

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 28 February 2024
for
THE MUSCLE HELP FOUNDATION**

Knox Cropper LLP
Chartered Accountants
153 -155 London Road
Hemel Hempstead
Hertfordshire
HP3 9SQ

	Page
Report of the Trustees	1 to 25
Independent Examiner's Report	26
Statement of Financial Activities	27
Balance Sheet	28
Notes to the Financial Statements	29 to 35
Detailed Statement of Financial Activities	36

THE MUSCLE HELP FOUNDATION

Report of the Trustees for the Year Ended 28 February 2024

The trustees present their report with the financial statements of the charity for the year ended 28 February 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims and public benefit

For the public benefit, MHF's charitable purposes are set out in the objects clause of its Deed of Trust as outlined below:

Objectives, aims and public benefit

The Muscle Help Foundation's charitable purposes (for public benefit) are contained in its objects clause, within its Deed of Trust per below:

- I) The relief in sickness of people suffering from Muscular Dystrophy (MD) and other allied neuromuscular conditions.
- II) Such other charitable activities as the trustees shall determine from time to time.

Operating Across the UK

The Muscle Help Foundation charity operates across **the UK, specifically** England, Scotland, Wales and Northern Ireland.

Classification of Charity

MHF's beneficiaries (**who**): people with disabilities, specifically Muscular Dystrophy (MD)

MHF's operational method (**how**): delivering services and/or other charitable activities deemed appropriate in line with its objects

MHF's purpose (**what**): specifically, the advancement of health or saving lives

Charitable Services Delivered

The Muscle Help Foundation charity has remained focused (post pandemic) on operationally delivering the organisations services (broadly referenced as Muscle Dreams) for vulnerable children, young people and young adults (8-28yrs) across the UK. For the period being reported on, these services covered the following areas:

- Muscle Dream Programmes that are designed to bring several beneficiaries and their families together on one programme
- For a 3rd year (post pandemic), accessible Virtual Muscle Dream initiatives remained a key part of MHF's organisational delivery model
- Unique (singular) Muscle Dream interventions that spotlight one beneficiary, but also include all family members, siblings etc
- Wellbeing for Mums, providing emotional & mental wellness support under the umbrella of Virtual Mindfulness Programmes

Current Core Mission + Nomination Source

To deliver 657 transformational Muscle Dream experiences for children, young people, young adults and their families across the UK. The current mission focuses on the number 657, signifying the overarching goal to deliver 657 Muscle Dream interventions, experiences and/or moments-in-time, one for every muscle in the human body.

Muscle Dream nominations originate from several sources:

- Directly from families that hear about MHF's work i.e. word-of-mouth
- Past beneficiary/family referrals
- Children's Hospices (we saw an increase of approx 15% in terms of nominations received from this source in the 2023/24 period)

NOTE: hospices who know of MHF's work and who receive programme & e-news updates are more likely to engage

- Specialist neuromuscular care advisers who know the charity
 - Family support workers who provide services in the community
 - Social care workers
 - UK's Children Hospitals e.g. Birmingham Children's Hospital, Alder Hey Children's Hospital, Great Ormond Street Hospital
 - Social media e.g. Facebook, Instagram
-

OBJECTIVES AND ACTIVITIES

Purpose + Enrichment + Hope

In its 20th anniversary year, MHF's founder and CEO has continued to work tirelessly to ensure that the organisation remains valid, relevant and true to its values, in ultimately giving those for whom the charity exists to serve purpose, enrichment and hope for the future.

ISOLATION + MENTAL HEALTH - KEY CONTRIBUTORY FACTORS

In the period being reported on, it has become increasingly apparent, particularly via intelligence gathered during the charity's virtual Muscle Dream interventions, that beneficiaries and families are clearly struggling with ongoing feelings of isolation. MHF's community is vulnerable. The resulting risk of further isolation has been felt by ongoing conversations with families, specifically mums, who describe their day-to-day lives as exhausting, solitary and challenging, often citing their own 'low mood' because of day-to-day adversities. These feelings feed into that sense of isolation.

At the core of the charity's mission is its commitment to supporting vulnerable young people and their families, by for example helping them feel less 'alone' and 'anxious' and more 'connected'. MHF's CEO M McGrath continues to receive feedback from across the MHF community about the deterioration in mental wellness and rising feelings of isolation. This further validates the charity's move toward developing and delivering Muscle Dream initiatives that have a greater focus on well-being and social connection.

A BMJ published paper (SOURCE: Dr L K Fraser: Original Research - Health of Mothers of Children with a Life-Limiting Condition: A Comparative Cohort Study] provides robust evidence that there is an increasing incidence of common mental health and physical conditions in mothers of children with life-limiting conditions. At the Muscle Help Foundation charity, we know from our direct experience in getting to know families via our Muscle Dream activities, that mums often provide the 24/7 care of for example their sons living with Duchenne Muscular Dystrophy (DMD), a group representing the highest beneficiary % that the MHF organisation delivers its work to. MHF is also aware that most healthcare services are delivered for individual patients, rather than the whole family. The needs of parents are often ignored.

DUCHENNE MUSCULAR DYSTROPHY (DMD) - MHF BENEFICIARY INSIGHT

Relentlessly Progressive Disease

Around 96% of MHF's beneficiaries are children, young people, and young adults aged 8 to 28, all living with Duchenne Muscular Dystrophy (DMD), the most severe and life-limiting form of the condition. DMD is a relentlessly progressive disease, with no cure, and is ultimately fatal. MHF is the only wish-fulfilment charity in the UK that supports individuals beyond the age of 18, providing essential services to those facing this devastating, life-shortening illness.

Note on DMD Genetic Cause

The lack of the protein dystrophin is essentially an error in the dystrophin gene; this is found on the X chromosome. Only boys have a single X chromosome; this error causes DMD. The genetic error can be carried by girls; in 1% of cases, girls can be sufferers. A female carrier can inherit the genetic error; in one third of cases, DMD is caused by an entirely spontaneous genetic mutation. DMD can therefore happen to anyone.

Diminished Mobility, Wheelchair Requirement, Lung Function

Duchenne Muscular Dystrophy (DMD) primarily affects boys, with the risk of having a child with the condition estimated at about one in every 3,500 to 5,000 male births (Source: Muscular Dystrophy UK). In the UK, it is thought that around 2,500 boys and young men are living with DMD, with approximately 100 new diagnoses each year. As the condition progresses, mobility declines significantly. By the age of 10 or 11, most individuals with DMD will need a wheelchair, and by 14 to 16, they are likely to require use of a wheelchair. As their physical abilities deteriorate, maintaining good nutrition and good posture becomes increasingly challenging. Additional complications related to mobility and lung function emerge. The weakening of the muscles responsible for breathing exacerbates respiratory difficulties, making even routine illnesses more dangerous. Families are constantly vigilant, knowing that such infections, particularly the common cold, can rapidly worsen these issues and tragically lead to life-threatening complications.

OBJECTIVES AND ACTIVITIES

Cardiomyopathy, Behavioural & Learning Difficulties

Duchenne Muscular Dystrophy (DMD) leads to the gradual loss of muscle strength, ultimately resulting in the inability to walk, weakened respiratory muscles, and death from respiratory failure. Most individuals with DMD also develop cardiomyopathy that affects the heart muscle, impairing its ability to pump blood effectively; the condition can lead to heart failure, arrhythmias (irregular heartbeats), and other serious complications. In some cases, patients may require the expertise of clinical specialists to address behavioral and learning challenges. Ongoing support from family members, including siblings, plays a vital role in the care of individuals with DMD.

BiPAP Ventilation, Late Teens, Adulthood

As patients reach their late teens and early adulthood, they often experience a decline in lung function, which can impair breathing. In these instances, BiPAP ventilation provides assisted airflow through a machine that essentially delivers pressure to the lungs. A BiPAP ventilator may be necessary during the day and at night. With advancements in medical care and a deeper understanding of the condition, individuals with DMD are now able to live into adulthood, benefiting from improved clinical interventions and overall care.

MHF 2023/24 MORTALITY INTELLIGENCE - NINE (9) DMD DEATHS

In the period being reported on, the Muscle Help Foundation charity heard directly from nine (9) families that had lost sons. All nine (9) had Duchenne Muscular Dystrophy (DMD) and the average age was nineteen (19) years old. A parent or a friend of the bereaved family may contact the charity asking for additional details to make an in-memoriam donation. In January 2023, MHF's CEO M McGrath was invited by the parents of a past Muscle Dream beneficiary to attend their beloved son's funeral and deliver a reading. One of the key outcomes of the work of the charity is the closeness of relationships that are established and that often remain for life.

