-</u>	<u>-</u>	<u>1,112</u>	<u>1,112</u>
At 31 December 2024	<u>230,712</u>	<u>11,156</u>	<u>45,600</u>	<u>287,468</u>
DEPRECIATION				
At 1 January 2024	59,352	11,156	37,765	108,273
Charge for year	<u>4,614</u>	<u>-</u>	<u>1,327</u>	<u>5,941</u>
At 31 December 2024	<u>63,966</u>	<u>11,156</u>	<u>39,092</u>	<u>114,214</u>
NET BOOK VALUE				
At 31 December 2024	<u>166,746</u>	<u>-</u>	<u>6,508</u>	<u>173,254</u>
At 31 December 2023	<u>171,360</u>	<u>-</u>	<u>6,723</u>	<u>178,083</u>

14. INVESTMENT PROPERTY

	£
FAIR VALUE	
At 1 January 2024 and 31 December 2024	<u>206,000</u>
NET BOOK VALUE	
At 31 December 2024	<u>206,000</u>
At 31 December 2023	<u>206,000</u>

Fair value at 31 December 2024 is represented by:

	£
Valuation in 2023	41,912
Cost	<u>164,088</u>
	<u>206,000</u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2024	2023
	£	£
Trade debtors	557,066	505,588
Prepayments	<u>36,567</u>	<u>26,908</u>
	<u>593,633</u>	<u>532,496</u>

16. CURRENT ASSET INVESTMENTS	2024	2023
	£	£
Other	<u>1,159,726</u>	<u>-</u>

At the balance sheet date, the charity held £1.161m (2023: £NIL) as cash equivalents on deposit. A balance of £60,000 requires 30 days notice and a balance of £60,000 requires 45 days notice. The trustees consider the deposits low-risk and liquid, the income generated to be used to support the charity's long term objectives.

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2024	2023
	£	£
Trade creditors	176,372	25,239
Social security and other taxes	4,785	5,400
VAT	30,614	-
Other creditors	14,297	515
Pension	-	881
Accruals and deferred income	<u>15,360</u>	<u>38,150</u>
	<u>241,428</u>	<u>70,185</u>

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024	2023
	£	£
Within one year	1,783	1,783
Between one and five years	<u>3,244</u>	<u>5,026</u>
	<u>5,027</u>	<u>6,809</u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

19. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
Designated fund	130,000	-	140,000	270,000
Unrestricted fund	2,745,533	91,599	(164,691)	2,672,441
Awards fund	<u>85,315</u>	<u>(41,753)</u>	<u>24,691</u>	<u>68,253</u>
	2,960,848	49,846	-	3,010,694
Restricted funds				
Restricted funds	<u>4,115</u>	-	-	<u>4,115</u>
TOTAL FUNDS	<u><u>2,964,963</u></u>	<u><u>49,846</u></u>	<u><u>-</u></u>	<u><u>3,014,809</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted fund	1,084,506	(992,907)	91,599
Awards fund	<u>-</u>	<u>(41,753)</u>	<u>(41,753)</u>
	1,084,506	(1,034,660)	49,846
TOTAL FUNDS	<u><u>1,084,506</u></u>	<u><u>(1,034,660)</u></u>	<u><u>49,846</u></u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
Designated fund	452,300	(61,654)	(260,646)	130,000
Unrestricted fund	2,347,515	222,687	175,331	2,745,533
Awards fund	<u>-</u>	<u>-</u>	<u>85,315</u>	<u>85,315</u>
	2,799,815	161,033	-	2,960,848
Restricted funds				
Restricted funds	<u>4,115</u>	-	-	<u>4,115</u>
TOTAL FUNDS	<u><u>2,803,930</u></u>	<u><u>161,033</u></u>	<u><u>-</u></u>	<u><u>2,964,963</u></u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

19. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
Designated fund	-	(61,654)	-	(61,654)
Unrestricted fund	<u>1,013,343</u>	<u>(832,568)</u>	<u>41,912</u>	<u>222,687</u>
	<u>1,013,343</u>	<u>(894,222)</u>	<u>41,912</u>	<u>161,033</u>
TOTAL FUNDS	<u><u>1,013,343</u></u>	<u><u>(894,222)</u></u>	<u><u>41,912</u></u>	<u><u>161,033</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
Designated fund	452,300	(61,654)	(120,646)	270,000
Unrestricted fund	2,347,515	314,286	10,640	2,672,441
Awards fund	<u>-</u>	<u>(41,753)</u>	<u>110,006</u>	<u>68,253</u>
	2,799,815	210,879	-	3,010,694
Restricted funds				
Restricted funds	<u>4,115</u>	<u>-</u>	<u>-</u>	<u>4,115</u>
TOTAL FUNDS	<u><u>2,803,930</u></u>	<u><u>210,879</u></u>	<u><u>-</u></u>	<u><u>3,014,809</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
Designated fund	-	(61,654)	-	(61,654)
Unrestricted fund	2,097,849	(1,825,475)	41,912	314,286
Awards fund	<u>-</u>	<u>(41,753)</u>	<u>-</u>	<u>(41,753)</u>
	<u>2,097,849</u>	<u>(1,928,882)</u>	<u>41,912</u>	<u>210,879</u>
TOTAL FUNDS	<u><u>2,097,849</u></u>	<u><u>(1,928,882)</u></u>	<u><u>41,912</u></u>	<u><u>210,879</u></u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

20. EMPLOYEE BENEFIT OBLIGATIONS

The organisation operates a defined contribution pension scheme.

	2024	2023
	£	£
The costs of the scheme to the charity for the year	14,644	11,477
The amount of any contributions outstanding at the year end	-	881
The amount of any contributions prepaid at the year end	-	-

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

22. DESIGNATED FUNDS

Designated funds contains income from unrestricted charitable activities.

These funds have been designated to assist the charity in improving its ability to carry out its charitable aims. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

The designated funds are for the following purposes and expected to be expensed in the 12 months following the balance sheet date:

To create a new research training course for members to improve their skills and provide them with greater opportunities.

BASEM's contribution to maintain members' fees.

Provision for legal services in respect of potential collaboration and establishment of College of SEM.

23. AWARDS FUNDS

Awards funds contains income from unrestricted charitable activities. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

These funds have been designated for Members' research awards and contracted bursaries, to promote the speciality of sport and exercise medicine