

MS THERAPY CENTRE, NORFOLK LTD

England & Wales · Charity number 1131940

Details

Other names	INDEPENDENT LIFE CENTRE NORWICH LIMITED, ILC
Status	Registered
Legal form	Charitable company
Company number	07000565
Registered	2009-09-30
Register	View on the Charity Commission register

Contact

Address	5 Hurricane Way Norwich Norfolk NR6 6EZ
Phone	01603 488561
Email	info@mstcn.org.uk
Website	www.mstcn.org.uk

Activities

Objects: TO ESTABLISH AND RUN A CENTRE TO PROVIDE TREATMENT CARE AND EDUCATION FOR PEOPLE WITH DISABLING CONDITIONS, THEIR FAMILY AND CARERS SO THEY CAN MAINTAIN INDEPENDENT LIVING.

Activities: Provision of a centre to provide therapies and help to those suffering from neurological conditions, particularly multiple sclerosis.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Norfolk

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£131,009	£141,687	-	-
2023-10-31	£110,255	£145,088	-	-
2022-10-31	£137,460	£131,260	-	-
2021-10-31	£117,262	£141,913	-	-
2020-10-31	£132,146	£150,827	-	-

Trustees

Name	Role	Appointed
Bernard Elwen	Chair	2013-08-01
Graham Charles Ward		2026-05-26
Sheridin Bridewell		2015-04-01
Suzanne Carroll		2015-04-01

MS THERAPY CENTRE, NORFOLK LTD

England & Wales - Charity number 1131940

Accounts

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 OCTOBER 2024**

Trustees S Bridewell
 S Carroll
 B G Elwen
 I E Pickering (resigned 31 December 2024)

**Company registered
number** 07000565

**Charity registered
number** 1131940

Registered office 5 Hurricane Way
 Norwich
 Norfolk
 NR6 6EZ

Accountants MA Partners LLP
 Chartered Accountants
 7 The Close
 Norwich
 Norfolk
 NR1 4DJ

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 OCTOBER 2024

The chairman presents his statement for the year.

2024 has continued in much the same vein as 2023. We continue to open five full days per week, and on Saturday mornings once a month. We offer physiotherapy three days a week, with a waiting list of approximately seven weeks.

We have had over 8,000 visits to the centre this year from those using our various services.

Room hire continues to be a major source of funding, with our rooms having an occupancy rate of just over 60%. This figure includes joint occupancy with two other local charities. Other sources of income are fundraising activities (quiz nights, afternoon tea, golf days, skydiving and other local initiatives), grants and donations from trusts and individuals.

We have maintained the building, and we continue with a revised rental agreement (deed of variation) with the new landlords, Dove (Industrial IV) Unit Trust.

The Trustees would like to say thank you to Avia, Albert Hunt trust, Axis foundation, Next PLC, Bruce Wake Trust and The Hospital Saturday Fund for their kind support throughout the year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 OCTOBER 2024

The Trustees present their annual report together with the financial statements of the Company for the year 1 November 2023 to 31 October 2024. The annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The Company's objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

We help all those in Norfolk who are affected by multiple sclerosis or other neurological condition, by offering a range of support services to assist their well-being.

c. Activities undertaken to achieve objectives

Therapies

We offer a wide range of therapies to our centre users, whether or not they have MS.

Advice and Support

A full range of counselling and advice services is available to anyone coming to grips with dealing with MS. We have several counsellors who can help with emotional issues, and we also offer practice advice on such matters as benefits and continence.

Yoga and Pilates

Fitness is very much a part of dealing with MS or any other neurological condition. Classes are held at our centre on most days. Yoga and Pilates were converted to online whilst the centre was closed.

MS THERAPY CENTRE, NORFOLK LTD
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2024

Objectives and activities (continued)

d. Main activities undertaken to further the Company's purposes for the public benefit

The main activities in the year were centred around offering services to people affected by MS and other neurological conditions. These services included specialist one to one holistic therapies and medical services.

The Company maintained the frequency of its group physio classes at 3 days per week as well as its exercise classes.

The Company also has continued the subsidised counselling service for newly diagnosed MS patients.

Achievements and performance

a. Main achievements of the Company

See the Chairman's statement.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The Company currently has no "free reserves" (unrestricted funds excluding those represented by fixed assets).

c. Deficit

The financial statements show a deficit on unrestricted funds. This is as a result of the requirement to accrue for rent payable over the life of the lease although the Company has benefitted from a rent free period under the terms of the lease.