MUSCULAR DYSTROPHY (MD) - PREVALENCE & CONDITION SIGNIFICANCE

Muscle-wasting conditions, such as Muscular Dystrophy (MD), are far more prevalent than previously recognized, with new research funded by Muscular Dystrophy UK revealing a much higher impact than earlier estimates suggested. Analysing millions of healthcare records from GP practices across the UK, it is now believed that in 2019, around 110,000 people were living with muscle-wasting conditions, an increase of some 40,000 compared to the former estimate of roughly 70,000.

This stark revision underscores the widespread nature of these conditions. In fact, Muscular Dystrophy (MD) is still frequently mistaken for Multiple Sclerosis (MS), despite significant differences between the two. To put this in perspective, while there are over 130,000 people with MS in the UK, the number of those affected by muscle-wasting conditions now appears to be just as significant, with a growing number of individuals being diagnosed each year.

MHF SAFEGUARDING

The charity's work is reviewed annually to ensure it upholds strong safeguarding procedures, which are guided by its code of practice and comprehensive policy. Online safeguarding training is provided, and safeguarding is a standing agenda item at the beginning of every trustee meeting, where MHF's CEO M. McGrath, provides a summary safeguarding update to the Board. The charity's zero-tolerance approach to safeguarding remains a core priority in all its operations, with the wellbeing and safety of MHF's vulnerable beneficiaries central to its ongoing mission.

Safeguarding is critical in any charity, especially those working with and supporting vulnerable children, young people and their families. It is MHF's foremost responsibility to create a safe and protective environment where every child and young person is treated with respect and dignity. This means we must be vigilant, proactive, and committed to identifying and addressing any risks or harm that our beneficiaries may face. The safety and well-being of the children and young people we support always comes first. Safeguarding protocols are embedded in our Muscle Dream activities, ensuring that staff and volunteers are

OBJECTIVES AND ACTIVITIES

properly trained, and that we respond swiftly and appropriately to any concerns. Our dedication to safeguarding not only fulfills legal and ethical obligations but also reinforces the trust families place in the Muscle Help Foundation to protect those who are most vulnerable and for whom the charity exists to serve.

MHF'S BOARD DIVERSITY / LIVED EXPERIENCES

MHF's CEO, M. McGrath, personally lives with Muscular Dystrophy (LGMD2A); he is a full-time electric wheelchair user. Two other members of MHF's trustee board either have a form of muscular dystrophy themselves or have a close family connection to the condition. These long-standing personal experiences offer invaluable insights into the challenges of living with Muscular Dystrophy (MD). As a result, there is a profound understanding of its impact, which continues to enrich discussions about the charity's initiatives and strategy.

HIGHLIGHT DATA / OUTCOMES - COMMUNITY ENGAGEMENT

In the period 2023/24, the charity's Muscle Dream activities impacted on the lives of < **64** > beneficiaries & their families.

68% under the age of 18yrs

14yrs = average age

64 = total number of Muscle Dream interventions (excluding 'Mindfulness for Muscle Warriors Mums' virtual workshops*)

***17** = total number of Mums who attended above sessions (June + Nov)

64 (100%) = direct e-comms (nominations) with MHF's CEO M McGrath

35 = new Muscle Dream beneficiaries

8 = beneficiaries (and their families - 33 guests in total) attended Naomi House & Jacks Place Hospice 'Hello Hampshire' Social Event

33 = number of nominations received for charity's flagship Porsche Muscle Dream Driving Experience Programme

10 = allocated beneficiary places for flagship Porsche Muscle Dream Driving Experience Programme

4 = allocated beneficiary places for ENG v WAL Twickenham Stadium (RFU Charity Ballot) + £50 Rugby Store + £15 subsistence allowance

22 = nominations received for ENG v WAL Twickenham Stadium (RFU Charity Ballot)

23 = beneficiary families who attended MHF's 2023 online BIG Family Laughter Christmas Party + £30 Just Eat eGift Voucher per family

MHF VOLUNTEERS - ACKNOWLEDGEMENT / LIFEblood OF CHARITY

From all different walks of life, MHF's volunteers continue to selflessly give their time. They ensure that our charity's beneficiaries and their families have unforgettable experiences when attending Muscle Dream programmes. Our volunteers are the lifeblood of our small charity. They play a vital role in ensuring the charity can continue to thrive and serve its vulnerable Muscle Warrior community in the best way possible.

Often working behind the scenes or directly with beneficiaries, our volunteers bring both time and valuable skills that might otherwise be unavailable due to limited resources. Their contributions go beyond just helping with the charity's Muscle Dream initiatives. MHF's CEO M McGrath and all trustee board members are so proud of and wish to acknowledge their support; they become passionate advocates, create stronger community connections, and offer fresh perspectives that can drive innovation. By giving their time, MHF's volunteers not only help amplify our impact but also extend our reach, and ultimately make a difference in the lives of those young people and their families who are most in need. Without their dedication, MHF would struggle to fulfill its mission.

OBJECTIVES AND ACTIVITIES

KEY HIGHLIGHTS / OUTCOMES FOR PERIOD BEING REPORTED ON:

March 2023

As an honorary doctorate, MHF's CEO M McGrath was invited to attend the University of Hertfordshire's 2023 Honorary Doctorate Annual Dinner in The Chapman Gallery (College Lane Campus) Hatfield, Herts - this event provided an opportunity to not only network but also update key county connections and supporters re the ongoing work of the charity.

MHF's CEO M McGrath attended the 'Fundraising Everywhere' 2023 Corporate Partnerships Everywhere online conference 'Putting Charities in the Driving Seat of Corporate Partnerships' focusing on income diversification by growing a corporate portfolio, spotlighting COY (Charity of the Year) partnership strategies and understanding ESG (Environmental, Social, and Governance) legislations. Whilst MHF has limited resources, the investment in knowledge acquisition by for example understanding current fundraising trends, as well as corporate-charity partnership insights that impact charity missions, provides useful future intelligence.

The MHF charity was delighted to announce its selection by the Jeans for Genes Grant Programme with a core cost funding Award of £3,000 - the Jeans for Genes Grant Programme awarded 21 charity partners with funding to help them provide vital support to individuals and families living with a genetic condition in the UK. From counselling, respite and peer support services to resources for the newly diagnosed and confidence building activity days, MHF's grant was restricted against core costs.

April 2023

MHF's 473rd Muscle Dream intervention was delivered for an 18yr-old with Duchenne Muscular Dystrophy (DMD). This unique experience was titled 'Finding Solace' and involved several sittings with a leading UK tattoo artist. In the briefing, the beneficiary wanted to 'draw courage, fortitude and inner strength from the creation of a 'Qui Gon Jinn' (fictional character in Star Wars franchise) on his arm with a half-sleeve tattoo. Once completed, a 'reveal' event was organized - essentially a coming together with the young person and his family, in addition to 'The Young Persons Coach' and team at the NeuroMuscular Centre (NMC) in Winsford (Cheshire) provided the perfect platform to celebrate this moment-in-time. With several Zoom calls and four sittings, this was a long fulfilment journey, with the reveal event hosted by MHF's CEO M McGrath. An official photo album on the charity's dedicated online Flickr channel not only shows how the celebration event unfolded but also gives the family lasting memories.

"My Tattoo Muscle Dream helped me to believe again. It was cathartic, empowering and a lot of fun" (Source: Beneficiary J)

"It was such a pleasure to meet you on Monday. Thank you again for making J's Muscle Dream a reality. He was just so delighted. He loved the whole experience. His tattoo looks brilliant! It's fantastic that he now feels he has that sense of belonging in being part of your Muscle Warrior tribe! I really appreciate everything you have done for him. J's speech resonated with me, and I am just so happy that between us we were able to restore his faith in humanity and make this wonderful experience happen for him. It has been a total pleasure to work with your charity" (Source: L Woolley, Young Persons Coach, NeuroMuscular Centre (NMC)).

MHF was delighted to announce that British-Australian actress, writer, political activist and TV personality Miriam Margolyes OBE agreed to lend her support as a Patron to the charity.

"The Muscle Help Foundation charity creates unique wish fulfilment experiences for those living with Muscular Dystrophy (MD). Now dreams can come true that were out of reach before. That's a powerful achievement. I am honoured to have the opportunity to help those living with MD and I'm proud to support this charity and raise awareness of its work. It moves me when I read some of the beneficiary stories and hear about the magic and joy that these Muscle Dream experiences have brought to so many families across the UK. This may be a small charity, but the impact it makes is huge and lasting!" (Source: Miriam Margolyes OBE)

OBJECTIVES AND ACTIVITIES

"The Muscle Help Foundation charity creates unique wish fulfilment experiences for those living with Muscular Dystrophy (MD). Now dreams can come true that were out of reach before. That's a powerful achievement. I am honoured to have the opportunity to help those living with MD and I'm proud to support this charity and raise awareness of its work. It moves me when I read some of the beneficiary stories and hear about the magic and joy that these Muscle Dream experiences have brought to so many families across the UK. This may be a small charity, but the impact it makes is huge and lasting!" (Source: Miriam Margolyes OBE).

