

Charity registration number 1089588 (England and Wales)

Charity registration number SC446344 (Scotland)

Company registration number 04267454 (England and Wales)

**METABOLIC SUPPORT UK**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

# METABOLIC SUPPORT UK

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	Dr R E Pugh MBChB FRCP Mr P J Roper MIET CEng BSC Hons Mr J O'Hara Msc Mr A Johnson Dr R Vara Dr E H Davies Mr C Lander
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<b>Charity number (England and Wales)</b>	1089588
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<b>Charity number (Scotland)</b>	SC446344
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<b>Company number</b>	04267454
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<b>Registered office</b>	Unit 11-12 Gwenfro Technology Park Croesnewydd Road Wrexham LL13 7YP
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<b>Independent examiner</b>	McLintocks (NW) Limited 2 Hilliards Court Chester Business Park Chester Cheshire CH4 9PX
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# METABOLIC SUPPORT UK

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# **METABOLIC SUPPORT UK**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022**

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The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "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)".

### **Objectives and activities**

The charity's primary aims are to:

- The relief of children, young adults, family members and carers affected by metabolic diseases in particular by means of:
  - i. Providing for the same group, an information, advice and support service.
  - ii. Putting the same group into contact with each other for their mutual benefit, help and support.
  - iii. The provision for grants and allowances for the same group and in addition to hospitals, homes or institutions, as shall from time to time be determined, for the purposes of medical treatment, care and relief from suffering.
- The relief of adults who are affected by metabolic diseases by the provision of support and services which are not otherwise provided by any other metabolic disease group in England, as the trustees think fit.
- The education of Health care professionals, other professionals and the general public about metabolic diseases.
- To provide medical research into metabolic diseases and their diagnosis.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

### **Achievements and performance**

Metabolic Support UK is an umbrella patient advocacy organisation founded in 1981, supporting and advocating for people living with Inherited Metabolic Disorders (IMDs) and their communities.

We support over 20,000 people living with one of over 500 IMDs, across the world. IMD's are rare, lifelong genetic disorders caused by an enzyme deficiency affecting the metabolic pathway which if undiagnosed or untreated, can cause irreversible complications, or sadly even death.

Metabolic Support UK delivers a wide range of support and advocacy services to address unmet needs for all IMD communities but with a focus on those for whom there is no established patient group. Using qualitative and quantitative data generated via diverse methodologies, our small and dedicated team works to proactively identify priority needs. We develop evidence-based outputs and programmes to ensure the maximum impact for individual patients, collective patient communities and the wider IMD community.

Our vision for the future: By 2030, Metabolic Support UK wants to see advances across all care and services for the IMD community. This includes early diagnosis, informed and empowered patients, and access to the treatments and services that are available to support families living with these conditions to enjoy a better quality of life.

# **METABOLIC SUPPORT UK**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)** **FOR THE YEAR ENDED 31 MARCH 2022**

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### **Organisational Development**

This year our new CEO, Kirsty Hoyle, began in August 2021, building on the existing 2030 strategy to develop a programme of work that is relevant for our communities now and in the future. We broadened our focus with an increase in policy work and developed our insight arm, MSUK Insight, looking for paid opportunities for our communities to contribute to healthcare and treatment development.

### **Achievements and Performance**

This was a year of growth and development for MSUK, against a backdrop of political and social instability. Our communities started to branch out and we saw increased interest in travel and holidays which threw up an issue around travel insurance. We launched a report into travel insurance issues and are now working with leading travel insurers to establish better options for our IMD community. Our international community was affected by the war in Ukraine and we worked with UK stakeholders to establish routes of support for Ukrainians coming to the UK, including publishing our advice leaflet in English and Ukrainian. We hired our first Policy focused member of staff and increased our presence in relevant groups across the rare disease policy space. Our individual support remained as strong as previous years, with an increase in international enquiries reflecting our growth as the leading international organisation supporting people living with a IMD.

### **Strategic Implementation**

By 2030, we want to see advances across all care and services for the IMD community; this includes early diagnosis, informed and empowered patients, and access to the treatments and services that are available to support families with these conditions to enjoy a better quality of life.

Our commitment to our community is to make sure that their voices are heard across all levels of decision-making and policy implementation. We work collaboratively and transparently as we strive to achieve our objectives, ensuring the best outcomes for those affected by IMDs.