Structure, governance and management

a. Constitution

MS Therapy Centre, Norfolk Ltd is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2024

Plans for future periods

Our aims are:

- to increase capacity and attract more users of our rentable services
- to focus on NHS contracts and look at a pricing policy for services offered
- to develop a more comprehensive membership scheme and introduce a value for money service.

Members' liability

The Members of the Company guarantee to contribute an amount not exceeding £10 to the assets of the Company in the event of winding up.

Statement of Trustees' responsibilities

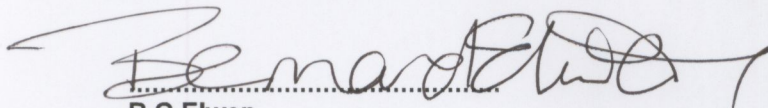
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

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


B G Elwen

Date: 21 JULY 2025

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 OCTOBER 2024

Independent Examiner's Report to the Trustees of MS Therapy Centre, Norfolk Ltd ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 October 2024.

Responsibilities and Basis of Report

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

Having satisfied myself that the accounts of the Company 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 Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

Signed:



Dated: 22 July 2025

Mr F M E Shippam BSc FCA DChA

MA Partners LLP

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	7,795	28,028	35,823	32,612
Charitable activities	4	-	91,615	91,615	74,157
Other trading activities	5	-	3,571	3,571	3,486
Total income		7,795	123,214	131,009	110,255
Expenditure on:					
Raising funds		-	4,165	4,165	1,654
Charitable activities	6	7,795	129,727	137,522	143,434
Total expenditure		7,795	133,892	141,687	145,088
Net movement in funds		-	(10,678)	(10,678)	(34,833)
Reconciliation of funds:					
Total funds brought forward		36,445	(106,533)	(70,088)	(35,255)
Net movement in funds		-	(10,678)	(10,678)	(34,833)
Total funds carried forward		36,445	(117,211)	(80,766)	(70,088)

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 23 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET
AS AT 31 OCTOBER 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	65,472	71,476
		<u>65,472</u>	<u>71,476</u>
Current assets			
Debtors	12	6,652	4,803
Cash at bank and in hand		11,166	16,616
		<u>17,818</u>	<u>21,419</u>
Current liabilities			
Creditors: amounts falling due within one year	13	(50,010)	(54,688)
Net current liabilities		<u>(32,192)</u>	<u>(33,269)</u>
Total assets less current liabilities		<u>33,280</u>	<u>38,207</u>
Creditors: amounts falling due after more than one year	14	(114,046)	(108,295)
Total net assets		<u><u>(80,766)</u></u>	<u><u>(70,088)</u></u>
Charity funds			
Restricted funds	15	36,445	36,445
Unrestricted funds	15	(117,211)	(106,533)
Total funds		<u><u>(80,766)</u></u>	<u><u>(70,088)</u></u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET (CONTINUED)
AS AT 31 OCTOBER 2024

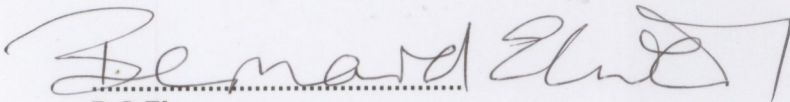
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

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

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

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


B G Elwen

Date: 21 JULY 2025

The notes on pages 10 to 23 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024

1. General information

MS Therapy Centre, Norfolk Ltd is a company limited by guarantee and registered in England and Wales. The Company's registered office address is 5 Hurricane Way, Norwich, NR6 6EZ. The Company's principal objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

MS Therapy Centre, Norfolk Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Statement of Financial Position shows the Company has net liabilities of £80,766. Within creditors are accruals of £118,722 arising from the accounting requirement to accrue a rental charge whilst the Company benefited from a rent-free period. Having made some reductions to expenditure post year end, the Trustees are satisfied that regular sources of income are anticipated to exceed recurring expenditure on a monthly basis. Surpluses will be enhanced by successful fundraising activities. As a result, the Trustees are confident that the plans for the coming 12 months will ensure that the Company can continue to meet its obligations as they fall due and accordingly have adopted the going concern basis in preparing these financial statements.

2.3 Income

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

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

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024

2. Accounting policies (continued)

2.4 Expenditure (continued)

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

All expenditure is inclusive of irrecoverable VAT.