May 2023

A visit by MHF's CEO M McGrath to meet M Ingram, Principal at Treloar College (Alton, Hampshire) took place. Treloar's is a specialist further education (FE) college offering residential and day provision for physically disabled learners aged 16-25 years. Many of those who attend the college have complex medical needs (including Duchenne Muscular Dystrophy), communication needs, sensory impairments and/or learning difficulties. MHF knows many young adults who have attended Treloar's over the years and who were also past Muscle Dream beneficiaries. When the charity moved from Hertfordshire (Dec 2022) to Hampshire and knowing the historical links and connections with Treloar's, this was an opportunity to further amplify awareness of MHF's work.

Working in partnership with Dingbats Improv (E Pithie), an experienced improviser who has performed at sell-out shows (Camden Fringe, Brighton Fringe and Edinburgh Festival Fringe), a Virtual Improv Muscle Dream programme was designed to offer beneficiaries an opportunity to not only express themselves but also improve mental wellbeing by developing their improv-mindset. Using the power of storytelling, beneficiaries were able to unleash their theatrical side in this fun, interactive virtual workshop. Outcomes included not only meeting other young people of a similar age, but also boosting their confidence in a group setting. Science suggests that improvisation can improve wellbeing when expressing yourself in a supportive, friendly and safe environment.

MHF's CEO M McGrath met with M Smith (Chief Executive), Naomi House & Jacksplace Children's Hospice, Winchester, Hampshire to present MHF's work and explore the possibility of hosting a standalone social event for MHF's beneficiaries and families across Hampshire, Dorset, West Sussex, Berkshire. As part of a tour of the hospice, key members of the Family Support Team also had an opportunity to learn more about MHF's impact.

"Although we have heard of the Muscle Help Foundation and its Muscle Warriors, we hadn't fully appreciated the extent of the work that you do and the support you offer children, young people and adults with muscular dystrophy. We will look at how we might share your Muscle Dream opportunities with our group of service users and look forward to working together with our young people" (Source: Family Support Team)

June 2023

Brought together by one of the charity's long-standing and supportive Muscle Warrior families who had lost their son (past beneficiary) towards the back end of 2022, MHF's CEO M McGrath met with comedian, TV presenter & writer Harry Hill in Surrey. Harry agreed to help the charity raise awareness of its continued work and impact, plus lend his name and support to its Meatballs for Muscle Dreams fundraising campaign.

MHF's Laughterercise Virtual Muscle Dream programme saw 6 young people (19-28yrs) learn about the science of laughter. In collaboration with H Brady-Jackson, this was an opportunity to improve mental wellbeing through the powerful medium of laughter. This programme was designed to help release endorphins and enhance creativity, in addition to learning how to look after one's own mental wellbeing.

The charity's Mindfulness for Muscle Warrior Mums Virtual Programme attracted 28 nominations. Designed for exhausted mums that need a little extra support to stop, pause and breathe. Outcomes included reduced stress levels, lowered blood pressure and reduced feelings of anxiety.

"Here's to all you awesome, courageous, strong Muscle Warrior Mums out there - we see you; we hear you, we're thinking of you!"
(Source: MHF's CEO M McGrath)

OBJECTIVES AND ACTIVITIES

The session included a deep relaxation experience with Yoga Nidra. MHF knows that it's our Muscle Warrior mums across the UK are a rare breed, furiously juggling the responsibilities of day-to-day life, not least caring, managing the household, and working. Attendees received a 31 day pack of Daily Mindful Affirmation Cards, plus 1 x £50 Just Eat gift card as a thank you from the charity for everything mums do. Feedback from recipients spoke of feeling 'comfortable, relaxed, motivated, nurtured and inspired'.

"Hi Muscle Help, both my cards and the Just Eat voucher arrived today. We are looking forward as a family to come together and enjoy a lovely takeaway this weekend. I loved the mindfulness session, especially the yoga. I intend to find a podcast to continue doing this at least once a week. I felt refreshed and calm after the session. Yes, it would be lovely to do more of these sessions. Thank you so much." (Source: Mum S)

Thanks to nominations from the public, the MHF charity was selected to receive a £5,000 Movement for Good Award as part of the Benefact Group's Health & Wellbeing Special Draw. The 'Movement for Good' Award gave over £1million to charities for the fifth year running.

"Last week, the charity invited its supporters, families, friends, donors, key partners, volunteers, suppliers, trustees and as I've now heard, so many others who've asked their own networks, friends and even schools to get involved, to invest just .20secs of everyone's time to nominate our charity to receive £5000 in the Benefact Group's Health & Wellbeing Special Draw. I am absolutely thrilled to say that we were one of the 10 chosen UK charities so to every single person who went online and voted, thank you, thank you, thank you! (Source: MHF's CEO M McGrath)

Proud and deeply humbled, MHF's CEO M McGrath heard the news that he would be receiving a Member of the Order of the British Empire (MBE) announced at 22:30hrs on Friday 16th June 2023 in the King's Birthday 2023 Honours List, the first since his Coronation. The Honours system celebrates the people who go above and beyond to change the world around them for the better and seeks to reward those doing vital and extraordinary work across the country. The citation reads: Founder and Chief Executive Officer, The Muscle Help Foundation charity. For Charitable Services to People with Muscular Dystrophy.

July 2023

An invitation was extended by The WFA (Wheelchair Football Association) to MHF's CEO M McGrath to attend its 2023 End of Season National Awards Evening hosted at Derby County Football Club (Pride Park Stadium) on Sat 15th July 2023. M McGrath had the honour of presenting the prestigious 'Barry O'Leary Award for Services to Powerchair Football', a special award sponsored by the Muscle Help Foundation (MHF) charity. This year, the award was presented to N Woodward for his outstanding services to Powerchair Football.

MHF's inaugural 'Hello Hampshire' family event celebrated its new HQ in the county of Hampshire. The charity was delighted to hold a very special beneficiary gathering in Hampshire on Friday 7th July 2023, the county in which the charity's new HQ is now based, having moved from Hertfordshire. Pictured below: Guests Enjoying the Event at Naomi House & Jacksplace Hospice.

MHF's friends at Naomi House & Jacksplace Hospice for children and young adults near Winchester generously gifted the space for the gathering. Thank you to the team especially M Smith (Chief Executive) of Naomi House & Jacksplace for his ongoing support. Several beneficiaries and their families from across Hampshire, but also families from West Sussex, Dorset and Berkshire were welcomed. Joined by friends and supporters of the charity, the event also marked MHF's 20th Anniversary.

Guests heard more about the ongoing work of the charity from MHF's CEO M McGrath. The afternoon tea style event was filled with joy, laughter and much chatter. We know that social connections are fundamental to the wellbeing of vulnerable beneficiaries and their families.

OBJECTIVES AND ACTIVITIES



MHF received support from grant-giving Postcode Society Trust on 31st July 2024. The charity was awarded a grant of £10,000 from Postcode Society Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery. The award enabled MHF to focus on key areas of growth and development; one outcome was the ability to be able to invest more time on trustee recruitment. The landscape for recruiting new trustees across the UK-wide charity sector remains challenging. Several expressions of interest were made. The charity will remain focused on this area of activity with the goal of securing 2-3 new trustees over the coming period to support existing governance and strategic input. The award also enabled MHF to expand its reach and impact through, for example, a number of Children's Hospices via its continued efforts in delivering both in-person and virtual Muscle Dream activities.

Muscle Dreams create a strong sense of community by uniting vulnerable children through shared experiences. This offers them opportunities to connect, form friendships, and feel supported. These meaningful interactions ease the emotional strain of their condition, helping to combat loneliness and promote better mental health. Beneficiaries feel less isolated, more empowered, and increasingly hopeful about their futures.

MHF's CEO M McGrath said: "Thank you to all the players of People's Postcode Lottery. This award will help us deliver more impact. Times are hard for charities and funding like this makes such an important difference, especially to small organisations like ours. By the end of August 2023, we will have delivered just over 500 Muscle Dream interventions with a further 157 to go before we realise the current 657 mission!"

MHF organised a standalone social event for its Muscle Warriors Powerchair Football Club. Hosted at the Comet Hotel (Hatfield, Herts) on 16th July 2023 to celebrate '10 Years and 10 Seasons', the event attracted 51 guests made up of players and their families, plus all of the club's volunteers and their families, in addition to a handful of MHF Volunteer Hosts. Pictured below: Group Photograph outside The Comet Hotel.

