



Supporting your MS journey

Multiple Sclerosis-UK Limited

(A company limited by guarantee)

Unaudited

Trustees' report and financial statements

For the Year Ended 31 December 2022

Registered number: 02842023
Charity number: 1033731

Contents

| | |
|--|---------|
| Reference and administrative details of the charity, its Trustees and advisers | 1 |
| Trustees' report | 2 - 14 |
| Independent examiner's report | 15 - 16 |
| Statement of financial activities | 17 |
| Balance sheet | 18 - 19 |
| Statement of cash flows | 20 |
| Notes to the financial statements | 21 - 38 |

Reference and Administrative Details of the Charity, its Trustees and Advisers
For the Year Ended 31 December 2022

Trustees

Matthew Swan, Chair
Michael Herington
Claire Rowles
Fiona Corrigan
Laura Shukla

Philip Startin
Charles Stebbings
Rebecca Armstrong
Laura Marsden
Suzanne Rafla

**Company registered
number**

02842023

**Charity registered
number**

1033731

Registered office

D3 Knowledge Gateway
Nesfield Road
Colchester
Essex
CO4 3ZL

Chief executive officer

Amy Woolf

Independent examiner

Griffin Chapman
Chartered Accountants
4 & 5 The Cedars, Apex 12
Old Ipswich Road
Colchester
CO7 7QR

Trustees' Report
For the Year Ended 31 December 2022

Trustees' report

The board of trustees, who are also directors for the purposes of the Companies Act, present their annual report and financial statements of Multiple Sclerosis-UK Limited for the year ended 31 December 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" and have followed UK generally accepted accounting principles in preparing the annual report and financial statements. The trustees' report is also a directors' report as required by s417 of the Companies Act 2006.

Legal and administrative information

The information given on page 1 forms part of this report. As noted on page 3, the charity also operates under the name MS-UK.

The trustees during the year under review were as follows

Rebecca Armstrong (appointed 17 June 2022)
Michael Herington
Claire Rowles (previously Offord)
Fiona Corrigan (previously Sakal)
Laura Marsden

Suzanne Rafla (appointed 17 June 2022)
Laura Shukla (appointed 17 June 2022)
Philip Startin
Charles Stebbings
Matthew Swan (Chair)

Retirement of trustees

The following trustees are to retire in accordance with the Articles of Association and, being eligible, offered themselves for re-appointment

Claire Rowles
Philip Startin
Charlie Stebbings

Senior management personnel

The senior management personnel throughout the year were the following

Diana Crowe
Sarah-Jane Elliott
Jill Purcell
Amy Woolf
Sarah Wright

Trustees' Report

For the Year Ended 31 December 2022

The remuneration of all staff, including the senior management team, is consistent with our pay policy. At appointment, salaries are set in keeping with the market value, individual experience and expertise, and benchmarked against salaries for our sector. Pay reviews are conducted annually in light of the charity's budget, performance to strategy, individual performance and market analysis.

Structure, governance and management

Multiple Sclerosis-UK Limited is a charity registered with the Charity Commission, charity number 1033731, and a limited company, registered at Companies House, company number 02842023, trading as MS-UK.

The board of trustees is responsible for the governance and strategic direction of MS-UK. Our most recent strategic plan can be found on our website at www.ms-uk.org/aboutus.

The board of trustees continue to ensure both the good governance and proper administration of MS-UK in keeping with its Articles of Association. Day to day responsibility for the running of the organisation is delegated to the Chief Executive, Amy Woolf, and her team.

We recruited three new board members this year through an open recruitment process. We have provided a robust induction process enabling our newest members to fully fulfil their role.

Our board now consists of ten members and each are committed to ensuring that the charities' governance arrangements are effective. The board meets quarterly to fulfil its duties, and hold an additional strategy day for the board and management team.

At the time of our AGM, the board reviewed the charities' governing document and was satisfied that it continued to be fit for purpose.

Trustees maintain overall supervision of both the financial and operational performance of the charity and receive accurate and timely updates from the Chief Executive and her team.

The trustees monitor the risks faced by MS-UK at each board meeting, and strategy day, and are therefore in a position to ensure controls, policies and procedures are in place to deal with any issues effectively should they arise.

The main risk faced by MS-UK is the reliance on fundraising to support our services. Income from fundraising events and community fundraising continue to be impacted as our supporters face the current increased costs of living. We are continually looking to increase

Trustees' Report

For the Year Ended 31 December 2022

our income from other sources, however we are mindful that this is true for most charities and therefore it may be difficult to stand out and gain support for MS-UK above others.

Another risk to the charity is potentially losing key staff members. As a small team any role can be vital and we are aware that recruitment and on-boarding of skilled staff can have significant cost. We therefore ensure that we treat our colleagues well, offer them fair remuneration and are flexible wherever possible so we can retain our talented and committed team.

Objects and activities

MS-UK is a national charity formed in 1993. We are here for people affected by multiple sclerosis (MS) – that's around 130,000 people in the UK and 2.3 million worldwide.

MS is a condition that affects the central nervous system – your brain and spinal cord. There is currently no cure. The symptoms people experience vary greatly from person to person and over time. Such symptoms may include fatigue, pain, sensory problems such as with vision, cognition difficulties and issues with bodily functions such as speech and swallowing and bladder and bowel control.

Just as there is no cure, there is also no definitive understanding of the cause of MS. This means that there is no consensus on how to treat or manage MS, especially as the condition progresses, doubling the uncertainty in people's lives and those around them.