2.5 Tangible fixed assets and depreciation

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

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	-	5%
Plant and machinery	-	10%
Computer equipment	-	33%

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

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

2.8 Liabilities and provisions

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

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

2.9 Financial instruments

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024

2. Accounting policies (continued)

2.10 Pensions

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

2.11 Fund accounting

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

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

MS THERAPY CENTRE, NORFOLK LTD
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024**

3. Income from donations and legacies

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Donations	-	18,028	18,028	5,662
Grants	7,795	10,000	17,795	26,950
Total 2024	<u>7,795</u>	<u>28,028</u>	<u>35,823</u>	<u>32,612</u>
<i>Total 2023</i>	<u>26,950</u>	<u>5,662</u>	<u>32,612</u>	

4. Income from charitable activities

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Income from charitable activities - Room hire	<u>91,615</u>	<u>91,615</u>	<u>74,157</u>
<i>Total 2023</i>	<u>74,157</u>	<u>74,157</u>	

MS THERAPY CENTRE, NORFOLK LTD
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024**

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Lottery	419	419	464
Other	3,152	3,152	3,022
Total 2024	<u>3,571</u>	<u>3,571</u>	<u>3,486</u>
<i>Total 2023</i>	<u>3,486</u>	<u>3,486</u>	

6. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	<i>Total 2023 £</i>
Charitable activities	7,795	129,727	137,522	143,434
<i>Total 2023</i>	<u>5,500</u>	<u>137,934</u>	<u>143,434</u>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Charitable activities	125,646	11,876	137,522	143,434
<i>Total 2023</i>	<u>135,387</u>	<u>8,047</u>	<u>143,434</u>	

MS THERAPY CENTRE, NORFOLK LTD
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2024 £	<i>Total funds 2023 £</i>
Staff costs	41,531	50,963
Rent	29,357	29,357
New building costs	11,155	9,633
Cleaning	11,031	11,924
Light and heat	9,427	10,357
Depreciation	6,004	6,005
Premises	5,501	4,761
Professional fees	3,960	3,285
Internet	2,891	2,300
Repairs and renewals	1,184	3,435
Computers and software	1,168	1,097
Insurance	705	1,063
Refreshments	693	795
Travel	439	168
Subscriptions	300	100
Advertising	300	144
	125,646	135,387

MS THERAPY CENTRE, NORFOLK LTD
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2024 £	<i>Total funds 2023 £</i>
Office	5,953	1,751
Printing, postage and stationery	2,923	2,328
Governance costs	2,207	2,875
Bank charges	656	979
Sundry	137	114
	11,876	8,047

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £1,525 (2023 - £1,450), and fees for assisting with the preparation of the financial statements and corporation tax compliance of £682 (2023 - £1,425).

9. Staff costs

	2024 £	<i>2023 £</i>
Wages and salaries	40,617	49,782
Contribution to defined contribution pension schemes	914	1,181
	41,531	50,963

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

	2024 No.	<i>2023 No.</i>
Number of staff	3	3

No employee received remuneration amounting to more than £60,000 in either year.

MS THERAPY CENTRE, NORFOLK LTD
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024**

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 October 2024, no Trustee expenses have been incurred (2023 - £NIL).

11. Tangible fixed assets

	Long-term leasehold property £	Plant and machinery £	Computer equipment £	Total £
Cost or valuation				
At 1 November 2023	83,838	18,128	2,196	104,162
At 31 October 2024	83,838	18,128	2,196	104,162
Depreciation				
At 1 November 2023	23,701	6,789	2,196	32,686
Charge for the year	4,192	1,812	-	6,004
At 31 October 2024	27,893	8,601	2,196	38,690
Net book value				
At 31 October 2024	55,945	9,527	-	65,472
At 31 October 2023	60,137	11,339	-	71,476

12. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	6,652	4,803
	6,652	4,803

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

13. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Bank loans	5,535	5,233
Other loans	4,000	-
Trade creditors	7,322	4,898
Other taxation and social security	230	447
Other creditors	3,593	230
Accruals and deferred income	29,330	43,880
	50,010	54,688

14. Creditors: Amounts falling due after more than one year

	2024	2023
	£	£
Bank loans	3,567	9,088
Other loans	18,507	5,850
Accruals and deferred income	91,972	93,357
	114,046	108,295

Accruals and deferred income is made up of amounts accrued in relation to a rent free period under the terms of a lease. The amounts accrued will be spread over the lease term.