OBJECTIVES AND ACTIVITIES



Children's sports charity The Lillywhite Foundation confirmed their support of MHF's Muscle Warriors Powerchair Football Club with a restricted grant of £6,000. The grant will be used to directly help the charity's powerchair football team. Support like this makes such a difference in not only enabling young players to more actively participate in the sport that they love so much but also through the different social interactions that improve player wellbeing, communication skills (listening & responding) but also engagement broadens horizons, uplifts confidence and boosts self-esteem.

The impact via the work of those committed and involved with Muscle Warriors PFC continues to be felt by those vulnerable young players and their families, from an increased sense of hopefulness to a powerful shared identity that brings the team together. This social cohesion and sense of belonging is more important now than ever.

Reporting on the profoundly positive changes occurring in the lives of its players because of their active participation, MHF's CEO M McGrath said: "As well as providing our players with huge enjoyment, mums, dads and carers are telling us such great stories about the discernible boost in confidence and sense of self-worth that the Muscle Warriors PFC are helping to inculcate. Put simply, the smiles on their faces tell their own story. When players' families and friends come together at the training sessions and at matches, they are helping the team to develop a profound sense of shared purpose and shared identity"

For those players with muscular dystrophy (MD), the degenerative condition is not just a daily challenge; it is a daily preoccupation which so often leads to loss of hope, depression and ultimately, despair. The charity is bringing alive its vision of hope, inspiration and empowerment for young sufferers, enabling young people with MD to come together to train and also compete together. The impact on the wellbeing of players associated with the Muscle Warriors PFC continues to be felt - being a part of the Club brings:

- a) Improvement of self-esteem & uplift in confidence
- b) Opportunity to meet new people & share knowledge with other families and/or carers
- c) Improvement of family life (social connection)
- d) Reduction in isolation (feelings of being alone)

August 2023

In partnership with our friends at Warner Brothers (Studio Tour: The Making of Harry Potter) Education Unit, MHF was once again able to deliver (24th August 2023) a totally unique spellbinding personalised session on 'careers in creative industries' for our Muscle Warrior community covering everything from filmmaking to the art and craft of writing scripts, to the finished production on screen. The programme was designed to

OBJECTIVES AND ACTIVITIES

inform, uplift and open the eyes of young people in exploring the connection between film, imagination and creativity. Eight young people participated. Outcomes included appreciating job roles and the different skills required in the creative industries sector, gaining confidence in a group setting, learning how to be creative, to listen and to respond to others as well as meeting other Muscle Warriors in MHF's community.

September 2023

Working once again with Wetwheels and their accessible powerboating services, MHF provided another wellbeing intervention at Hamble Marina (1st September 2023) with a full day programme onto the Solent and down the stunning Beaulieu River to Bucklers Hard. This inclusive experience provides access to the sea in a safe, stimulating and rewarding way. Beneficiaries can drive the boat using adapted steering controls from their wheelchairs. In being active participants on board, physical, mental and emotional wellbeing is boosted.

"Thank you for an amazing day. We are so grateful to everyone involved. The picnic was amazing and so thoughtful. Our Muscle Dream goody bags and the gifts were very much appreciated. The whole day really has been a dream made true. And our carers also were enriched and very thankful too. Today really was as good as it gets!" (Source: Beneficiary K & S)

MHF's 6th Flying Muscle Dream Programme in partnership with Aerobility at Blackbushe Airport (Hampshire) took off on 6th September 2023 with two beneficiaries given the opportunity to take the controls, experience level flight and earn their wings. This personalised flying intervention gives a powerful sense of achievement, where horizons are broadened. A unique opportunity to experience the joy and freedom of flying. Outcomes include an enormous sense of personal achievement, a platform to boost self-confidence, an opportunity to improve wellbeing, feel amazed at what can be accomplished as well as the positives of social connection in meeting other young people and their families.

8th Sept 2023 saw the charity's 11th anniversary flagship Porsche Muscle Dream Programme unfold. It's worth noting that this event first took place twelve years ago in May 2011. This year, 9 petrol-heads with MD, plus their families arrived at Silverstone, the iconic home of British motorsport, for an unforgettable two-day immersive driving experience. The return of MHF's signature event attracted over 30 nominations from across the UK, competing for 10 places.

MHF could not deliver this programme without the tremendous support of its key partners, namely the Porsche Experience Centre (Silverstone) and Whittlebury Park (Towcester). With 26 extraordinarily dedicated MHF Volunteer Hosts, plus MHF Volunteer Film Crews and Photographers, this year's event was hailed as the best one yet.

In terms of in-kind value and when you take into consideration the provision of for example a fleet of Porsche 9-11s, fuel costs, track time, professional drivers, in-center catering, videographers and photographers, plus discounted accommodation costs in addition to the considerable time (in excess of 310 hours) given up by MHF Volunteer Hosts, it is estimated this event alone attracts between £27-£30k of value.

Subject to securing the required funding, the charity hopes to once again deliver this signature programme in the 2024 period.

"Thank you and the amazing team so much for my incredible experience. I really had the best time and will never ever forget it!"

Source: Muscle Warrior D

"An awesome experience. My son said it was the best time of his life! Fantastic, inspiring, motivating. The charity has such a holistic approach in looking after the well-being of the whole family, including the beneficiary. I believe this makes it unique and puts it in a class of its own"

Source: Muscle Warrior K

"So much, too much to talk about. As parents, we met other families in the same position. You made the impossible possible!"

OBJECTIVES AND ACTIVITIES

Source: Muscle Warrior N

"I just wanted to congratulate and thank you on such a fantastic event. I felt honoured to have been part of it all. To say I wasn't a tiny bit nervous before the event would have been a lie, but you and your team quickly made me feel welcome and part of it all. I cannot describe how lucky I feel to have been paired with Muscle Warrior D, his mum and sister. They are one of the loveliest families I've ever met. D took a little while to come out of his shell but frankly, what 17-year-old wouldn't! By the end of the day, he was asking me to push him in his wheelchair and sit next to him instead of his mum. I was honoured and had to hold back a little emotion as it really touched me. If you will have me, I would love to be involved next year but would also be happy to help in any way I can with the charity. I am hoping I made D and his family's day as memorable as possible and would be honoured to recreate the Muscle Dream magic with another family in the future."

Source: New MHF Volunteer Host G Pitts (pictured below)



Supported by Hospice UK & Together for Short Lives on 19th September 2023, the Transitions Matters Network seeks to provide a space where those working in this specialist area can come together to support each other in an "all-teach-all-learn" environment. MHF's CEO M McGrath was given the opportunity to speak on 19th September 2023 at the Transitions Network Online Quarterly Meeting about the Muscle Help Foundation's 'Children's Hospice Outreach Pilot Project' designed to not only extend reach but also amplify awareness of its work. The fundamental of this project is to be seen, in time, as a supportive adjunct to services being provided by Children's Hospices across the UK. MHF's CEO M McGrath will report on the charity's 'Children's Hospice Outreach Pilot Project' in the 2024/25 financial period.

OBJECTIVES AND ACTIVITIES

October 2023

MHF's virtual 'Discover Your Inner Superhero' Muscle Dream was delivered on 1st October 2023. This was the first of its kind with a specific focus on not only the improvement of mental health but also building confidence and resilience. MHF's appointed facilitator J Morton-Brown is not only an Emotional Wellbeing Health Practitioner but also a Senior Accredited Counsellor, with experience of delivering tailored workshops and webinars for parents/carers and SEND schools. Aimed at the 8-12yrs age range, outcomes for the two (2) beneficiaries that participated included understanding what a superhero growth mindset looks like, an exploration of what attributes superheroes possess and relating this to the young people, plus discovering participants own affirmations. One highlight mentioned afterwards by one of the attending parents was a conversation that had never happened before in their family about 'bouncing back from things that are difficult' - this conversation was initiated by their 11-yr old son who was in the process of transitioning from being able to walk to now having to use a manual wheelchair.

BBC CHILDREN IN NEED

The MHF charity was delighted to receive confirmation on 12th October 2023 that our application to BBC Children in Need for a grant was approved. The total grant value of £45,000 is spread over three (3) years with £15,000 in the period being reported (2023/24), a 2nd instalment of £15,000 to be made in the 2024/25 period and the final 3rd instalment made in the 2025/26 period.



VITAL + MUCH-NEEDED SUPPORT

This 3yr-grant will contribute towards MHF's fundraising costs as well as monitoring and evaluation and other costs as outlined in MHF's core application budget. It will provide vital and much-needed support and activities to children and young people across the UK with Muscular Dystrophy (MD). As a result, children and young people will improve their wellbeing and specifically, the charity's deliverables will focus on 'supporting the continued and crucial wellbeing of our vulnerable beneficiaries'. Other likely differences include 'reducing feelings of being alone and staying connected' via MHF's STRONGER TOGETHER ethos in empowering and opening life-development opportunities via our Muscle Dream interventions that boost self-belief and self-esteem, improve confidence and boost personal resilience.