This is why MS-UK has always been at the forefront of promoting choice, of providing people with all the information and support they need to live life as they wish to with MS. We will always respect people's rights to make informed decisions for themselves.

We are dedicated to improving the understanding of MS and providing support where it is needed most.

Ultimately, we are here to support people affected by MS to live healthier and happier lives.

Our objects are

- The relief of people affected by multiple sclerosis and other similar conditions
- To promote and protect the physical and mental health of those affected by multiple sclerosis through the provision of information, support, engagement and awareness including the provision of recreational activities
- The advancement of education of those affected by multiple sclerosis in any treatment, therapy or subject relating to multiple sclerosis including the promotion of research

Trustees' Report

For the Year Ended 31 December 2022

The trustees confirm they have had regard to the Charity Commission's guidance on public benefit and the charity's core activities, in keeping with our objects.

Our core services to fulfil our objects are

Online activities

This service continues to grow year on year. We provide a wide range of online classes, courses, workshops and information sessions. Our online exercise classes are specially designed to help people affected by MS stay active at home and manage their wellbeing. These classes offer accessible exercise for all abilities.

We provide regular online courses such as mindfulness, chair yoga and writing for wellbeing. Our information sessions have included subjects such as managing fatigue, improving cognition and healthy habits. We are continually working with the MS community to find out what more we could provide that would support them with their health and wellbeing further.

We also facilitate online social groups, known as peer pods. These are volunteer-led online social gatherings using Zoom bringing people together to create friendships and peer support. People come together in various groups including newly diagnosed, young people and carers.

MS-UK Helpline

Unlike other helplines, our trained helpline staff provide information and emotional support to people with MS, their carers and families about anything related to life with MS, from drug therapies to complementary therapies and accessing benefits to home aids and adaptations. This can be over the phone, by email, live web chat or letter. There are no restrictions on what we will discuss, we have no time limits and we support people as often as they need us to. The team also publish our information booklets, Choices, on a wide range of subjects available on our website and in print.

Training and eLearning

We have developed two online courses – Understanding MS, and Counselling people with MS. These interactive digital courses include both information and lived experiences of people affected by MS and are primarily aimed at professionals.

We also launched online training webinars this year. These can be bespoke sessions aimed at a specific audience such as Social Prescribers, or general sessions open to the public. All sessions are run by a member of our helpline team and a person living with MS to ensure they include lived experience.

Trustees' Report

For the Year Ended 31 December 2022

New Pathways

Our bi-monthly magazine is a go-to resource for people affected by MS. The magazine has been a lifeline for people by providing the latest news, research and thinking about how to live well with the condition. Our editor understands the importance of ensuring there are no taboo subjects and that all possible options for managing life with MS are researched and presented in a balanced way. Subjects covered vary from the latest research news and letters pages to complementary therapies and peoples' stories providing support and inspiration to others.

MS-UK Counselling

This was the only service of its kind in the UK. We provided MS-specific counselling to support our clients' mental health and wellbeing. Our counsellors were BACP registered and received comprehensive training on life with multiple sclerosis (MS) at induction to ensure they provided the best possible support to people with MS. Our counsellors supported people with mental health issues such as anxiety, depression and difficulties with acceptance. Many of our clients who accessed our counselling service reported feeling more connected with others, are more able to cope when things go wrong, sleep better and feel more hopeful about their future.

Achievements and performance indicators

Strategic priority 1: Supporting people affected by multiple sclerosis to be healthier and happier

Online activities

In 2022, our online activities were delivered for a second full year to our online community. We were able to build on the initial success and learning from 2021 to significantly increase the reach and variety of activities we had to offer.

We continued with the core offering of the service which included our weekly classes of exercise and chair yoga, our four and eight-week mindfulness courses, and monthly information sessions. Using the feedback and suggestions we were able to trial new weekly classes of Pilates, diversify our poetry courses to trial a new 'writing for wellbeing' course, pilot a new course on 'healthy habits' plus offer and deliver a range of monthly topics in the form of workshops, where we discussed low dose naltrexone, pregnancy and haematopoietic stem cell transplantation, collaborating with researchers and other organisations.

Trustees' Report

For the Year Ended 31 December 2022

94 per cent of our attendees report that our activities support them to maintain or improve their symptom management.

"I greatly appreciate all you do to provide interesting activities which stimulate people with MS and give them hope that MS is only part of their life and that each one can participate and realise life can be better if they strive to manage how they can be fitter mentally and physically."

Our Peer Pods are groups that are open to anyone living with MS or their caregivers. Sessions are hosted regularly on Zoom, in order to share experiences, provide support and encouragement, and to socialise in a safe space. These sessions are facilitated by a trained volunteer Peer Supporter who has been recruited from within the group. This year volunteers gave 520 hours of their time to our peer pods enabling us to create five new groups.

"I find the MS-UK peer pod for MS caregivers the best support group I have come across yet. Truly makes me feel like this charity is listening and cares about directly helping us. The peer pods have been a 'life saver' for me when I was full of woe and grief, feeling alone in my struggles to be a caring and understanding partner to my partner struggling with the way MS affects his life."

During 2022, we reached over 7,500 individual session attendances, this was 2,500 more than in 2021, we near doubled the number of unique users for the service with a total of 839 and delivered just short of a thousand live sessions across all online activities.

Feedback from our users is that they would benefit from a more streamlined process for signing up to our activities and the option to donate monthly. We have been working to develop a new section within our website that will allow both these functions and aim to launch this early next year.