MS THERAPY CENTRE, NORFOLK LTD
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024**

15. Statement of funds

Statement of funds - current year

	Balance at 1 November 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2024 £
Unrestricted funds					
General funds	27,824	123,214	(104,535)	(44,992)	1,511
Lease accrual	(134,357)	-	(29,357)	44,992	(118,722)
	<u>(106,533)</u>	<u>123,214</u>	<u>(133,892)</u>	<u>-</u>	<u>(117,211)</u>
Restricted funds					
Motomed exercise machine	36,445	-	-	-	36,445
Physiotherapy services	-	2,000	(2,000)	-	-
Salary Grant	-	5,795	(5,795)	-	-
	<u>36,445</u>	<u>7,795</u>	<u>(7,795)</u>	<u>-</u>	<u>36,445</u>
Total of funds	<u><u>(70,088)</u></u>	<u><u>131,009</u></u>	<u><u>(141,687)</u></u>	<u><u>-</u></u>	<u><u>(80,766)</u></u>

Hospital Saturday Fund awarded a grant of £2,000 towards funding the cost of providing **Physiotherapy services**. The funds were offset against the costs of running the services during the year.

The Axis Foundation awarded the Company a **Salary Grant** of £5,795 towards salary costs. The funds were offset against the costs of running the services during the year.

The **Motomed exercise machine** fund is funding received for the purchase of Motomed exercise bikes.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 November 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 October 2023 £</i>
Unrestricted funds					
General funds	53,250	83,305	(110,231)	1,500	27,824
Lease accrual	(105,000)	-	(29,357)	-	(134,357)
	<u>(51,750)</u>	<u>83,305</u>	<u>(139,588)</u>	<u>1,500</u>	<u>(106,533)</u>
Restricted funds					
Motomed exercise machine	14,995	21,450	-	-	36,445
Remote counselling	-	2,000	(2,000)	-	-
Physiotherapy services	-	2,000	(2,000)	-	-
Weekly yoga class	-	1,500	(1,500)	-	-
Axis Foundation	1,500	-	-	(1,500)	-
	<u>16,495</u>	<u>26,950</u>	<u>(5,500)</u>	<u>(1,500)</u>	<u>36,445</u>
Total of funds	<u>(35,255)</u>	<u>110,255</u>	<u>(145,088)</u>	<u>-</u>	<u>(70,088)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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

16. Summary of funds

Summary of funds - current year

	Balance at 1 November 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2024 £
General funds	(106,533)	123,214	(133,892)	-	(117,211)
Restricted funds	36,445	7,795	(7,795)	-	36,445
	<u>(70,088)</u>	<u>131,009</u>	<u>(141,687)</u>	<u>-</u>	<u>(80,766)</u>

Summary of funds - prior year

	Balance at 1 November 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2023 £
General funds	(51,750)	83,305	(139,588)	1,500	(106,533)
Restricted funds	16,495	26,950	(5,500)	(1,500)	36,445
	<u>(35,255)</u>	<u>110,255</u>	<u>(145,088)</u>	<u>-</u>	<u>(70,088)</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	-	65,472	65,472
Current assets	36,445	(18,627)	17,818
Creditors due within one year	-	(50,010)	(50,010)
Creditors due in more than one year	-	(114,046)	(114,046)
Total	<u>36,445</u>	<u>(117,211)</u>	<u>(80,766)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Restricted funds 2023 £</i>	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	-	71,476	71,476
Current assets	36,445	(15,026)	21,419
Creditors due within one year	-	(54,688)	(54,688)
Creditors due in more than one year	-	(108,295)	(108,295)
Total	<u>36,445</u>	<u>(106,533)</u>	<u>(70,088)</u>

18. Pension commitments

The Company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Company in an independently administered fund. The pension cost charge represents contributions payable by the Company to the fund and amounted to £914 (2023 - £1,181). Contributions totalling £126 (2023 - £230) were payable to the fund at the balance sheet date and are included in creditors.

19. Operating lease commitments

At 31 October 2024 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024 £	2023 £
Not later than 1 year	26,500	20,500
Later than 1 year and not later than 5 years	140,300	128,400
Later than 5 years	309,200	347,600
	<u>476,000</u>	<u>496,500</u>

The following lease payments have been recognised as an expense in the statement of financial activities:

	2024 £	2023 £
Operating lease rentals	<u>29,357</u>	<u>29,357</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2024

20. Members' liability

Each member of the charitable company undertakes to contribute to the assets of the company in the event of it being wound up while he/she is a member, or within one year after he/she ceases to be a member, such amount as may be required, not exceeding £10 for the debts and liabilities contracted before he/she ceases to be a member.