HEARING + LISTENING + TAKING ACTION

The long-term aim is for young people to 'believe they can achieve' a fulfilled and purposeful life. The charity helps to ignite their passion to follow their aspirations by challenging barriers (Covid) and finding their purpose. With this funding, we will be able to continue to focus on MHF's overarching vision in providing vulnerable young people and their families with the support they so desperately need. Our work by default inevitably provides wellbeing and emotional support, practical advice and guidance. We do not provide medical advice. We hear and listen intently to any concerns our beneficiaries may have and signpost (if appropriate); this ability to listen is embedded in the charity's DNA.

OBJECTIVES AND ACTIVITIES

Knowing that other families often go through the same day-to-day adversities can often be a massively profound lifeline for those that have been struggling alone. We know that without MHF's work, many families would find themselves increasingly isolated, with little or no support. We listen. We deliver. We give hope.

MHF's CEO M MBE said: "We're absolutely thrilled! This funding will help make a difference to our vulnerable beneficiaries with muscular dystrophy that face disadvantage. It's our hope that through several bespoke programmes, wellbeing will be improved. As part of our continued work and impact, the funding given to us by BBC Children in Need not only gives crucial confidence and a level of stability but also much-needed flexibility. Without it, we would not be able to support those for whom the charity exists to serve. With the cost-of-living crisis, economic uncertainty, and an increasingly unsettled world, it's exactly this kind of support that so many charities desperately need to push on in making a difference to those vulnerable groups they help. We're looking forward to working closely with BBC Children in Need over the next three years. From the bottom of our hearts, thank you!"

BBC Children in Need's South East Regional Impact Officer said: "We're thrilled to provide new funding to The Muscle Help Foundation. Funds donated by the British public allow BBC Children in Need to support children and young people facing a range of challenges. Funding will deliver a space where young people can take part in activities and build positive relationships with their peers."

The charity's 'Thrive, Not Just Survive' virtual Muscle Dream session on 29th October 2023 attracted eight (8) nominations, with four (4) places being offered on the virtual programme. Attending with their mums, beneficiaries aged between 13yrs and 18yrs) were from Berkshire, Leicestershire, London and Staffordshire, with unusually four different MD variants, namely Duchenne Muscular Dystrophy (DMD), Spinal Muscular Atrophy (SMA) with Respiratory Distress, Limb Girdle Muscular Dystrophy 1B and Pompei Disease, a rare genetic disorder that causes progressive weakness to the heart and skeletal muscles.

Facilitated by J Morton-Brown, outcomes included being empowered to create their own worry buckets (improve self-awareness), understanding of feeling liked, accepted and proud of who you are (high self-esteem), feeling bad and being hard on oneself (low self-esteem) and what being proud of anything that makes you different feels like. Feedback from parents was positive with one mum saying that the session "had really boosted her son's confidence and helped to lift his low mood."

November 2023

Meatballs for Muscle Dreams

The campaign aimed to build on the success of the previous initiative, which raised around £1,000, with the objective to determine whether it could be an effective income generation tool for engaging MHF stakeholders, specifically those businesses with whom the charity has a relationship with, but also our community and the general public. Initial threefold objectives were to:

- A) aim to raise a minimum of £10,000
- B) seek to engage circa 500 participants to each raise a minimum of £20
- C) creatively tap into the nation's enthusiasm for fundraising

Sponsorship Funds

To support the campaign, MHF's CEO M McGrath secured £9,000 in sponsorship funds to cover the operational costs of two freelancers, engaged to provide campaign management, fundraising, communication, PR and digital expertise. Special thanks to Ares Management LLP, CME Group and R Sheppard (Bespoke Hotel Group).

OBJECTIVES AND ACTIVITIES

Campaign Headlines + Social Media + Celebrity Commitment + Key Financial Outcomes

The 2023/24 Meatballs for Muscle Dreams campaign was run across November 2023. It aimed to elevate engagement, fundraise for MHF and amplify charity's brand. Despite challenges in media coverage due in part to short lead times, celebrity commitment was excellent. Newly appointed Charity Friend Harry Hill leant his name, enthusiasm and energy to the campaign which included video messaging and photography in support of MHF's creative efforts in paying homage to the humble meatball.

Social media played its part in helping to amplify campaign reach and elevate visibility and engagement. Nearly £15,000 gross was generated, against a target of just over £16,000 gross, showcasing a net profit of close to £7,000 with a standalone JustGiving analysis showing online income of £6,614. Key campaign highlights include strong partnerships with organizations that truly understand the vision, such as Ridding Park Hotel (Yorkshire) and Food FM described as a 'dynamic and innovative global digital radio station sharing impactful, personal, political, and inspiring food stories from every corner of the world'.

MHF's Charity Friend, Harry Hill said: "I can't think of a better way to raise money for a wonderful charity. Cooking meatballs, inviting friends and family over and then eating them - that's the meatballs - not the friends and family! The only catch is they donate to help The Muscle Help Foundation improve the lives of people living with Muscular Dystrophy. Unless I'm missing something, it's a win-win-win! I'm already preparing my meatball menu and it's going to be delicious!"

The meatballs campaign successfully secured the backing of an array of notable chefs including Tom Kerridge, Angela Hartnett, Tom Parker-Bowles and thanks to the support from D Sloan of the Oxford Cultural Collective, Ken Hom. Many of these chefs shared their own meatball recipes representing a range of culinary tastes and preferences to help inspire people to engage.



Target Audience + Learnings + Recommendations for 2024/25

The campaign target audience included the MHF community, primarily reached via social media and newsletters, corporate partners and their customer bases and the public. With a greater lead time, more partners would have been secured and with an eye on the 2024/25 period, it's likely that the focus will shift towards an annualized fundraiser (delivered across 12 months) with engagement from for example hotel/restaurant/pub groups as well as corporates, rather than a specific and by default, a limiting monthly initiative. Additionally, the name may change to a more causally focused initiative e.g. Meatballs for Muscular Dystrophy, giving greater clarity.

OBJECTIVES AND ACTIVITIES

Additional Income Source + Account Management Time + ROI

Annualizing what MHF hopes to become an additional source of income for the charity, greater scaling opportunities offer more scope and flexibility for partner engagement. There is an intention toward building specific Muscle Dreams (be they unique or programme based) into the 'ask' as part of the 2024/25 partner proposition and pitch process. Operationally, a lot of the groundwork and campaign assets have already been established. It is expected that minimal investment in account management time will also help in building improved financial outcomes.

Potential Income Opportunity

Looking to next year, MHF's CEO M McGrath sees this initiative as a fundraising activity as opposed to a mass participation concept with the ROI evidence clearly showing that the 2023/24 campaign delivers an income opportunity. Whilst resource costs will need to be sponsored, the momentum created from this year's efforts will feed into the ongoing fundraising strategy for the next period being reported on. Further consultation to refine the proposition but also assess risks/opportunities will be conducted as part of the continued mapping of future fundraising streams and activities. Based on optimizing ROI, the overarching position is that with further focused strategic planning and operational execution, the meatballs concept provides a good potential for income generation.

MHF's CEO M McGrath said: "With the country's obsession with food programmes such as Bake Off and MasterChef seemingly never ending, and a growth reported in the popularity of shared food experiences, now is the perfect time to continue to build momentum. The UK's cost of living crisis has also led to more people dining out less frequently. By default, entertaining at home is on the increase. We also know how competitive people can get in the kitchen, so whether you're a professional chef or an amateur, the challenge is on to wow your guests with a tasty meatball dish in aid of a worthy cause. In the year being reported on, the meatballs initiative was I believe finding its way and whilst the original goal to raise a minimum of £10,000 was not achieved, some solid foundations and support, most notably from highly respected professionals within the hospitality sector bodes well for next year."

During the period being reported on, the charity delivered a second Mindfulness for Muscle Warrior Mums virtual session on 26th November 2023, this time attracting sixteen (16) nominations, for twelve (12) places. Delivered by H Brady-Jackson, outcomes from the programme included exhausted mums leaving refreshed with some self-care tools to support them, new ways to pause in their day-to-day lives, leaving with a calm mind, a relaxed body & a sense of peace. Specifically designed to support mental, emotional, and physical wellbeing, mums were also introduced to the 'Gratitude Box' to use in their homes. Combining the power of breath with deep Yoga Nidra relaxation, the session also gave attendees an important opportunity to share & connect with other mums in a safe and confidential space. From Derbyshire, Surrey, Gloucestershire, Shropshire and Essex to Manchester, Berkshire, Middlesex and Nottinghamshire, the feedback received from mums clearly shows the benefits of engagement. One (1) mum participated from her bed in hospital. Two (2) mums were unable to attend due to their families struggling through Covid again. MHF remains cognizant of the vulnerabilities that exist across its community.