MS-UK Helpline

This year our helpline supported 1,200 through calls, emails, and webchats. The most common reason people contacted us was for emotional support. This was followed by symptoms, diagnosis and medication. The majority of our contacts deal with complex enquiries often requiring research and detailed follow up information.

For more general MS information, our helpline team produce our Choices booklets. This year they created two new booklets, Pregnancy and MS and Haematopoietic stem cell transplantation (HSTC) and reviewed seven current booklets. They additionally created new online content on MS and Work, Benefits and MS and Care and Support. More than 27,000

Trustees' Report

For the Year Ended 31 December 2022

people read our content online, and we dispatched over 3,000 printed booklets.

We routinely ask for feedback on our service. This year:

94 per cent said they found the staff to be professional, knowledgeable, and provided a high-quality service

80 per cent said contact made with the MS-UK Helpline improved their understanding of MS

84 per cent said they got the information and/or support they needed

"I have used the service three times now. Once when I suspected MS, once before choosing medication and considering how it fits into family planning, and recently about managing work and maternity. Each time has been fantastic."

"The team is my MS lifeline and a wonderful friendly resource to help navigate this journey."

New Pathways magazine

We continued to publish our magazine New Pathways. The magazine is our way of ensuring that people can access trusted information, the latest news and research and inspirational stories, particularly for those that do not use the internet. As with many magazines, our subscriber numbers fell this year as many people began to cancel non-essential costs. We finished the year with just under 1,800 subscribers.

"I have MS and look forward to hearing about any new treatments or apparatus or innovations that are coming along. I like to read about other people and how they overcome problems or obstacles. I like to hear about new ideas, and new understanding of the disease. It is always useful to know what benefits are available, also about problems others have had accessing them."

MS-UK Counselling

MS-UK Counselling saw unprecedented demand in 2022 receiving over 400 referrals. We expanded the team to help us meet the demand and adopted a case management system to make administration of the service more effective. However, despite investing further in the service, we were unable to keep up with demand and had to close our waiting list on two occasions.

This service was funded by a number of trusts and foundations, but as a major fund comes to

Trustees' Report

For the Year Ended 31 December 2022

an end, we have had to make the difficult decision to close this service at the end of March 2023. We are disappointed that we have not been able to attract funding to keep this valuable service running, but are proud that we have supported nearly 1,000 people over the course of the service, 264 of which were during this year, the highest number of people in any year prior. Feedback from our clients has told us

- 94% were experiencing no more, or less anxiety
- 93% were more able to cope when things go wrong
- 76% felt more happy
- 69% felt less helpless and less despair
- 62% were able to sleep better

“I have benefitted already in so many ways. My level of mental clarity, ease and overall wellbeing has improved a great deal from the process. I feel more at ease with my diagnosis and talking to others about it, and I am more hopeful that I will be able to cope with whatever the future may bring.”

“Thank you. My counsellor made such a difference to my life at a time when I was finding it hard to move past the shock and sadness of my diagnosis.”

Strategic priority 2: Increasing understanding of multiple sclerosis

This year we aimed to increase support available to professionals through our eLearning courses and training sessions. Our eLearning was completed by 56 individuals from all different professional backgrounds. We also provided webinar based training to an additional 727 people, including two webinars for 350 DWP staff, 67 care professionals and 112 Social Prescribers.

We also planned to launch our new website, which we did in the summer, and pilot a six-episode podcast, which due to availability of some of the participants, we have had to postpone until early 2023. All our social channels continued to grow this year, and we have made good use of e-newsletters to ensure people know about us and where to turn for support. We also ran a number of successful online campaigns including during MS Awareness Week and World MS day to help increase people's understanding of life with MS.

Finally, we have been working with an external agency to support us to create a marketing

Trustees' Report

For the Year Ended 31 December 2022

strategy for our services and fundraising opportunities which we will be implementing in 2023.

Strategic priority 3: Managing our charity as efficiently and effectively as possible

We were pleased to see the return of in person fundraising events this year. Whilst some events performed better than others, we are pleased that overall our in-person and virtual fundraising events reached our budget expectations. Unfortunately, we were not able to increase the number of community fundraisers or support from corporate organisations, and recognise that the goals we set ourselves as we came out of pandemic restrictions, were difficult to reach as we entered a new financial climate where costs of living are significantly increasing. This also had an impact on donations and increased competition to secure funding from other sources such as Trusts and Foundations.

We finalised our trustee recruitment, welcoming three new board members. We are pleased to benefit from their skills and experience as well as their commitment to the MS community.

This year we reviewed our wellbeing initiatives, created a new process for personal development plans and created an internal equality, diversity and inclusion (EDI) group. After consulting with our team, we identified specific areas of EDI training they wanted to receive and worked with a local LGBTQ+ charity to deliver the training courses. Each year we run an anonymous staff survey and were pleased to receive an overall score of 9/10 for employee satisfaction. We also received an award from Great Place to Work in recognition of being a great employer, and also won an award from them for their Women at Work category. We achieved recognition through the Disability Confident Employer scheme at level 2.

We sought to increase support from volunteers and recruited three volunteer counsellors. We scored 9/10 on our volunteer satisfaction survey across the whole charity.

Financial review

Thanks to the fantastic work of our fundraising team, we finish the year in a better financial position than anticipated, given the impact of the continued rise in cost of living and therefore our ability to rely on the public to support us to the levels they have previously. Whilst these accounts report a deficit for 2022, £190,000 of our costs relate to restricted income received in the previous year for activities this year.