21. Related party transactions

In the year ended 31 October 2017 the Company entered into a loan arrangement with one of its trustees.

Trustee Bernard Elwen provided the Company with an unsecured, interest free loan of £6,715. Repayments of £1,343 (2023 - £1,343) were made in the year ended 31 October 2024 leaving a balance owing at the year end of £1,007 (2023 - £2,350).

MS THERAPY CENTRE, NORFOLK LTD

England & Wales - Charity number 1131940

Accounts

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 OCTOBER 2023**

Trustees S Bridewell
S Carroll
B G Elwen
I E Pickering
S England (resigned 26 March 2023)

**Company registered
number** 07000565

**Charity registered
number** 1131940

Registered office 5 Hurricane Way
Norwich
Norfolk
NR6 6EZ

Accountants MA Partners LLP
Chartered Accountants
7 The Close
Norwich
Norfolk
NR1 4DJ

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 OCTOBER 2023

The chairman presents his statement for the year.

2023 has continued in much the same vein as 2022. We continue to open five full days per week, and on Saturday mornings once a month. We offer physiotherapy three days a week, with a waiting list of three weeks. We have had over 9,000 visits to the centre this year from those using our various services.

Room hire continues to be a major source of funding, with our rooms having an occupancy rate of just over 60%. Other sources of income are fundraising activities (quiz nights, 5-a-side football, afternoon tea, clairvoyancy evenings and other local initiatives), grants and donations from trusts and individual.

We have maintained the building and we have entered into a revised rental agreement (deed of variation) with the new landlords, Dove (Industrial IV) Unit Trust.

The Trustees would like to say thank you to The Geoffrey Watling Charity, The Childwick Trust, Norfolk Community Foundation, Bruce Wake Charity and The Barbara Welby Trust for their kind support throughout the year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 OCTOBER 2023

The Trustees present their annual report together with the financial statements of the Company for the year 1 November 2022 to 31 October 2023. The annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The Company's objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

We help all those in Norfolk who are affected by multiple sclerosis or other neurological condition, by offering a range of support services to assist their well-being.

c. Activities undertaken to achieve objectives

Therapies

We offer a wide range of therapies to our centre users, whether or not they have MS.

Advice and Support

A full range of counselling and advice services is available to anyone coming to grips with dealing with MS. We have several counsellors who can help with emotional issues, and we also offer practice advice on such matters as benefits and continence.

Yoga and Pilates

Fitness is very much a part of dealing with MS or any other neurological condition. Classes are held at our centre on most days. Yoga and Pilates were converted to online whilst the centre was closed.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2023

Objectives and activities (continued)

d. Main activities undertaken to further the Company's purposes for the public benefit

The main activities in the year were centred around offering services to people affected by MS and other neurological conditions. These services included specialist one to one holistic therapies and medical services.

The Company maintained the frequency of its group physio classes at 3 days per week as well as its exercise classes.

The Company also has continued the subsidised counselling service for newly diagnosed MS patients.

Achievements and performance

a. Main achievements of the Company

See the Chairman's statement.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The Company currently has no "free reserves" (unrestricted funds excluding those represented by fixed assets).

c. Deficit

The financial statements show a deficit on unrestricted funds. This is as a result of the requirement to accrue for rent payable over the life of the lease although the Company has benefitted from a rent free period under the terms of the lease.

Structure, governance and management

a. Constitution

MS Therapy Centre, Norfolk Ltd is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2023

Plans for future periods

Our aims are:

- to increase capacity and attract more users of our rentable services
- to focus on NHS contracts and look at a pricing policy for services offered
- to develop a more comprehensive membership scheme and introduce a value for money service.

Members' liability

The Members of the Company guarantee to contribute an amount not exceeding £10 to the assets of the Company in the event of winding up.

Statement of Trustees' responsibilities

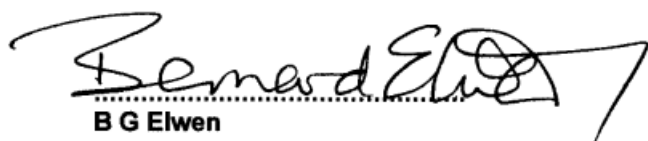
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

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


B G Elwen

Date: 23 July 2024

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 OCTOBER 2023

Independent Examiner's Report to the Trustees of MS Therapy Centre, Norfolk Ltd ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 October 2023.