In order to achieve this, we developed our long-term strategic pillars based on our evidence and insight of the needs of those we support. These four pillars are:

1. Individual Support
2. Building Communities
3. Empowerment
4. Advocacy

### **Individual Support**

We recognise that living with a rare IMD can have added financial, practical and emotional burden. As part of our Individual Support stream of work we aim to provide first line emotional and practical support tailored to anyone who wants it via our experienced and qualified support team.

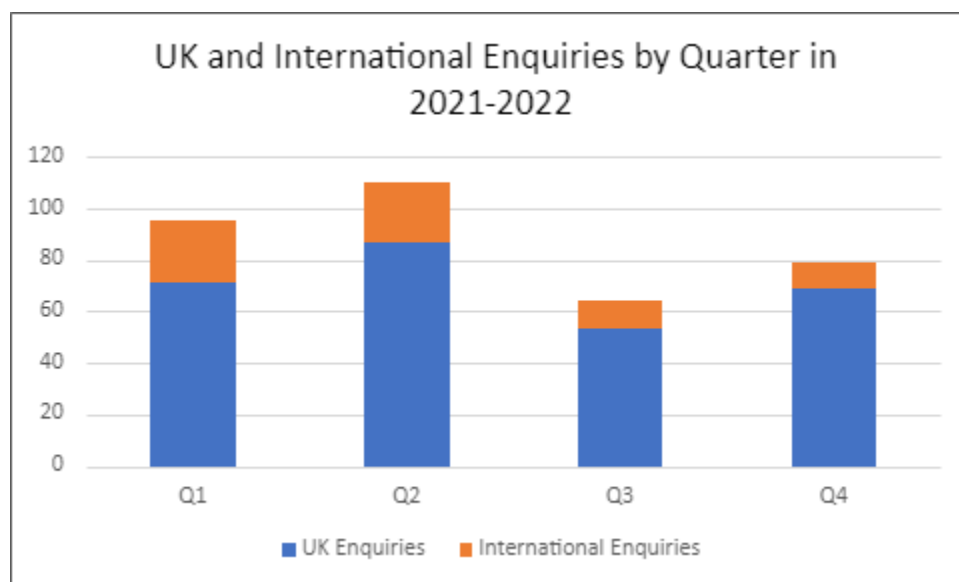
To improve the accessibility of our support we: provide individual and peer support through our helpline and Metabolic Connect services, produce accessible disorder information and resources, and work in collaboration with other organisations. By taking a proactive approach to addressing unmet needs based on data and signposting to other organisations we can ensure relevant and timely support is available.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### Enquiries

As an international patient organisation, we receive enquiries from across the globe. Whilst most enquiries originated from within the UK, we received enquiries from 32 other unique countries. Across this geographical range we consistently see the same trending themes; evidence of how individually rare IMDs bring collectively common difficulties, issues, and experiences.



We supported a total of 348 enquiries covering 16 unique themes. Some themes were specific to a certain time of year, such as 'COVID-19 Vaccine' which we saw only in Quarter 1, but many were prevalent throughout the year. Queries surrounding 'New Diagnosis' and 'Peer Support' were present in each Quarter, with 'Financial Support' and 'Seeking a Diagnosis' being present from Quarter 2 through to Quarter 4.

### Key Support Achievements 2021-2022:

#### 1. **Disease Explainer Newsletters**

We curated a series of disease area specific newsletters which were sent directly to members of the relevant communities. These provided focused, accessible information on different IMD conditions with relevance. Supporting knowledge and confidence are key to empowering people.

#### 5. **COVID-19 Restrictions Piece**

COVID-19 and the guidelines that came with it were often difficult to navigate. With lockdown restrictions easing we asked our community how they were feeling. Everyone dealt with these changes differently. For some there was a sense of freedom and relief especially around being able to be closer to friends and family. However, many responded with feelings of anxiety and concern, worried about keeping themselves and loved ones safe.

We developed content to offer advice we hoped would help those struggling to take small positive steps with the help of their support networks, such as friends, family, healthcare professionals, patient organisations, and ourselves at MSUK.

#### 6. **Jargon Buster Series**

To support and empower our community we released our Jargon Buster Series to help people understand key terms used in their healthcare. Each video addresses a different term, from 'NICE' and 'MHRA' to 'Trial or Study Steering Committee.'