This year our income, compared with 2021, decreased by £179,005, (19%). We increased our expenditure by £146,516, (17%). For 2022 we are reporting a deficit of £258,175 for the year (2021 surplus of £67,346).

Trustees' Report

For the Year Ended 31 December 2022

We have reviewed our reserves policy this year and agreed to keep our current policy to maintain free cash reserves at a minimum of six months operating costs (after fixed assets, restricted and designated funds). This is to ensure the charity can continue current activities and commitments in the event of any further significant drops in funding. Free cash reserves reported in these accounts are £866,307. We hold £400,000 of these funds in a designated fund for future property needs and will be reviewing our accommodation requirements when the break in our lease is reached.

Looking to the year ahead, two major funds have come to an end during the year within a few months of one another. We have been unable to secure continuation funding from the National Lottery, nor secure funding to replace that we have received from the Charities Aid Foundation.

This created a substantial deficit for 2023, which has now given rise to our difficult decision to close the counselling service. This decision alone will not achieve a balanced budget for the year ahead, but we are confident that we can rely on reserves to meet this medium-term shortfall. To ensure that this shortfall does not carry forward to 2024, we are focussing our efforts on growing the reach of our online activities and fundraising activities.

We continue not to accept money from companies manufacturing pharmaceuticals lest this should compromise our position, or perceived position on providing unbiased information and support to people affected by multiple sclerosis. We are therefore particularly grateful to all those individuals who have either personally, or through their place of work, supported MS-UK this year, as well as our funders and volunteers that provide support in their own time.

Plans for next year

Each of our activities in the coming year fall under one of our strategic aims

Supporting people affected by multiple sclerosis to be healthier and happier

- Increase the number of people we support through our helpline and training
- Review eight of our Choices booklets
- Increase the number of people we support through our online activities
- Launch a new online portal to make signing up to our activities easier and allow for monthly donations

Trustees' Report

For the Year Ended 31 December 2022

- Continue to publish our New Pathways magazine and create a product directory
- Wind down our counselling service with care and compassion for the MS community and our staff
- Create a directory of people that have undertaken our Counselling People with MS training so we can signpost people to them

Increasing understanding of multiple sclerosis

- Provide six webinar training sessions to professionals
- Pilot a six-episode podcast for people affected by MS
- Implement our marketing strategy to increase the reach of our services and make more people aware of our fundraising opportunities, increasing our communications budget by 44%

Managing our charity as efficiently and effectively as possible

- Develop our next strategy
- Recognise our 30th anniversary
- Run a full calendar of fundraising events, both in-person and virtual
- Increase community fundraising income
- Increase corporate fundraising income
- Increase regular donors
- Implement a major donor strategy
- Review our CRM to ensure we are fit for the future
- Roll out our new PDP process
- Hold team days and development sessions for staff

Trustees' responsibilities statement

The trustees (who are also the directors of Multiple Sclerosis-UK Limited for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and regulations.

Trustees' Report

For the Year Ended 31 December 2022

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and the income and expenditure of the charity for that period.

In preparing these financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting 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, and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Trustees' indemnity

Throughout the year an indemnity insurance policy was in place covering the trustees.

Trustees' Report
For the Year Ended 31 December 2022

Small company provisions

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Approved by order of the members of the board of Trustees on 2 May 2023
and signed on their behalf by:



Mr M Swan
Chair

Independent examiner's report
For the Year Ended 31 December 2022

Independent examiner's report to the Trustees of Multiple Sclerosis-UK Limited
('the charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 31 December 2022.

Responsibilities and basis of report

As the Trustees of the charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination

Independent examiner's report
For the Year Ended 31 December 2022

to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 5 May 2023

Thomas Maddocks ACA FMAAT

Griffin Chapman

Chartered Accountants

4 & 5 The Cedars, Apex 12

Old Ipswich Road

Colchester

CO7 7QR

Statement of financial activities (incorporating income and expenditure account)
For the Year Ended 31 December 2022

| | Note | Restricted funds 2022 £ | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|--|------|----------------------------------|------------------------------------|-----------------------------|-----------------------------|
| Income from: | | | | | |
| Donations and legacies | 3 | - | 181,756 | 181,756 | 265,775 |
| Charitable activities | 4 | 109,314 | 59,781 | 169,095 | 381,028 |
| Other trading activities | 5 | - | 404,596 | 404,596 | 245,661 |
| Investments | 6 | - | 2,188 | 2,188 | 637 |
| Other income | 7 | - | - | - | 43,539 |
| Total income | | 109,314 | 648,321 | 757,635 | 936,640 |
| Expenditure on: | | | | | |
| Raising funds | 8 | - | 240,427 | 240,427 | 261,629 |
| Charitable activities | | 336,545 | 438,838 | 775,383 | 607,665 |
| Total expenditure | | 336,545 | 679,265 | 1,015,810 | 869,294 |
| Net (expenditure)/income | | (227,231) | (30,944) | (258,175) | 67,346 |
| Transfers between funds | 20 | 42,078 | (42,078) | - | - |
| Net movement in funds | | (185,153) | (73,022) | (258,175) | 67,346 |
| Reconciliation of funds: | | | | | |
| Total funds brought forward as previously stated | | 218,670 | 976,395 | 1,195,065 | 1,108,084 |
| Prior year adjustment | | - | - | - | 19,635 |
| Total funds brought forward as restated | | 218,670 | 976,395 | 1,195,065 | 1,127,719 |
| Net movement in funds | | (185,153) | (73,022) | (258,175) | 67,346 |
| Total funds carried forward | | 33,517 | 903,373 | 936,890 | 1,195,065 |

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 20 to 38 form part of these financial statements.