Responsibilities and Basis of Report

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

Having satisfied myself that the accounts of the Company 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 Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

Signed:



Dated: 24 July 2024

Mr F M E Shippam BSc FCA DChA

MA Partners LLP

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 OCTOBER 2023**

	Note	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	26,950	5,662	32,612	86,173
Charitable activities	4	-	74,157	74,157	47,488
Other trading activities	5	-	3,486	3,486	3,799
Total income		26,950	83,305	110,255	137,460
Expenditure on:					
Raising funds		-	1,654	1,654	513
Charitable activities	6	5,500	137,934	143,434	130,747
Total expenditure		5,500	139,588	145,088	131,260
Net income/(expenditure)		21,450	(56,283)	(34,833)	6,200
Transfers between funds	15	(1,500)	1,500	-	-
Net movement in funds		19,950	(54,783)	(34,833)	6,200
Reconciliation of funds:					
Total funds brought forward		16,495	(51,750)	(35,255)	(41,455)
Net movement in funds		19,950	(54,783)	(34,833)	6,200
Total funds carried forward		36,445	(106,533)	(70,088)	(35,255)

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 24 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET
AS AT 31 OCTOBER 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	71,476	75,941
		<u>71,476</u>	<u>75,941</u>
Current assets			
Debtors	12	4,803	1,920
Cash at bank and in hand		16,616	25,262
		<u>21,419</u>	<u>27,182</u>
Creditors: amounts falling due within one year	13	(54,688)	(9,710)
Net current liabilities / assets		<u>(33,269)</u>	<u>17,472</u>
Total assets less current liabilities		<u>38,207</u>	<u>93,413</u>
Creditors: amounts falling due after more than one year	14	(108,295)	(128,668)
Total net assets		<u><u>(70,088)</u></u>	<u><u>(35,255)</u></u>
Charity funds			
Restricted funds	15	36,445	16,495
Unrestricted funds	15	(106,533)	(51,750)
Total funds		<u><u>(70,088)</u></u>	<u><u>(35,255)</u></u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET (CONTINUED)
AS AT 31 OCTOBER 2023

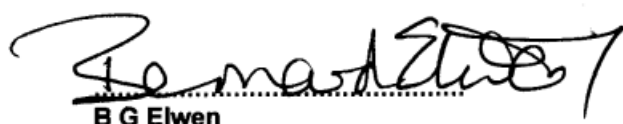
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

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

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

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



B G Elwen

Date: 23 July 2024

The notes on pages 10 to 24 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

1. General information

MS Therapy Centre, Norfolk Ltd is a company limited by guarantee and registered in England and Wales. The Company's registered office address is 5 Hurricane Way, Norwich, NR6 6EZ. The Company's principal objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

MS Therapy Centre, Norfolk Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Statement of Financial Position shows the Company has net liabilities of £70,088. Within creditors are accruals of £134,357 arising from the accounting requirement to accrue a rental charge whilst the Company benefited from a rent-free period. Having made some reductions to expenditure post year end, the Trustees are satisfied that regular sources of income are anticipated to exceed recurring expenditure on a monthly basis. Surpluses will be enhanced by successful fundraising activities. As a result, the Trustees are confident that the plans for the coming 12 months will ensure that the Company can continue to meet its obligations as they fall due and accordingly have adopted the going concern basis in preparing these financial statements.

2.3 Income

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

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

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

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

All expenditure is inclusive of irrecoverable VAT.

2.5 Tangible fixed assets and depreciation

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

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	-	5%
Plant and machinery	-	10%
Computer equipment	-	33%

2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.7 Cash at bank and in hand

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

2.8 Liabilities and provisions

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

2. Accounting policies (continued)

2.9 Financial instruments

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

2.10 Pensions

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

2.11 Fund accounting

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

3. Income from donations and legacies

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Donations	-	5,662	5,662	35,673
Legacies	-	-	-	5,000
Grants	26,950	-	26,950	45,500
Total 2023	<u>26,950</u>	<u>5,662</u>	<u>32,612</u>	<u>86,173</u>
<i>Total 2022</i>	<u>55,500</u>	<u>30,673</u>	<u>86,173</u>	

4. Income from charitable activities

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Income from charitable activities - Room hire	<u>74,157</u>	<u>74,157</u>	<u>47,488</u>
<i>Total 2022</i>	<u>47,488</u>	<u>47,488</u>	

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Lottery	464	464	608
Other	3,022	3,022	3,191
Total 2023	<u>3,486</u>	<u>3,486</u>	<u>3,799</u>
<i>Total 2022</i>	<u>3,799</u>	<u>3,799</u>	

6. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £	<i>Total 2022 £</i>
Charitable activities	5,500	137,934	143,434	130,747
<i>Total 2022</i>	<u>41,845</u>	<u>88,902</u>	<u>130,747</u>	

7. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Charitable activities	135,387	8,047	143,434	130,747
<i>Total 2022</i>	<u>119,211</u>	<u>11,536</u>	<u>130,747</u>	

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	50,963	48,046
Rent	29,357	17,500
Cleaning	11,924	9,572
Light and heat	10,357	8,890
New building costs	9,633	11,432
Premises	4,761	2,879
Repairs and renewals	3,435	504
Professional fees	3,285	2,945
Internet	2,300	2,892
Computers and software	1,097	1,256
Insurance	1,063	819
Refreshments	795	553
Travel	168	309
Advertising	144	258
Subscriptions	100	100
Medical equipment	-	5,405
Depreciation	6,005	5,851
	135,387	119,211

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2023 £	<i>Total funds 2022 £</i>
Governance costs	2,875	3,577
Printing, postage and stationery	2,328	2,502
Office	1,751	4,330
Bank charges	979	666
Sundry	114	461
	=====	=====

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £1,450 (2022 - £1,320), and fees for assisting with the preparation of the financial statements and corporation tax compliance of £1,425 (2022 - £2,257).

9. Staff costs

	2023 £	<i>2022 £</i>
Wages and salaries	49,782	46,865
Contribution to defined contribution pension schemes	1,181	1,181
	=====	=====
	50,963	48,046

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

	2023 No.	<i>2022 No.</i>
Number of staff	3	3
	=====	=====

No employee received remuneration amounting to more than £60,000 in either year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 October 2023, no Trustee expenses have been incurred (2022 - £NIL).

11. Tangible fixed assets

	Long-term leasehold property £	Plant and machinery £	Computer equipment £	Total £
Cost or valuation				
At 1 November 2022	83,838	16,588	2,196	102,622
Additions	-	1,540	-	1,540
At 31 October 2023	83,838	18,128	2,196	104,162
Depreciation				
At 1 November 2022	19,509	4,976	2,196	26,681
Charge for the year	4,192	1,813	-	6,005
At 31 October 2023	23,701	6,789	2,196	32,686
Net book value				
At 31 October 2023	60,137	11,339	-	71,476
At 31 October 2022	64,329	11,612	-	75,941

12. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	4,803	1,920
	4,803	1,920

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Bank loans	5,233	5,265
Trade creditors	4,898	1,594
Other taxation and social security	447	86
Other creditors	230	-
Accruals and deferred income	43,880	2,765
	54,688	9,710

14. Creditors: Amounts falling due after more than one year

	2023	2022
	£	£
Bank loans	9,088	14,475
Other loans	5,850	9,193
Accruals and deferred income	93,357	105,000
	108,295	128,668

Accruals and deferred income is made up of amounts accrued in relation to a rent free period under the terms of a lease. The amounts accrued will be spread over the lease term.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

15. Statement of funds

Statement of funds - current year

	Balance at 1 November 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2023 £
Unrestricted funds					
General funds	53,250	83,305	(110,231)	1,500	27,824
Lease accrual	(105,000)	-	(29,357)	-	(134,357)
	<u>(51,750)</u>	<u>83,305</u>	<u>(139,588)</u>	<u>1,500</u>	<u>(106,533)</u>
Restricted funds					
Motomed exercise machine	14,995	21,450	-	-	36,445
Remote counselling	-	2,000	(2,000)	-	-
Physiotherapy services	-	2,000	(2,000)	-	-
Weekly yoga class	-	1,500	(1,500)	-	-
Axis Foundation	1,500	-	-	(1,500)	-
	<u>16,495</u>	<u>26,950</u>	<u>(5,500)</u>	<u>(1,500)</u>	<u>36,445</u>
Total of funds	<u>(35,255)</u>	<u>110,255</u>	<u>(145,088)</u>	<u>-</u>	<u>(70,088)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

15. Statement of funds (continued)

The **Motomed exercise machine** fund is funding received for the purchase of Motomed exercise bikes.

In the current year funding was received from Geoffrey Watling Charity (£10,800), Childwick Trust (£5,000), Norwich Communities Foundation (£3,150) and Bruce Wake Charitable Trust (£2,500).

In the prior year funding was received from The R C Snelling Charitable Trust (£5,400), The Strangward Trust (£5,000), the Shelroy Charitable Trust Fund - Love Norfolk 2022 (£5,000) and The Percy Bilton Charity (£5,000). Expenditure was in respect of one Motomed bike.