"I just wanted to drop a note to say a huge thank you for selecting me for the Mums Mindfulness session today. I've been struggling a lot in the last 6 months, so it was very much needed, and so incredibly appreciated. I'm feeling much lighter and calmer tonight thanks to Harriet's fabulous session. Long may my mindfulness healing journey continue. Thank you for all your support!" (Source: Mum S)

"A quick note to say thank you so much for organizing yesterday's event. It was very kind of you to think of mums in this way. A much-needed pocket of time to unwind. It is very much appreciated. Harriet was amazing. She had a wealth of information and tools to help with the day-to-day challenges and adversities that us mums face. Thank you so much." (Source: Mum K)

"A bit of a late reply but I just wanted to let you know how much I enjoyed the mindfulness session. I found it both informative and very relaxing. I'd definitely be interested if the charity is able to offer these or similar events in the future. Thank you also for the beautiful mindfulness affirmation cards - what a thoughtful (but also helpful) gift. I'm really enjoying working my way through them." (Source: Mum C)

OBJECTIVES AND ACTIVITIES

December 2023

The charity's 'BIG Family Laughter Christmas Party' took place on 21st December 2023 attracting sixteen (16) families from across the UK. Whilst the charity's beneficiary age range is 8-28yrs, everyone was made welcome at this inclusive family event. Conscious of the ongoing cost-of-living crisis, MHF included a £30 Just Eat e-Gift Voucher for each participating family. From mums, dads, brothers, sisters to uncles, aunties, cousins, carers, PAs, this virtual event was designed with the family forefront of mind. Now in its third year, the session brings families together and celebrates the spirit and joy of Christmas. Using the tagline 'By Your Side This Christmas', this event gave families the opportunity pop on their favourite Christmas jumpers for a wellbeing intervention, filled with laughter and fun.

January 2024

As part of ongoing communications with hospices and now that the charity is Hampshire based, MHF's CEO M McGrath personally visited four (4) hospices across the county including Naomi House & Jacks Place Hospice (Winchester, Hampshire), St Wilfrid Hospice (Bosham, West Sussex), Rowans Hospice (Waterlooville, Hampshire) and Mountbatten Hospice (Southampton, Hampshire). In amplifying awareness of MHF's work and impact, these meetings also help to provide ongoing credibility as well as fostering new relationships and key contacts with organisations such as Hospice UK and Together for Short Lives. This activity specifically supports the charity's continued efforts as part of its Children's Hospice Outreach Pilot Project'.

February 2024

Four (4) Rugby Muscle Dream Programme beneficiaries headed to Twickenham Stadium on 10th February 2024 to watch ENG v WAL in the Guinness Six Nations tournament. Travelling from across the UK, the super excited rugby fanatics joined 82,000 other spectators in singing Swing Low, Sweet Chariot, the tribute sung at the home of English rugby. Thanks to another successful RFU Charity Ballot submission made by the charity in August 2023, MHF created a bespoke programme designed to ensure that beneficiaries (and their respective dads) had an utterly memorable experience. MHF's CEO M McGrath said: "We know the cost-of-living crisis continues to impact many of our Muscle Warrior families. As a result, the charity is pleased to be able to help with a contribution towards travel costs and subsistence at Twickenham, plus Hand Warmers with a personalised message and a £50.00 allowance per beneficiary to purchase some rugby merchandise at the England Rugby Store onsite at the stadium. We know from feedback that these little touches make a difference!"

TRUSTS & KEY DONATIONS RECEIVED IN 2023-2024 PERIOD INCLUDED:

Grants/Donations Restricted (Core Costs)

March 2023: Jeans for Genes - £3,000

July 2023: Postcode Society - £10,000

October 2023: BBC Children in Need - Total £45,000 - 1st phase grant received of £15,000

Grants/Donations Restricted (Muscle Warriors Powerchair Football)

July 2023: Lillywhite Foundation - £6,000

Grants/Donations Restricted (Meatballs for Muscle Dreams Fundraising Campaign)

August 2023: R Sheppard - £3,000

August 2023: Ares Management LLC - £4,000

December 2023: CME Group - £1,940.97

Grants/Donations Unrestricted

July 2023: The Hobson Charity - £5,000

August 2023: RWE Renewables UK & Ireland - £2,000

September 2023: The Helen Robertson Trust - £1000

January 2024: St. John and Marine van Vlissingen Foundation - £5,000

February 2024: A Regensteiner - £25,000

FINANCIAL REVIEW

Reserves policy

The Board of Trustees have reviewed the guidance contained in the Charity Commission paper CC19 "Charity Reserves: Building Resilience". The paper acknowledges there is no single level, or even a range of, reserves that is right for all charities. Whilst the charity continues to maintain a minimum level of unrestricted undesignated reserves in order to cover 6 months' future operational costs and cash flow "troughs" (estimated currently to be in the region of £50,000), the Board considers a range of 6-12 months to be appropriate in light of:

- (i) the current economic climate
- (ii) the size of the Charity (which leaves it more exposed to adverse economic conditions unlike larger charities)
- (iii) the Charity's expected short to medium term outgoings

The unrestricted reserves at 29 February 2024 amount to £99,670 (2023: £99,670), which is within the Charity's Policy of maintaining a reserve of 6-12 months' worth of expenditure.

Low Funding Base

The Charity operates with a relatively low funding base as a direct consequence of its ability to attract valuable in-kind support. The Board continues to monitor and track the value of such donations, but due to the inherent difficulties in placing an agreed value for accounting purposes, chooses at this time not to include them in the income and expenditure account.

The Charity continues to track in-kind value and the Board continues to recognise the key contribution made by many suppliers in support of its Muscle Dream activities in the UK, a core part of the CEO's role.

FINANCIAL REVIEW

Results for the Year

The Charity's gross income from all sources this year totalled £128,389 (2023: £88,880). The significant increase in income is due to an unrestricted BBC Children in Need donation of £45,000 over three years that needs to be fully recognised in this financial year (despite the cash being received in three, annual instalments) since it contains no performance obligations. Thus, whilst this represents an asset to the Charity, it does not represent a cash flow (£15,000 was received as cash in this year). Secondly, whilst it is treated as unrestricted in the financial accounts, expenditure against it is carefully tracked and monitored, and even handled in a segregated bank account, and is treated as a restricted fund. To simplify explanations, and to better compare like-for-like, the commentary will separate it out as a "designated" unrestricted fund.

Total expenditure was £91,972 (2023: £78,572), which left a surplus for the year of £36,417, representing a deficit of £6,326 on restricted funds and a surplus of £42,743 on unrestricted funds (of these unrestricted funds, we see a surplus of £41,852 on designated restricted funds, and a surplus of £893 on undesignated unrestricted funds). The Charity held £149,361 in reserves at the end of the year, of which £142,415 (2023: £99,670) was undesignated unrestricted reserves, £41,852 was designated unrestricted reserves, and £6,948 (2023: £13,274) was restricted reserves.

Unrestricted undesignated income decreased significantly vs last year, decreasing by £21,007, or 30%. However, restricted income has increased significantly vs last year, making up for the difference, increasing by £15,516, or 82%. This meant that in total, undesignated income remained at a similar level to last year, just that the makeup of it shifted from unrestricted to restricted. This represents a continuing pattern seen in grants and trusts (the primary source of funding for the Charity), and means the Charity is less flexible in how it can spend its income to serve the needs of its beneficiaries. Increasingly grants and trusts are more likely to fund attractive projects with tangible impacts, rather than the core costs that keep the Charity running day-to-day and facilitate those projects.

Fundraising and donations from individuals continue to be at a low level, initially as a result of the COVID-19 pandemic, but it has not increased due to the "cost-of-living crisis" that has followed. This represented a solid core for the Charity's income and this reduction in underlying income is an existential threat to the Charity and represents a significant risk for the Charity going forwards, making the Charity even more reliant on winning, increasingly infrequent and competitive, grants and trusts. Whilst the Charity is still within its Reserves Policy range (as detailed in the "Reserves Policy" section below). if income continues at this significantly reduced level, the Charity will quickly expend its reserves.

To mitigate these items the Charity has worked on diversifying its income streams, to not be so reliant on grants and trusts to continue. Two such initiatives are the Meatballs for Muscular Dystrophy campaign, and corporate partnerships such as with Ares Management Corporation. Both routes will be explored further in the future. Additionally, the designated fund of £45,000 from BBC Children in Need is paid out in annual instalments of £15,000, which gives a much-needed "guaranteed" base cash-flow for the next three years, reducing the going concern risk and decreasing the funding that needs to be won each year, allowing that time to be focused on delivering Muscle Dreams to our beneficiaries.

