

2019 MEETING OF MINDS **ACCOUNTS NARRATIVE**

INOCA International is a patient partnership that brings together medical professionals and patients and raises awareness and furthers education in the very under-recognised, under diagnosed and under treated conditions of ischaemia with non-obstructed arteries (INOCA)

The 2019 Meeting of Minds took place on 16th September at The Dorchester in London hosting patients and professionals from around the world.

The British Heart Foundation very generously awarded an exceptional grant of £5,000 to the 2019 Meeting of Minds. The remaining funds were raised via GOFUNDME and a meeting day raffle.

The total amount raised for the 2019 Meeting of Minds was £12,334.82.

The total amount paid out for the 2019 Meeting of Minds was £12,334.82.

Pre meeting costs

These figures included a number of team meetings (for 4-6 team members) in the 12 months prior to September and included travelling expenses, 2 full day meetings as well as a number of half day meetings, working on the Patient Partnership Display Information, layouts and preparation of goodie bags in addition to time spent on discussion, planning and decision making.

Design costs for the Patient Partnership Display Boards were provided for free by team members but costs also included professional printing costs for the 12 displays. Educational materials included in the Goodie Bags were also provided and posted to INOCA completely free of charge.

Many costs incurred by the team were often not expensed or were significantly reduced as a result of very generous good will.

Pre meeting costs also included 2 planning meetings at the venue in London and a pre-meeting discussion session with speakers.

Meeting Day & Attendee Costs

These figures include costs for Information Technology (IT), Live Streaming, Goodie Bags for all attendees, Speaker Expenses, Programme Printing, Permissions, Meeting Materials, Hospitality, GoFundMe Fees, Transport Costs of items/equipment to and from the venue in Central London on the day (some of which have again not been charged but were absorbed by team members)

BHF Funding (through the means of a grant in the sum of £5,000)

This included the cost of the majority of the food and drink for attendees, speaker's flights, accommodation and some postage. Please see below for detailed account.

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|-------------------------------------------------------------|-----------|
| Flights for 3 Professors presenting at the Meeting of Minds | £ 894.39 |
| Accommodation for 5 speakers | £ 205.83 |
| Food and service for 72 attendees | £3,888.00 |
| Administrational sundries | £ 11.78 |
| Total spent | £5,000.00 |

BHF Funding of £5000.00 leaving a nil balance

Additional expenses/future costs

Due to the recent terrorism attacks, live-stream hosting platforms were much more nervous about allowing live streaming of events. As a result, hosting companies tightened up the rules regarding live streaming just before the September meeting. We did not want to let anyone down by saying the live streaming could no longer go ahead, so we agreed to fund the necessary additional costs (£1,507) to employ an independent film crew for the day who had existing updated permissions to live-stream, but this obviously had a considerable impact on the funds.

With very strict housekeeping and very generous good will by the team, the sponsors and our all our contributors, we amazingly still managed to achieve a nil balance for the 2019 Accounts.

A zero balance was a huge achievement this year, but we need to achieve a healthy surplus after meeting costs in the future if we are to pursue publicity campaigns and assure future meetings.

We also need to look to finding funding for the ongoing website costs which are currently being very generously funded by our IT man. We also need to be conscious of the ongoing costs that are attached to travelling to meetings with experts, recording interviews for the website, etc, all of which is currently being privately funded by the founder of INOCA International.

Items not included

It is important to note that although the accounts show a total cost for the 2019 Meeting of Minds of £12,334.82, many of the items included in the accounts were secured at significantly discounted prices to assist in making the 2019 Meeting of Minds possible.

The figure of £12,334.82 also does not include any allowance for the thousands of hours that were contributed by all the talented team members in the 12 months leading up to the meeting, as their personal contribution, in addition to each and every one of them having also donated or contributed financially.

Below is a list of just some of the very generous contributions made and the actual or estimated costings associated with those individual contributions noted alongside where possible.

None of the costs listed below have been claimed, at the very kind request of the donors themselves but were very generously donated and /or provided entirely without charge.

Good housekeeping was key throughout in bringing together the 2019 Meeting of Minds and the accommodation for speakers was booked early to take advantage of extremely low room rates.

This is not an exhaustive list but will hopefully give a clearer picture of the true costs and provision made for the 2019 Meeting of Minds and of the incredible generosity of all those involved.

Our team (mostly patients) have often held professional jobs or have their own companies and so have expertise that we have utilised to the maximum to make sure that this meeting could successfully be held at a fraction of the real cost.

The Dorchester also facilitated so very much whilst at the same time very generously reducing and voiding costs wherever possible. The fact that through their immense generosity and willingness to help, we were able to host our meeting in such a prestigious and stunning venue, undoubtedly also assisted in securing the attendance of so many world leading experts.

Such was the determination of all involved to ensure this meeting took place so that awareness could be raised of INOCA conditions, worldwide.

LIST OF SERVICES WITH APPROXIMATE/INVOICED VALUES
ALL OF WHICH HAVE BEEN PROVIDED FREE OF CHARGE

| | | |
|---------------------------------------------|---------|-------------|
| Team Hours over 12 month period x5 @£20ph) | £30,000 | NOT CHARGED |
| Expert Hrs over 12 month period x1 @£300ph) | £30,000 | NOT CHARGED |
| The Dorchester | £23,052 | NOT CHARGED |
| Speaker's Fees for 14 speakers | £4,200 | NOT CHARGED |
| Aiuto Digital IT Services | £3,070 | NOT CHARGED |
| Team Members Hotel Bills for the Meeting | £2,320 | NOT CHARGED |
| Team Out of Pocket Expenses | £550 | NOT CHARGED |
| Travel Expenses for Speakers | £500 | NOT CHARGED |
| Postal Contributions from the US | £150 | NOT CHARGED |
| Meeting room from Holiday Inn | £75 | NOT CHARGED |
| Donated Raffle prizes | £635 | NOT CHARGED |
| Donated handcrafted items | £74 | NOT CHARGED |

APPROX VALUE OF SERVICES PROVIDED AT NO CHARGE = £94,626.00

TOTAL COST OF 2019 MEETING OF MINDS = £12,334.82

In addition, a further £94,626 of services, at approximate market price, were provided free of charge