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### **MSUK Coffee Lounge**

We continued our virtual coffee lounge. Every other Wednesday all members of our community can join us for an online video chat. It provides a relaxed, confidential space where people can share experiences and seek support from one another. These sessions are continuing to provide value post-pandemic, with a regular cohort of attendees. A number of regulars were able to meet in person for the first time at our Family Fun Day held later in 2022.

### **Building Communities**

Living with a rare IMD can feel isolating for both the people living with the condition and their families or caregivers. We work to reduce isolation by helping to bring people together to share experiences and ask for advice.

Anyone affected by an IMD can join our disorder specific online communities, access one-to-one introductions, or find wider peer-to-peer support. Throughout this support we are keen to remove barriers, creating spaces that are inclusive, safe, and accessible.

We aim to expand our communities, supporting harder to reach cohorts and developing a network for each community, provide individual support and resources where needed in a timely manner, and address unmet needs. Identifying and working with Community Ambassadors is vital, ensuring the work we do benefits and supports the community members.

### Key Community Building Achievements 2021-2022:

#### **1. 40 years of MSUK**

In 2021, MSUK celebrated 40 years of innovation, support, and progress. We took the time to reflect on our story thus far and look toward the future through sharing the voices of our community and a report. It is a story of how one family made a difference for millions of others but also an insight into the rare disease sector more broadly – a sector full of passionate individuals challenging a system that leaves them out.

Moving forward into 2022 and beyond, we will continue to carry the spirit of our founders, delivering knowledge and power directly into the hands of people living with IMDs. Our report looked back on 40 years of change across the rare disease and IMD landscape, celebrating and sharing the progress that has been made, whilst also being critically aware of work that is still needed.

#### **7. Contact Management**

We implemented a new contact record management system which provides full visibility across our different community streams. This system increased our ability to connect our communities by allowing us to make connections across different areas of shared experience including geographic, interest and disease

### **Community Support**

MSUK Communities: In 2022-2022 we supported over 45 Disease specific community groups. We developed 2 new disease specific groups across the year.

### **Empowerment**

We want to ensure that people living with IMDs are well informed about their choices, at all stages of their life and condition. Our communities should have the means to assert their right to access care or treatment that should be available to them, as well as the ability to provide good self-management.

We aim to provide accessible resources about conditions and new developments, ensuring people are aware of the options available to them. In turn they can make informed decisions ranging from diagnostic tools, treatment options, and care pathways. Facilitating platforms and opportunities for people to share their experiences allows the community to empower each other. Enabling Community Ambassadors in these spaces elevates this, leading people to become more proactive, vocal, and confident. In turn people feel empowered to contribute to development of disorder specific toolkits and frameworks, leading on their condition and self-care.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### Key Empowerment Achievements 2021-2022:

#### **1. Metabolic Matters**

Metabolic Matters was developed as a monthly magazine to break down complex information into an engaging format, illuminating a multitude of topics from gene therapies to whole genome sequencing. It works as a platform to highlight not only our own work but also the work of organisations we collaborate with, from Medics 4 Rare Disease to Genetic Alliance UK, and many more.



We released our first issue in January 2022 and by the end of March we saw a total of 655 reads and 1,137 impressions. These numbers include people living with IMDs, their families, clinicians, and pharmaceutical companies.

#### **2. Twitter Takeover with Genetic Alliance UK**

In February 2022 we took over Genetic Alliance UK's Twitter to discuss all things identity, access to emergency care, VLCADD, and more.

#### **3. Rare Thinking Festival**

Metabolic Support UK proudly presented 'Rare Thinking', a three-day festival of ideas, connections, and opportunities for people living with IMDs and their communities. The programme covered 3 main areas:

- Our Common Fight: an exploration of power and identity for people living with IMDs and how this intersects all areas of our lives
- Our Everyday: practical advice on everyday needs from experts helping people to be in control of their lives and an opportunity for lived experiences to contribute to wider learning
- My Rare Condition: an opportunity for selected disorder-specific communities to receive updates on latest developments, connect with others, and help us to shape the rare disease landscape.

These days were curated to empower those affected by IMDs largely through the sharing of information, experience, and co-production. Providing spaces where people could take ownership of their individual situation with increased confidence, feeling heard, valued, and part of a community.



# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### Advocacy

There are many challenges and difficulties faced by those living with a rare metabolic disorder. We work hard to amplify their voices, making sure they are heard, recognised, and equally valued among all stakeholders. There is a lot to learn from our communities and we work to make that happen.