Unrestricted undesignated expenditure decreased by £11,382, however this is not down to any savings or reduction in activities, but rather (as with income) a higher percentage of expenditure was against restricted and designated projects. In total, expenditure increased by £13,400. Primarily driven by higher restricted income funding restricted projects, such as getting the Meatballs for Muscular Dystrophy initiative up and running so that it can drive income, both now and in the future.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated

STRUCTURE, GOVERNANCE AND MANAGEMENT

charity.

The charity is registered as a charitable trust and was set up by a Trust deed. The charity is registered with the Charity Commission.

Recruitment and appointment of new trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Trustees are appointed for a term of 3 years and are eligible for reappointment for a further term, up to a maximum of 3 terms (9 years).

The Chair is eligible for re-election annually and may serve up to a maximum of 5 years as Chair. On 26 September 2017 the governing Deed of Trust was amended to provide further flexibility on Chair terms. In exceptional circumstances the Chair can be re-elected beyond the maximum period of five years up to the maximum period as a Trustee (9 years). In such circumstances the extended re-election will be reviewed annually by the Board.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational Structure

Work Breakdown of CEO

There is often much outrage in the media regarding charities' CEOs and their salaries. Due to the nature of running a small charity on the scale of the Muscle Help Foundation, it should be noted that whilst M McGrath is the CEO of the Charity, he is also its only employee. A larger proportion of his time is spent on operational activities rather than management.

Additionally, part of the unique offering of the Charity is the personal hosting and delivery of Muscle Dreams by M McGrath (who himself has Limb Girdle Muscular Dystrophy) and his wife, S McGrath (Trustee & Carer). This common "lived-experience" helps form deeply profound and empathetic connections with both beneficiaries and families. This also means that a larger percent of M McGrath's time is spent on delivery than would otherwise be ordinarily expected. As such, it is deemed by the Charity's Trustee Board unrepresentative to consider the CEO's wages as purely a management and administration cost - the table below illustrates what is considered a fairer and as such more representative breakdown:

Activity	Est. Proportion of Time	Est. Annual Cost to the Charity
Muscle Dream Delivery	60%	£24,600
Fundraising & Income Generation	20%	£8,200
Management & Admin	10%	£4,100
Marketing & Communications	5%	£2,050
Resourcing	5%	£2,050

The trustees are as follows:

S Spencer (Trustee) appointed 14th December 2016

M Rudman (Trustee) appointed 1st August 2018

M Adams (Trustee & Charity Treasurer) appointed 8th January 2020

A Woolman (Trustee) appointed 18th June 2021, resigned 18 June 2024

C Leach (Trustee) appointed 22nd September 2022, (Chair) appointed 16th December 2024

H O'Keeffe (Trustee), appointed 13th April 2021, (Chair) appointed March 2023, Resigned 22nd April 2024

S McGrath (Trustee & Charity Secretary), appointed 15th April 2013, Term Ended 16th April 2023

NOTE: S McGrath rejoined 1st May 2024 as Trustee & Charity Secretary

S McGrath is the wife of M McGrath. The Board acknowledges the potential independence and personal conflict of interest issues that this creates, and accordingly sought clearance from the Charity Commission prior to her appointment to the Board. The Commission concluded "no consents or authorities are required from us in the circumstances based on the detailed background supplied."

The Board have also considered the advice in CC29 "Conflicts of Interest" in relation to "conflicts of loyalty". As a small family charity with a disabled CEO, S McGrath's involvement in the day to day running of the charity is critical to its operation, the enablement of the CEO and the success of Muscle Dreams. The Board always has and will continue to be alert to any potential conflict of interest this brings. The controls put in place by the Board in order to continually monitor, assess and mitigate any conflicts of interest are as follows:

1. The Treasurer takes an active role in advising, monitoring and discussing all operational and financial charity matters with M McGrath and S McGrath;
2. All monies paid into and out of the charity are closely monitored on a day-to-day basis by the Treasurer via text alerts direct from the bank and the Treasurer has overall control of internet banking;
3. S McGrath can only make payments up to a maximum of £1000 per day - any higher amounts require

STRUCTURE, GOVERNANCE AND MANAGEMENT

countersignature by the Treasurer;

4. All direct debits, standing orders and payments over £1000 are actioned by the Treasurer;

5. Salary payments and amendments for the CEO are managed by the Treasurer, with salary policy set by the Trustee Board (without S McGrath present);

6. The charity has set (and reviews) its Conflict-of-interest policy;

7. The Register of Interests is updated regularly and at each Trustee Board meeting; and

8. The Board has clearly specified that S McGrath is absent from all parts of Trustee meetings that deal specifically with the CEO's performance or any other matter where S McGrath could be perceived to have a personal conflict of interest that could undermine her ability to act solely in the best interests of the charity.

In light of these controls that the Board has put in place, the actual risk of there being a personal conflict of interest is considered by the Board to be low.

Risk management

MHF's Trustee Board continue to support formal risk management procedures, to assess risks and implement strategies to mitigate risk. In terms of their potential and/or likely impact, risks have been identified and classified as outlined below. Against the strategic aims of the charity, the Board review risks and evaluate them against controls.

Whilst there are many risks for the Board to be aware and cognisant of, the below make up what the Board considers to be the "Key Risks" to the Charity, and whilst the mitigation notes are necessarily brief and "high-level", they are a small summary of the considerations and actions that the Board takes on a regular basis, and the inclusion here is for reassurance purposes. (The full Risk Register is a standing item on the Board's agenda and is reviewed in every Board Meeting).

Risk Description	Impact Description	Impact Level	Probability Level	Priority Level	Mitigation Notes
Financial Going Concern	Reduction in income (for whatever reason) could lead to Charity not able to continue operations.	High	Medium	High	Reserves policy, financials reviewed by Board at each meeting, budgeting process, careful financial rigour, maximising value-in-kind, Treasurer receives daily account movement text messages, continued work on diversifying income streams and maximising support from existing base.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Safeguarding	Someone suffers abuse or harm (particularly a child)	High	Low	High	<p>Extensive, thorough safeguarding policies, standing agenda item at Board meetings, reviewed regularly (audited annually), DBS checks on all volunteers, staff and trustees, "safeguarding quiz" to refresh knowledge.</p> <p>Thorough board recruitment process, aligning applicants' principles, values and beliefs with the Charity, and a focus on diversity of skills and representation, map trustee departure dates and align recruitment timings, evolve cadence of meetings to be more efficient and stay on-top of tasks.</p>
Board Stability / Trustee Capacity	Weakening of Governance and control.	High	Medium	High	

STRUCTURE, GOVERNANCE AND MANAGEMENT

Financial Fraud	Financial and reputational impact.	High	Low	Medium	Payments cap and limited access to bank accounts, regular bank reconciling, Treasurer receives daily account movement text messages, independent examination of accounts, financials reviewed by Board at each meeting.
Data Mismanagement	Data breach or loss, GDPR fine, sensitive data accessed.	High	Low	Medium	Safeguarding policy updated to include digital risks, mandated 2FA, sensitive information only communicated through MHF emails or MHF account shared-drive, audit digital skills of team and provide training where needed, ensure emergency contact information up-to-date ahead of all online delivery, PCs/laptops password protected and stored in fixed, locked safe when not in use, data backed up to cloud and physical backup stored in safe.
M McGrath or S McGrath Health & Wellbeing	Inability to continue Charity operations	High	Low	Medium	Expression-of-Will-document, contingency planning with outside agreement of support, decentralising of duties amongst volunteers and contractors.
Loss of Key Volunteers/ Contractors	Loss of crucial skills/knowledge for running the Charity	Medium	Medium	Medium	Segregation of duties, robust training, maintain close relationship with CEO, all working documents saved on shared-drive, replacement support identified, maintain up-to-date role descriptions.
S McGrath Conflict of Interest	Bias in evaluation of CEO M McGrath	Low	Low	Low	Limiting payments, removed when discussing CEO performance, etc. (as mentioned above)

STRUCTURE, GOVERNANCE AND MANAGEMENT

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1096716

Principal address

12 Cowslip Grove
Clanfield
Waterlooville
Hampshire
PO8 0WP

Trustees

S McGrath (appointed 1.5.24)
S Spencer
M Adams
M Rudman
H O'Keeffe Trustee (resigned 22.4.24)
A Woolman Trustee (resigned 18.6.24)
C Leach

Independent Examiner

Stephen Anderson FCCA
Knox Cropper LLP
Chartered Accountants
153 -155 London Road
Hemel Hempstead
Hertfordshire
HP3 9SQ

Approved by order of the board of trustees on 20th December 2024 and signed on its behalf by:



Signed on 21/12/24 @ 11:09

.....
C Leach - Trustee

Independent examiner's report to the trustees of The Muscle Help Foundation

I report to the charity trustees on my examination of the accounts of The Muscle Help Foundation (the Trust) for the year ended 28 February 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

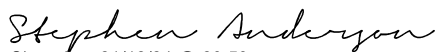
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 accounts to be reached.