Balance sheet
As at 31 December 2022

| | Note | 2022 £ | 2021 £ |
|--|------|----------------|------------------|
| Fixed assets | | | |
| Tangible assets | 15 | 16,279 | 17,558 |
| | | <u>16,279</u> | <u>17,558</u> |
| Current assets | | | |
| Debtors | 16 | 66,487 | 158,665 |
| Investments | 17 | 621,266 | 200,000 |
| Cash at bank and in hand | | 278,558 | 848,080 |
| | | <u>966,311</u> | <u>1,206,745</u> |
| Creditors: amounts falling due within one year | 18 | (45,700) | (29,238) |
| Net current assets | | <u>920,611</u> | <u>1,177,507</u> |
| Total assets less current liabilities | | <u>936,890</u> | <u>1,195,065</u> |
| Net assets excluding pension asset | | <u>936,890</u> | <u>1,195,065</u> |
| Total net assets | | <u>936,890</u> | <u>1,195,065</u> |
| Charity funds | | | |
| Restricted funds | 20 | 33,517 | 218,670 |
| Unrestricted funds | 20 | 903,373 | 976,395 |
| Total funds | | <u>936,890</u> | <u>1,195,065</u> |

The charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

Balance sheet (continued)
As at 31 December 2022

The financial statements were approved and authorised for issue by the Trustees on
2 May 2023 and signed on their behalf by:



Mr M Swan
Trustee

The notes on pages 20 to 38 form part of these financial statements.

Statement of cash flows
For the Year Ended 31 December 2022

| | 2022 £ | 2021 £ |
|--|-----------|-----------|
| Cash flows from operating activities | | |
| Net cash used in operating activities | (146,824) | (110,441) |
| Cash flows from investing activities | | |
| Interest received | 2,188 | 637 |
| Proceeds from the sale of fixed assets | - | 573,500 |
| Purchase of tangible fixed assets | (3,620) | (10,160) |
| Net cash (used in)/provided by investing activities | (1,432) | 563,977 |
| Cash flows from financing activities | | |
| Repayments of borrowing | - | (38,013) |
| Interest paid | - | (638) |
| Net cash provided by/(used in) financing activities | - | (38,651) |
| Change in cash and cash equivalents in the year | (148,256) | 414,885 |
| Cash and cash equivalents at the beginning of the year | 1,048,080 | 633,195 |
| Cash and cash equivalents at the end of the year | 899,824 | 1,048,080 |

The notes on pages 20 to 38 form part of these financial statements

Notes to the financial statements

For the Year Ended 31 December 2022

Accounting policies

1. General information

Multiple Sclerosis-UK Limited is a company limited by guarantee, registered in England and Wales, registration number 02842023. The address of the registered office is D3, Knowledge Gateway, Nesfield Road, Colchester, Essex, CO4 3ZL. It is also a registered charity, registration number 1033731. Further details are included in the Trustees' Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Multiple Sclerosis-UK Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The financial statements have been prepared on a going concern basis as the trustees are of the view that the charity will continue in operational existence for at least the next few years.

In forming their view, they have considered and revised the plans and budgets to respond to and address the impact of the challenging economic climate and reduced grant funding. The charity has responded positively to these challenges, identifying and growing opportunities to raise funds whilst meeting service user needs in an effective manner.

They have considered the closing position of the charity at 31 December 2022 showing strong positive levels of cash, net current assets, unrestricted funds and carefully considered budgets and plans for future periods.

2.3 Income

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

The recognition of income from legacies is dependent on establishing entitlement, the

Notes to the financial statements

For the Year Ended 31 December 2022

Accounting policies (continued)

2.3 Income (continued)

probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the charity has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the charity, can be reliably measured.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts in accordance with the Statement of Recommended Practice. Due to the practical difficulties involved in valuing a large number of low value items, goods donated for resale through the charity's online shop are included as income when they are sold.

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

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs

Notes to the financial statements

For the Year Ended 31 December 2022

Accounting policies (continued)

2.4 Expenditure (continued)

attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

| | | |
|--------------------------|---|----------------------|
| Freehold property | — | 2% straight line |
| Improvements to property | — | 2% straight line |
| Fixtures and fittings | — | 25% reducing balance |
| Office equipment | — | 25% reducing balance |

No depreciation is provided on land.

Notes to the financial statements

For the Year Ended 31 December 2022

Accounting policies (continued)

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

2.8 Cash at bank and in hand

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

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.10 Financial instruments

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

2.11 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

2.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Notes to the financial statements
For the Year Ended 31 December 2022

Accounting policies (continued)

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

| | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|------------------------|--|---------------------------------------|---------------------------------------|
| Donations and Gift aid | 101,530 | 101,530 | 82,998 |
| Legacies | 80,226 | 80,226 | 182,777 |
| | <u>181,756</u> | <u>181,756</u> | <u>265,775</u> |
| <i>Total 2021</i> | <u>265,775</u> | <u>265,775</u> | |