Gaining unique perspective from our communities and working with other organisations we can formulate responses and advocate for solutions to challenges faced in areas such as: research, diagnosis, treatments, services, and care.

Through this pillar of our work, we aim to engage communities in research and drug development processes, generate evidence, collaborate with other organisations and stakeholders, and campaign for change.

### Key Advocacy Achievements 2021-2022

#### 1. The ARDEnt Report

We collaborated with over 30 rare disease organisations to launch the Action for Rare Disease Empowerment (ARDEnt) report entitled 'Making the Unseen Seen: Rare disease and lessons learned from the COVID-19 pandemic'.



This report reveals the impact of the pandemic on every stage of the patient journey, from diagnosis to eventual management. It catalogues the re-assignment of specialists away from rare disease, the fear of infection, the closure of clinics, the fracture of coordination of health and social care, and the delay or termination of clinical studies. Finally, the report makes recommendations intended to bring those living with rare diseases into the light and make their management more robust.

The report focused on three key priority areas;

- Priority 1: helping patients get a final diagnosis faster
- Priority 2: coordination of care
- Priority 3: improved access to specialist care, treatment and drugs

Metabolic Support UK acted as Co-Lead on Theme 2: Coordination of Health and Social Care and facilitated the launch webinar on May 11<sup>th</sup> 2021.

#### 2. Events, Forums and Partnerships

Our community, and their voices, are at the centre of our work. Throughout the year we continuously sought opportunities to;

- engage with national and international bodies to raise the profile of IMDs.
- utilise our data and evidence to support lobbying for welfare of the wider IMD community
- share our learnings with other patient organisations and stakeholders aiming for a coordinated effort.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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In 2021-2022 we were part of more than 30 events, forums, groups, and committees;

**Attending relevant professional events allows us to raise the flag for our community and make vital connections with sector colleagues:**

- British Paediatric Neurology Association Event, Virtual Stand
- Health Technology Assessment International Conference, Online
- British Inherited Metabolic Disorder Group Conference, Newcastle

**We sit on forums and groups that allow us direct opportunities to influence policy, access to treatments and on-going care:**

- Rare Disease Framework Forum
- Inherited White Matter Disorder Group
- Menkes Clinical Trial Steering Group
- Metabolic Clinical Referencing Group
- Primary Hyperoxaluria Type 1 Discussion Groups and Panels
- Mustang Steering Committee
- Menkes Clinical Trial Steering Committee
- Pyruvate Kinase Deficiency Advocacy and Advisory Council
- IMD Newborn Screening Forum

**Our partnerships with academics, healthcare professionals and other patient advocacy organisations provide a unique opportunity to advocate across diverse spaces:**

- PNPO Research Project
- X-Linked Hypophosphatasia with Kyowa Kirin
- Rare Bone Alliance Members
- Lysosomal Storage Disease collaborative
- Genetic Alliance
- Rare QOL

### **FOCUS ON: Digital Tools for Rare Diseases**

Metabolic Support UK is part of the three-year Digital Tools for Rare Disease project (DT4RD) led by Aparito. This innovative project brings together multinational consortium of leading experts with the aim to develop a digital platform capable of assessing upper limb function remotely. The point between ambulant and non-ambulant is a pivotal juncture in the progression of rare disease which isn't often accounted for in conventional methodology and tools.

Our communities need access to non-invasive tools that allow them to contribute to research without increase to their everyday burden, and we were delighted to be involved from the outset, showing a real commitment to embedding lived experience of rare disease patients in this project.

**We also ensure there are opportunities for our community members to directly advocate:**

In February 2022 we partnered with Genetic Alliance to highlight how IMDs may affect the heart by supporting a member of our community to share their son's story with VLCADD.

CEO Kirsty Hoyle alongside a member of our community spoke at Royal Society of Medicine's event 'Blue Moons are not so rare: Metabolic, Genetics and Uncommon diseases.' The opportunity for one of our families to open such an important event in a supported way is an epitome of our advocacy work.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### 3. MSUK Patient Survey 2021

In 2021 we ran a patient survey to gain greater insight into the needs of our IMD community. 97 people responded including people living with IMDs, parents and carers, and family members. Key data from this survey told us that our community face difficulties with misdiagnosis, support following a diagnosis, accessing emergency care at their local A&E department, and accessing care and support.

*"It took several years to find the diagnosis, leading to a delay in treatment and irreparable damage"*

For participants, diagnosis typically took place between the ages of 0-4 with a referral to a specialist in under 3 months. Most said they find their condition easy to manage, with a large majority managing their condition via a combination of diet and medication.