Signed on 21/12/24 @ 20:53

Stephen Anderson FCCA

Knox Cropper LLP
Chartered Accountants
153 -155 London Road
Hemel Hempstead
Hertfordshire
HP3 9SQ

Date: 20th December 2024

THE MUSCLE HELP FOUNDATION

Statement of Financial Activities
for the Year Ended 28 February 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		94,775	32,861	127,636	88,721
Investment income	2	<u>753</u>	<u>-</u>	<u>753</u>	<u>159</u>
Total		<u>95,528</u>	<u>32,861</u>	<u>128,389</u>	<u>88,880</u>
EXPENDITURE ON					
Raising funds		2,625	1,200	3,825	3,575
Charitable activities					
Muscle Dreams		<u>50,160</u>	<u>37,987</u>	<u>88,147</u>	<u>74,997</u>
Total		<u>52,785</u>	<u>39,187</u>	<u>91,972</u>	<u>78,572</u>
NET INCOME/(EXPENDITURE)		42,743	(6,326)	36,417	10,308
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>99,670</u>	<u>13,274</u>	<u>112,944</u>	<u>102,636</u>
TOTAL FUNDS CARRIED FORWARD		<u>142,413</u>	<u>6,948</u>	<u>149,361</u>	<u>112,944</u>

The notes form part of these financial statements

THE MUSCLE HELP FOUNDATION

Balance Sheet
28 February 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS					
Debtors	6	30,000	-	30,000	-
Cash at bank and in hand		<u>120,516</u>	<u>6,946</u>	<u>127,462</u>	<u>121,074</u>
		150,516	6,946	157,462	121,074
CREDITORS					
Amounts falling due within one year	7	<u>(8,101)</u>	-	<u>(8,101)</u>	<u>(8,130)</u>
NET CURRENT ASSETS		<u>142,415</u>	<u>6,946</u>	<u>149,361</u>	<u>112,944</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>142,415</u>	<u>6,946</u>	<u>149,361</u>	<u>112,944</u>
NET ASSETS		<u><u>142,415</u></u>	<u><u>6,946</u></u>	<u><u>149,361</u></u>	<u><u>112,944</u></u>
FUNDS	8				
Unrestricted funds				142,415	99,670
Restricted funds				<u>6,946</u>	<u>13,274</u>
TOTAL FUNDS				<u><u>149,361</u></u>	<u><u>112,944</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20th December 2024 and were signed on its behalf by:

Clair Leach

Signed on 21/12/24 @ 11:09

.....
C Leach - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

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

Expenditure

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

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

Pension costs and other post-retirement benefits

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

2. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>753</u>	<u>159</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2024 nor for the year ended 28 February 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2024 nor for the year ended 28 February 2023.

4. STAFF COSTS

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

	2024	2023
	1	1
Management	<u>1</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	69,821	18,900	88,721
Investment income	<u>159</u>	<u>-</u>	<u>159</u>
Total	<u>69,980</u>	<u>18,900</u>	<u>88,880</u>
EXPENDITURE ON			
Raising funds	3,575	-	3,575
Charitable activities			
Muscle Dreams	<u>57,443</u>	<u>17,554</u>	<u>74,997</u>
Total	<u>61,018</u>	<u>17,554</u>	<u>78,572</u>
NET INCOME	8,962	1,346	10,308
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>90,708</u>	<u>11,928</u>	<u>102,636</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>99,670</u></u>	<u><u>13,274</u></u>	<u><u>112,944</u></u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Other debtors	<u>30,000</u>	<u>-</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	50	898
Taxation and social security	1,459	775
Other creditors	<u>6,592</u>	<u>6,457</u>
	<u>8,101</u>	<u>8,130</u>

8. MOVEMENT IN FUNDS

	At 1.3.23	Net movement in funds	At 28.2.24
	£	£	£
Unrestricted funds			
General Fund	99,670	42,745	142,415
Restricted funds			
Powerchair Football	-	5,949	5,949
Childwick Trust - PCFC	2,375	(2,375)	-
Van Vlissingen Foundation	2,150	(2,150)	-
Awards for All	7,425	(7,425)	-
Childwick Trust - Wellbeing & Dreams	1,324	(1,324)	-
Meatball Campaign	<u>-</u>	<u>997</u>	<u>997</u>
	<u>13,274</u>	<u>(6,328)</u>	<u>6,946</u>
TOTAL FUNDS	<u>112,944</u>	<u>36,417</u>	<u>149,361</u>

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	95,528	(52,783)	42,745
Restricted funds			
Powerchair Football	6,000	(51)	5,949
Childwick Trust - PCFC	1	(2,376)	(2,375)
Van Vlissingen Foundation	-	(2,150)	(2,150)
Awards for All	-	(7,425)	(7,425)
Childwick Trust - Wellbeing & Dreams	-	(1,324)	(1,324)
The Hobson Charity	5,000	(5,000)	-
Post Code Society	10,000	(10,000)	-
Jeans for Genes	3,001	(3,001)	-
Meatball Campaign	8,859	(7,862)	997
	<u>32,861</u>	<u>(39,189)</u>	<u>(6,328)</u>
TOTAL FUNDS	<u>128,389</u>	<u>(91,972)</u>	<u>36,417</u>

Comparatives for movement in funds

	At 1.3.22 £	Net movement in funds £	At 28.2.23 £
Unrestricted funds			
General Fund	90,708	8,962	99,670
Restricted funds			
Childwick Trust - PCFC	3,028	(653)	2,375
Van Vlissingen Foundation	8,900	(6,750)	2,150
Awards for All	-	7,425	7,425
Childwick Trust - Wellbeing & Dreams	-	1,324	1,324
	<u>11,928</u>	<u>1,346</u>	<u>13,274</u>
TOTAL FUNDS	<u>102,636</u>	<u>10,308</u>	<u>112,944</u>

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	69,980	(61,018)	8,962
Restricted funds			
Childwick Trust - PCFC	-	(653)	(653)
Van Vlissingen Foundation	-	(6,750)	(6,750)
Awards for All	9,900	(2,475)	7,425
Childwick Trust - Wellbeing & Dreams	<u>9,000</u>	<u>(7,676)</u>	<u>1,324</u>
	<u>18,900</u>	<u>(17,554)</u>	<u>1,346</u>
TOTAL FUNDS	<u>88,880</u>	<u>(78,572)</u>	<u>10,308</u>

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

	At 1.3.22 £	Net movement in funds £	At 28.2.24 £
Unrestricted funds			
General Fund	90,708	51,707	142,415
Restricted funds			
Powerchair Football	-	5,949	5,949
Childwick Trust - PCFC	3,028	(3,028)	-
Van Vlissingen Foundation	8,900	(8,900)	-
Meatball Campaign	<u>-</u>	<u>997</u>	<u>997</u>
	<u>11,928</u>	<u>(4,982)</u>	<u>6,946</u>
TOTAL FUNDS	<u>102,636</u>	<u>46,725</u>	<u>149,361</u>

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	165,508	(113,801)	51,707
Restricted funds			
Powerchair Football	6,000	(51)	5,949
Childwick Trust - PCFC	1	(3,029)	(3,028)
Van Vlissingen Foundation	-	(8,900)	(8,900)
Awards for All	9,900	(9,900)	-
Childwick Trust - Wellbeing & Dreams	9,000	(9,000)	-
The Hobson Charity	5,000	(5,000)	-
Post Code Society	10,000	(10,000)	-
Jeans for Genes	3,001	(3,001)	-
Meatball Campaign	8,859	(7,862)	997
	<u>51,761</u>	<u>(56,743)</u>	<u>(4,982)</u>
TOTAL FUNDS	<u>217,269</u>	<u>(170,544)</u>	<u>46,725</u>

Restricted Funds:**Childwick Trust - PCFC**

Childwick Trust acknowledged the importance and potential of powerchair football to the lives of disabled children and young adults by providing much needed further funding for Muscle Warriors PFC.

Postcode Neighbourhood Trust

This donation is restricted to be used to fund items that support the Charity's organisational resilience. This includes upskilling, training, volunteer re-engagement, digital PR and technology.

Van Vlissingen Foundation

This donation is restricted to be used to fund a project extending the reach and engagement of our Virtual Muscle Dream programme

Awards for All

This donation is restricted to be used against a project titled 'Muscle Warrior Digital Communication & Engagement Project' with the aim to help the charity's community thrive

Childwick Trust - Wellbeing & Dreams

Trustees from The Childwick Trust approved a grant of £9000 used to deliver additional bespoke virtual and in-person Muscle Dream programme interventions to both our vulnerable community but also to help the charity's Muscle Warriors Powerchair Football Club in bringing young people and their families together, supporting their emotional and mental wellbeing

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2024.