Notes to the financial statements
For the Year Ended 31 December 2022

4. Income from charitable activities

| | Restricted funds 2022 £ | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|----------------------------|--|--|---------------------------------------|---------------------------------------|
| Grants | 109,314 | - | 109,314 | 314,967 |
| Other income | - | 7,509 | 7,509 | 11,996 |
| Government JRS Grants | - | - | - | 2,517 |
| New pathways subscriptions | - | 31,761 | 31,761 | 35,167 |
| Support sessions | - | 20,511 | 20,511 | 16,381 |
| | 109,314 | 59,781 | 169,095 | 381,028 |
| <i>Total 2021</i> | 314,967 | 66,061 | 381,028 | |

5. Income from fundraising activities

Income from fundraising events

| | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|-----------------------|--|---------------------------------------|---------------------------------------|
| Fundraising | 387,254 | 387,254 | 227,790 |
| Advertising and other | 17,342 | 17,342 | 17,871 |
| | 404,596 | 404,596 | 245,661 |
| <i>Total 2021</i> | 245,661 | 245,661 | |

Notes to the Financial Statements
For the Year Ended 31 December 2022

6. Investment income

| | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|-------------------|--|---------------------------------------|---------------------------------------|
| Interest received | 2,188 | 2,188 | 637 |
| <i>Total 2021</i> | 637 | 637 | |

7. Other incoming resources

| | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|--|--|---------------------------------------|---------------------------------------|
| Profit/(loss) on the sale of the freehold property | - | - | 43,539 |
| <i>Total 2021</i> | 43,539 | 43,539 | |

8. Expenditure on raising funds

Costs of raising voluntary income

| | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|--------------------------|--|---------------------------------------|---------------------------------------|
| Direct fundraising costs | 185,213 | 185,213 | 202,472 |
| Support costs | 55,214 | 55,214 | 59,157 |
| | 240,427 | 240,427 | 261,629 |
| <i>Total 2021</i> | 261,629 | 261,629 | |

Notes to the Financial Statements
For the Year Ended 31 December 2022

9. Expenditure on charitable activities

| | Charitable activities 2022 £ | Support costs 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|----------------------------------|---|---|---------------------------------------|---------------------------------------|
| Information and support services | 606,522 | 168,861 | 775,383 | 607,665 |
| <i>Total 2021</i> | 442,403 | 165,262 | 607,665 | |

10. Further analysis of expenditure on charitable activities

| | Restricted funds 2022 £ | Unrestricted funds 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|---|--|--|---------------------------------------|---------------------------------------|
| Direct costs | 282,557 | 321,540 | 604,097 | 442,403 |
| Support costs (note 11) | 53,988 | 114,873 | 168,861 | 162,912 |
| Governance costs: Independent examination fees | - | 2,425 | 2,425 | 2,350 |
| | 336,545 | 438,838 | 775,383 | 607,665 |
| <i>Total 2021</i> | 186,491 | 421,174 | 607,665 | |

Notes to the Financial Statements
For the Year Ended 31 December 2022

11. Support costs

| | Raising funds 2022 £ | Charitable activities 2022 £ | Total funds 2022 £ | Total funds 2021 £ |
|---|---|---|---------------------------------------|---------------------------------------|
| Printing, postage, stationery and telephone | 14,449 | 44,050 | 58,499 | 77,399 |
| IT and equipment | 15,690 | 47,832 | 63,522 | 33,311 |
| Personnel, professional fees and training | 4,948 | 15,615 | 20,563 | 33,781 |
| Travel and subsistence | 3,254 | 9,921 | 13,175 | 10,793 |
| Repairs and maintenance | 2,594 | 7,908 | 10,502 | 38,627 |
| General office costs, including utilities | 14,279 | 43,535 | 57,814 | 28,158 |
| | <u>55,214</u> | <u>168,861</u> | <u>224,075</u> | <u>222,069</u> |
| <i>Total 2021</i> | <u><u>59,157</u></u> | <u><u>162,912</u></u> | <u><u>222,069</u></u> | |

The costs have been apportioned on the basis of staff costs.

12. Independent examiner's remuneration

| | 2022 £ | 2021 £ |
|---|---------------------|-------------------|
| Fees payable to the charity's independent examiner for the independent examination of the charity's annual accounts | 2,425 | 2,350 |
| Fees payable to the charity's independent examiner in respect of: All other services not included above | <u>1,520</u> | <u>-</u> |

Notes to the Financial Statements For the Year Ended 31 December 2022

13. Staff costs

| | 2022 £ | 2021 £ |
|--|----------------|----------------|
| Wages and salaries | 554,195 | 492,317 |
| Social security costs | 45,968 | 39,149 |
| Contribution to defined contribution pension schemes | 10,036 | 8,583 |
| | <u>610,199</u> | <u>540,049</u> |

The average number of persons employed by the charity during the year was as follows:

| | 2022 No. | 2021 No. |
|--|-------------|-------------|
| Charitable activities | 13 | 12 |
| Cost of generating funds | 7 | 6 |
| Management and administration of the charity | 5 | 4 |
| | <u>25</u> | <u>22</u> |

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

| | 2022 No. | 2021 No. |
|-------------------------------|-------------|-------------|
| In the band £60,001 - £70,000 | 1 | 1 |

The senior management team received remuneration totalling £228,123 (2021 : £245,650).

14. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 December 2022, no Trustee expenses have been incurred (2021 - £NIL).