*"There are challenges everyday when living with a metabolic condition"*

*Alongside quantitative data the survey provided an abundance of qualitative data. Whilst this is harder to consolidate, it contributes tremendously to our overall awareness and comprehension of our community; their experiences, difficulties faced, and outstanding areas of support and resources. Together this helps us to centre all our work around the voice, opinions, and experiences of our community.*

*"General fear for the future, fear of the unknown!"*

### 4. Consultations and Submissions

Involvement in consultations and submissions allows us to ensure our community's voice is heard throughout the entire process that affects them, their treatment, and their wellbeing. See below for an overview of our impact in consultations and submissions in 2021-2022:

#### Primary Hyperoxaluria Type 1 (PH1) NICE Consultation

- In collaboration with Oxalosis and Hyperoxaluria Foundation (OHF).
- Carried out interviews and jointly published a report entitled 'The patient perspective of unmet need' in collaboration with RareQOL and OHF.

#### X-Linked Hypophosphataemic Rickets (XLH) NICE Scoping Workshop

- In collaboration with XLH UK

#### Hypophosphatasia (HPP) Managed Access Agreement

- Led on the representation of patient voice during the MAA and provided updates to the community.
- 2021 was the penultimate year of the MAA however we succeed in securing an extension till February 2023 due to COVID-19.

#### Cystinosis Treatments working with Cystinosis Foundation UK

##### - Treatment 1: Cystadrops

- Ongoing collaborative work and recommendation from Clinical Priorities Advisory Group (CPAG) saw NHS England decide to routinely commission Mercaptamine hydrochloride (Cystadrops) for corneal cystine deposits in people aged older than two years.
- Success of this led to the publication of a case study 'Delivering the Patient Voice and Collaborative Working: Cystinosis and the NHS Clinical Priorities Advisory Process' by MSUK and and CFUK.

##### - Treatment 2: Procybi

- Through the SMC, MSYK and CFUK ran a patient survey and worked in collaboration on a joint submission.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### Methylmalonic Acidemia (MMA)/Propionic Acidemia (PA) Clinical Trials

- Worked alongside Moderna to provide updates on new clinical trials and reviewing patient-facing information provided by Moderna.
- Facilitated 'Emerging Research, Treatments and Therapies for the MAA and PA Community' focus group session at the Rare Thinking Festival.

### Engagement

In January 2022 we began utilising analytics to gain insight into our activities across social media channels: Instagram, Facebook, Twitter, and LinkedIn. This move coincided with an overhaul of our community engagement and social media branding, with a focus to create both planned and reactive communications to best serve our community.

These changes allow us to move forwards with a data-driven approach to our engagement, allowing us to better assess and reflect on the impact, visibility, and effectiveness of our work.

From January 2021 through to the end of March 2022 we published 414 social media posts, which saw a total of 350 shares, 3,135 likes, and 143,883 impressions (impressions are the number of people of who have seen a post, even if they didn't click, comment, or otherwise engage with the post). The period ended with a combined total of 3,985 followers. Whilst we have no previous data to compare these values against, they provide an exciting base line for future comparison and analysis.

### Fundraising

Metabolic Support UK's community of fundraisers and donors continued to find creative ways to raise funds following the easing of COVID-19 restrictions. Their endeavours are invaluable to our work and as always, we are grateful for their hard work and support.

#### Key fundraising achievements 2021-2022:

#### 1. **MSUK X1 vs Brickfield Rangers**

July saw Christopher, a long-term fundraiser, host an all-star charity football match in aid of Metabolic Support UK. This event brought together local players from teams such as Bellevue FC and national celebrities such as Big Brother contestant Glyn Wise and Sky Sports and BBC Commentator Bryn Law to compete against each other. The day was a huge success, with face painting, food, drinks and many more activities throughout the afternoon.



#### 2. **London Marathon 2021**

We had 15 participants for the October 2021 London Marathon. This high-profile event provides a unique opportunity for our supporters to raise vital funds. We are grateful for those that joined Team MSUK and chose to raise funds on our behalf.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### Financial review

At the year end, Metabolic Support UK's accounts showed a surplus of £27,012 (2021: £101,384) made up of unrestricted funds. Last years large surplus was from the sale of a property and legacies received.

The Board of Trustees of Metabolic Support UK continue monitor the financial health of the charity.

The unrestricted reserves held by the charity is currently £623,909 higher than the policy of 6 months running costs (approximately £114,000). The Board committed to the planned investment of the funds into the development of the charity in the short to medium term, to create future suitability and increase the positive impact on the lives of those who are affected by Inherited Metabolic Disorders now and in the future.

The property that formed the charity's headquarters in Crewe was sold in the 2020/21 financial year.

At year ending March 2022, Metabolic Support UK's funds are held in the Co-operative Bank.

The charity's assets are considered to be adequate to fulfil our obligations in relation to future financial commitments. As the majority of our assets are liquid, no significant delays or shortfalls are anticipated in realising these assets into cash.

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

### Structure, governance and management

The charity is a company limited by guarantee.

That charity is governed by its Memorandum and Articles of Association and the said Memorandum and Articles of Association were amended in January 2014 and the relevant amendments agreed with the Charity Commission for England and Wales and posted with Companies House.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Dr R E Pugh MBChB FRCP

Mr P J Roper MIET CEng BSC Hons

Mr J O'Hara Msc

Mr A Johnson

Dr R Vara

Dr E H Davies

Mr B Hopkins

Mr C Lander

(Resigned 18 January 2022)

### Recruitment and appointment of new trustees

New trustees are recruited and appointed by the existing trustees as vacancies arise on the Board.

### Induction and training of trustees

New trustees are provided with information about the charity and its work and their role and responsibilities as trustees.

# METABOLIC SUPPORT UK

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2022*

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The trustees' report was approved by the Board of Trustees.

Dr E H Davies  
**Trustee**

27 March 2023

# METABOLIC SUPPORT UK

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF METABOLIC SUPPORT UK

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I report to the trustees on my examination of the financial statements of Metabolic Support UK (the charity) for the year ended 31 March 2022.

#### **Responsibilities and basis of report**

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 (the 2006 Act). You are satisfied that the financial statements of the charity are not required by charity or company law to be audited and have chosen instead to have an independent examination.

Having satisfied myself that the financial statements 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 financial statements carried out under section 44 (1) (c) of the 2005 Act and section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### **Independent examiner's statement**

Since the charity is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act and Regulation 4 of the 2006 Accounts Regulations; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and 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 financial statements 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 to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Michael Caputo FCA  
McLintocks (NW) Limited  
2 Hilliards Court  
Chester Business Park  
Chester  
Cheshire  
CH4 9PX

Dated: 27 March 2023

# METABOLIC SUPPORT UK

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<b>Income and endowments from:</b>							
Donations and legacies	2	227,088	-	227,088	327,583	-	327,583
Charitable activities	3	27,031	-	27,031	31,591	-	31,591
Investments	4	156	-	156	1,404	-	1,404
Other income	5	-	-	-	128,884	-	128,884
<b>Total income</b>		<b>254,275</b>	<b>-</b>	<b>254,275</b>	<b>489,462</b>	<b>-</b>	<b>489,462</b>
<b>Expenditure on:</b>							
Charitable activities	6	227,263	-	227,263	384,784	-	384,784
Other	10	-	-	-	15,534	-	15,534
<b>Total expenditure</b>		<b>227,263</b>	<b>-</b>	<b>227,263</b>	<b>400,318</b>	<b>-</b>	<b>400,318</b>
<b>Net incoming resources</b>		<b>27,012</b>	<b>-</b>	<b>27,012</b>	<b>89,144</b>	<b>-</b>	<b>89,144</b>
<b>Other recognised gains and losses</b>							
Revaluation of tangible fixed assets		-	-	-	12,240	-	12,240
<b>Net movement in funds</b>		<b>27,012</b>	<b>-</b>	<b>27,012</b>	<b>101,384</b>	<b>-</b>	<b>101,384</b>
Fund balances at 1 April 2021		584,393	12,504	596,897	483,009	12,504	495,513
<b>Fund balances at 31 March 2022</b>		<b>611,405</b>	<b>12,504</b>	<b>623,909</b>	<b>584,393</b>	<b>12,504</b>	<b>596,897</b>

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.