Notes to the Financial Statements
For the Year Ended 31 December 2022

15. Tangible fixed assets

| | Fixtures and fittings £ | Office equipment £ | Total £ |
|--------------------------|-------------------------------|--------------------------|---------------|
| Cost or valuation | | | |
| At 1 January 2022 | 16,256 | 39,388 | 55,644 |
| Additions | 500 | 3,120 | 3,620 |
| Disposals | - | (2,292) | (2,292) |
| At 31 December 2022 | <u>16,756</u> | <u>40,216</u> | <u>56,972</u> |
| Depreciation | | | |
| At 1 January 2022 | 10,641 | 27,445 | 38,086 |
| Charge for the year | 1,417 | 3,250 | 4,667 |
| On disposals | - | (2,060) | (2,060) |
| At 31 December 2022 | <u>12,058</u> | <u>28,635</u> | <u>40,693</u> |
| Net book value | | | |
| At 31 December 2022 | <u>4,698</u> | <u>11,581</u> | <u>16,279</u> |
| At 31 December 2021 | <u>5,615</u> | <u>11,943</u> | <u>17,558</u> |

16. Debtors

| | 2022 £ | 2021 £ |
|--------------------------------|---------------|----------------|
| Due within one year | | |
| Trade debtors | 5,691 | 8,603 |
| Other debtors | 1,549 | 470 |
| Prepayments and accrued income | 59,247 | 149,592 |
| | <u>66,487</u> | <u>158,665</u> |

Notes to the Financial Statements For the Year Ended 31 December 2022

17. Current asset investments

| | 2022 £ | 2021 £ |
|--------------------------|----------------|-----------|
| Balances held on deposit | 621,266 | 200,000 |

18. Creditors: Amounts falling due within one year

| | 2022 £ | 2021 £ |
|------------------------------|---------------|-----------|
| Trade creditors | 41,636 | 24,885 |
| Other creditors | 904 | 1,126 |
| Accruals and deferred income | 3,160 | 3,227 |
| | 45,700 | 29,238 |

19. Financial instruments

| | 2022 £ | 2021 £ |
|---|-------------------|-------------------|
| Financial assets | | |
| Financial assets measured at transaction price | 7,240 | 9,869 |
| | 2022 £ | 2021 £ |
| Financial liabilities | | |
| Financial liabilities measured at transaction price | 42,540 | 26,011 |

Financial assets measured at fair value through income and expenditure comprise debtors and sundry debtors.

Financial liabilities measured at fair value through income and expenditure comprise trade creditors, others creditors and bank loans.

Notes to the Financial Statements
For the Year Ended 31 December 2022

20. Statement of funds

Statement of funds - current year

| | Balance at 1 January 2022 £ | Income £ | Expenditure £ | Transfers in/out £ | Balance at 31 December 2022 £ |
|---|--------------------------------------|----------------|--------------------|--------------------------|---|
| General funds | | | | | |
| Designated funds | | | | | |
| Designated Funds - premises | 400,000 | - | - | - | 400,000 |
| General funds | | | | | |
| General Funds - all funds | 576,395 | 648,321 | (679,265) | (42,078) | 503,373 |
| Total Unrestricted funds | 976,395 | 648,321 | (679,265) | (42,078) | 903,373 |
| Restricted funds | | | | | |
| National Lottery Community Fund | 35,335 | 77,814 | (155,227) | 42,078 | - |
| CAF main grant and resilience support grant | 183,335 | - | (154,818) | - | 28,517 |
| February Foundation | - | 5,000 | (5,000) | - | - |
| Edward Gostling Foundation | - | 10,000 | (10,000) | - | - |
| Edith Murphy counselling grant | - | 5,000 | (5,000) | - | - |
| Jules T Foundation | - | 1,500 | (1,500) | - | - |
| Inman Grant | - | 3,000 | (3,000) | - | - |
| The Hospital Saturday Fund | - | 2,000 | (2,000) | - | - |
| The Light Fund | - | 5,000 | - | - | 5,000 |
| | 218,670 | 109,314 | (336,545) | 42,078 | 33,517 |
| Total of funds | 1,195,065 | 757,635 | (1,015,810) | - | 936,890 |

The National Lottery Community Fund relates to the running of MS-UK Online.

The CAF main and resilience grant are to support the delivery of core wellbeing support services. This grant relates to expenditure up to 31 March 2023.

Notes to the Financial Statements
For the Year Ended 31 December 2022

20. Statement of funds (continued)

Statement of funds - prior year

| | <i>As restated Balance at 1 January 2021 £</i> | <i>Income £</i> | <i>Expenditure £</i> | <i>Transfers in/out £</i> | <i>Balance at 31 December 2021 £</i> |
|---|--|---------------------|--------------------------|-----------------------------------|--|
| Unrestricted designated funds | | | | | |
| Designated Funds - premises | - | - | - | 400,000 | 400,000 |
| General funds | | | | | |
| General Funds - all funds | 1,089,582 | 621,673 | (682,803) | (452,057) | 576,395 |
| Total Unrestricted funds | <u>1,089,582</u> | <u>621,673</u> | <u>(682,803)</u> | <u>(52,057)</u> | <u>976,395</u> |
| Restricted funds | | | | | |
| National Lottery Community Fund | 30,874 | 101,632 | (126,717) | 29,546 | 35,335 |
| National Lottery Community Fund - Covid | 7,263 | - | (29,774) | 22,511 | - |
| CAF main grant and resilience support grant | - | 183,335 | - | - | 183,335 |
| Texel Foundation counselling grant | - | 15,000 | (15,000) | - | - |
| February Foundation | - | 5,000 | (5,000) | - | - |
| Edward Gostling Foundation | - | 5,000 | (5,000) | - | - |
| Edith Murphy counselling grant | - | 5,000 | (5,000) | - | - |
| | <u>38,137</u> | <u>314,967</u> | <u>(186,491)</u> | <u>52,057</u> | <u>218,670</u> |
| Total of funds | <u>1,127,719</u> | <u>936,640</u> | <u>(869,294)</u> | <u>-</u> | <u>1,195,065</u> |