# METABOLIC SUPPORT UK

## BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
<b>Current assets</b>					
Cash at bank and in hand		629,761		601,047	
<b>Creditors: amounts falling due within one year</b>	<b>12</b>	<u>(5,852)</u>		<u>(4,150)</u>	
Net current assets			<u>623,909</u>		<u>596,897</u>
<b>Income funds</b>					
Restricted funds			12,504		12,504
Unrestricted funds			<u>611,405</u>		<u>584,393</u>
			<u>623,909</u>		<u>596,897</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 27 March 2023

Dr E H Davies  
Trustee

Company registration number 04267454

# METABOLIC SUPPORT UK

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2022

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#### 1 Accounting policies

##### Charity information

Metabolic Support UK is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 11-12 Gwenfro, Technology Park, Croesnewydd Road, Wrexham, LL13 7YP.

##### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

##### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

##### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

##### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

# METABOLIC SUPPORT UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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### 1 Accounting policies

(Continued)

#### 1.5 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 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 are allocated on the portion of the asset's use.

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and machinery	33% straight line
Fixtures, fittings & equipment	15% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

# METABOLIC SUPPORT UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 1 Accounting policies (Continued)

#### 1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### 2 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Donations and gifts	227,088	327,583

### 3 Charitable activities

	Fundraising income	Fundraising income
	2022 £	2021 £
Sales within charitable activities	27,031	31,591

### 4 Investments

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Interest receivable	156	1,404

# METABOLIC SUPPORT UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 5 Other income

	Total	Unrestricted funds
	2022	2021
	£	£
Other income	-	8,467
Coronavirus job retention scheme	-	27,607
National Lottery Coronavirus grant	-	92,810
	<u>-</u>	<u>128,884</u>

### 6 Charitable activities

	Direct charitable activities	Direct charitable activities
	2022	2021
	£	£
Staff costs	152,468	259,354
Depreciation and impairment	-	7,518
Rent, rates and cleaning	409	22,629
Insurance	1,549	1,632
Light & heat	-	3,791
Repairs & maintenance	395	2,045
Printing, postages and stationery	120	729
Telephone and IT costs	16,074	27,887
Meetings travel & accommodation	421	-
Sundries	1,324	2,943
Recruitment fees	14,645	10,000
Bank charges	31	1,047
Projects	6,871	24,266
Equipment hire	-	6,066
Marketing	49	1,458
Professional fees	24,907	5,992
	<u>219,263</u>	<u>377,357</u>
Share of support costs (see note 7)	4,823	3,444
Share of governance costs (see note 7)	3,177	3,983
	<u>227,263</u>	<u>384,784</u>

# METABOLIC SUPPORT UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 7 Support costs

	Support costs £	Governance costs £	2022 £	2021 £
Human resource fees	4,823	-	4,823	3,444
Independent examination	-	2,097	2,097	2,100
Accountancy	-	1,080	1,080	1,883
	<u>4,823</u>	<u>3,177</u>	<u>8,000</u>	<u>7,427</u>
Analysed between Charitable activities	<u>4,823</u>	<u>3,177</u>	<u>8,000</u>	<u>7,427</u>

### 8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

### 9 Employees

The average monthly number of employees during the year was: 4

	2022 Number	2021 Number
Charitable	3	5
Fundraising	-	2
Administration	1	1
Total	<u>4</u>	<u>8</u>

### Employment costs

	2022 £	2021 £
Wages and salaries	<u>152,468</u>	<u>259,354</u>

Total remuneration for the key management personnel of the charity was £90,462 (2021: £88,677).

There were no employees whose annual remuneration was more than £60,000.

# METABOLIC SUPPORT UK

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 10 Other

	Total £ 2022	Unrestricted funds 2021
Net loss on disposal of tangible fixed assets	-	15,534
	-	15,534

### 11 Tangible fixed assets

	Plant and machinery £	Fixtures, fittings & equipment £	Total £
<b>Cost</b>			
At 1 April 2021	28,472	9,722	38,194
At 31 March 2022	28,472	9,722	38,194
<b>Depreciation and impairment</b>			
At 1 April 2021	28,472	9,722	38,194
At 31 March 2022	28,472	9,722	38,194

### 12 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	3,555	2,051
Trade creditors	197	-
Accruals and deferred income	2,100	2,099
	5,852	4,150

### 13 Analysis of net assets between funds

	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Current assets/(liabilities)	623,909	-	623,909	584,393	12,504	596,897
	623,909	-	623,909	584,393	12,504	596,897

# **METABOLIC SUPPORT UK**

## **NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)** ***FOR THE YEAR ENDED 31 MARCH 2022***

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### **14 Related party transactions**

There were no disclosable related party transactions during the year (2021 - none).