Notes to the Financial Statements
For the Year Ended 31 December 2022

21. Summary of funds

Summary of funds - current year

| | Balance at 1 January 2022 £ | Income £ | Expenditure £ | Transfers in/out £ | Balance at 31 December 2022 £ |
|------------------|--------------------------------------|----------------|--------------------|--------------------------|---|
| Designated funds | 400,000 | - | - | - | 400,000 |
| General funds | 576,395 | 648,321 | (679,265) | (42,078) | 503,373 |
| Restricted funds | 218,670 | 109,314 | (336,545) | 42,078 | 33,517 |
| | 1,195,065 | 757,635 | (1,015,810) | - | 936,890 |

Summary of funds - prior year

| | As restated Balance at 1 January 2021 £ | Income £ | Expenditure £ | Transfers in/out £ | Balance at 31 December 2021 £ |
|------------------|---|----------------|------------------|--------------------------|---|
| Designated funds | - | - | - | 400,000 | 400,000 |
| General funds | 1,089,582 | 621,673 | (682,803) | (452,057) | 576,395 |
| Restricted funds | 38,137 | 314,967 | (186,491) | 52,057 | 218,670 |
| | 1,127,719 | 936,640 | (869,294) | - | 1,195,065 |

22. Analysis of net assets between funds

Analysis of net assets between funds
- current year

| | Restricted funds 2022 £ | Unrestricted funds 2022 £ | Total funds 2022 £ |
|-------------------------------|----------------------------------|------------------------------------|-----------------------------|
| Tangible fixed assets | - | 16,279 | 16,279 |
| Current assets | 33,517 | 932,794 | 966,311 |
| Creditors due within one year | - | (45,700) | (45,700) |
| Total | 33,517 | 903,373 | 936,890 |

Notes to the Financial Statements
For the Year Ended 31 December 2022

22. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

| | <i>Restricted funds 2021 £</i> | <i>Unrestricted funds 2021 £</i> | <i>Total funds 2021 £</i> |
|-------------------------------|--|--|---------------------------------------|
| Tangible fixed assets | - | 17,558 | 17,558 |
| Current assets | 218,670 | 988,075 | 1,206,745 |
| Creditors due within one year | - | (29,238) | (29,238) |
| Total | 218,670 | 976,395 | 1,195,065 |

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

| | 2022 £ | 2021 £ |
|--|-------------------|-------------------|
| Net income/expenditure for the year (as per Statement of Financial Activities) | (258,175) | 67,346 |
| Adjustments for: | | |
| Depreciation charges | 4,667 | 9,618 |
| Interest paid | - | 638 |
| Interest received | (2,188) | (637) |
| (Profit)/ Loss on disposal of fixed assets | 232 | (43,539) |
| (Increase)/Decrease in debtors | 92,178 | (104,158) |
| Increase/(Decrease) in creditors | 16,462 | (39,709) |
| Net cash used in operating activities | (146,824) | (110,441) |

24. Analysis of cash and cash equivalents

| | 2022 £ | 2021 £ |
|--|-------------------|-------------------|
| Cash in hand | 278,558 | 848,080 |
| Notice deposits (less than 3 months) | 621,266 | 200,000 |
| Total cash and cash equivalents | 899,824 | 1,048,080 |

Notes to the Financial Statements For the Year Ended 31 December 2022

25. Analysis of changes in net debt

| | At 1 January 2022 £ | Cash flows £ | At 31 December 2022 £ |
|--------------------------|------------------------------|------------------|--------------------------------|
| Cash at bank and in hand | 848,080 | (569,522) | 278,558 |
| Liquid investments | 200,000 | 421,266 | 621,266 |
| | <u>1,048,080</u> | <u>(148,256)</u> | <u>899,824</u> |

26. Pension commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable by the charitable company to the fund during the year and amounted to £10,036 (2021 - £8,583). At the year-end date £2,354 (2021 : £1,674) were due to the fund and are included within creditors.

27. Operating lease commitments

At 31 December 2022 the charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

| | 2022 £ | 2021 £ |
|--|---------------|---------------|
| Not later than 1 year | 31,000 | 30,443 |
| Later than 1 year and not later than 5 years | 18,104 | 48,288 |
| | <u>49,104</u> | <u>78,731</u> |

Notes to the Financial Statements

For the Year Ended 31 December 2022

28. Company limited by guarantee

The company is limited by guarantee without share capital. The liability of the members is limited.

Every member of the charitable company undertakes to contribute to the assets of the charitable company in the event of the charitable company being wound up while they are a member, or within one year after they cease to be a member, for payment of the debts and liabilities of the charitable company contracted before they cease to be a member and of the costs, charges and expenses of winding up and for the adjustment of the rights of the contributories among themselves, such as may be required not exceeding £1.

If upon the winding-up or dissolution of the charitable company there remains, after the satisfaction of all debts and liabilities, any property whatsoever, the sum shall not be paid to or distributed among the members of the charitable company, but shall be given or transferred to some other charitable institution or institutions having objects similar to the objects of the charitable company and which shall prohibit the distribution of its or their income and property to any extent at least as great as is imposed on the company under or by virtue the Memorandum and Articles of Association.