Norwich Communities Foundation awarded a grant of £2,000 to fund the cost of providing **Remote counselling** services to vulnerable members. The funds were offset against the costs of running the services during the year.

Norwich Communities Foundation awarded a grant of £2,000 to fund the cost of providing additional support to meet the backlog of demand for **Physiotherapy services** following the Covid-19 disruption. The funds were offset against the costs of running the services during the year.

Norwich Communities Foundation awarded a grant of £1,500 to fund the cost of providing a **Weekly yoga class**. The funds were offset against the costs of running the services during the year.

The **Axis Foundation** awarded the Company £1,500 to purchase a defibrillator. The defibrillator was purchased during the year and capitalised as a fixed asset. A transfer out of the restricted fund has been made during the year as the ongoing use of the asset by the Company is not restricted.

The **COVID 19 Counselling** fund was set up in the year ended 31 October 2020 following receipt of a grant of £9,640 from Norfolk Community Foundation, of which £6,000 was spent in the prior year. The funds were offset against salary costs in the prior year.

Norwich Communities Foundation ("NCF") Empowering Communities Fund grant was awarded to pilot a new staffing structure to better meet demand, by employing a Physiotherapy Assistant to support thrice weekly sessions taking place from the centre in Norwich.

In the prior year, The Garfield Weston Foundation awarded a grant of £10,000 to complete **building works**.

The **COVID cleaning fund** in the prior year included funding from Norwich Consolidated Charities (£9,600) and The Hobson Charity (£4,000) toward the additional cleaning costs incurred as a result of COVID 19. These funds were transferred to general funds to offset costs written off here in the prior year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 November 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 October 2022 £</i>
Unrestricted funds					
General funds	29,605	81,960	(71,915)	13,600	53,250
Lease accrual	(87,500)	-	(17,500)	-	(105,000)
	<u>(57,895)</u>	<u>81,960</u>	<u>(89,415)</u>	<u>13,600</u>	<u>(51,750)</u>
Restricted funds					
COVID 19 Counselling	16,440	-	(16,440)	-	-
NCF Empowering Communities Fund	-	10,000	(10,000)	-	-
Motomed exercise machine	-	20,400	(5,405)	-	14,995
Axis Foundation	-	1,500	-	-	1,500
Building works	-	10,000	(10,000)	-	-
COVID 19 Cleaning	-	13,600	-	(13,600)	-
	<u>16,440</u>	<u>55,500</u>	<u>(41,845)</u>	<u>(13,600)</u>	<u>16,495</u>
Total of funds	<u>(41,455)</u>	<u>137,460</u>	<u>(131,260)</u>	<u>-</u>	<u>(35,255)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

16. Summary of funds

Summary of funds - current year

	Balance at 1 November 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2023 £
General funds	(51,750)	83,305	(139,588)	1,500	(106,533)
Restricted funds	16,495	26,950	(5,500)	(1,500)	36,445
	<u>(35,255)</u>	<u>110,255</u>	<u>(145,088)</u>	<u>-</u>	<u>(70,088)</u>

Summary of funds - prior year

	Balance at 1 November 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2022 £
General funds	(57,895)	81,960	(89,415)	13,600	(51,750)
Restricted funds	16,440	55,500	(41,845)	(13,600)	16,495
	<u>(41,455)</u>	<u>137,460</u>	<u>(131,260)</u>	<u>-</u>	<u>(35,255)</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	-	71,476	71,476
Current assets	36,445	(15,026)	21,419
Creditors due within one year	-	(54,688)	(54,688)
Creditors due in more than one year	-	(108,295)	(108,295)
Total	<u>36,445</u>	<u>(106,533)</u>	<u>(70,088)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023**

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Restricted funds 2022 £</i>	<i>Unrestricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	-	75,941	75,941
Current assets	16,495	10,687	27,182
Creditors due within one year	-	(9,710)	(9,710)
Creditors due in more than one year	-	(128,668)	(128,668)
Total	16,495	(51,750)	(35,255)

18. Pension commitments

The Company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Company in an independently administered fund. The pension cost charge represents contributions payable by the Company to the fund and amounted to £1,181 (2022 - £1,181) were payable to the fund at the balance sheet date and are included in creditors.

19. Operating lease commitments

At 31 October 2023 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023 £	2022 £
Not later than 1 year	20,500	5,000
Later than 1 year and not later than 5 years	128,400	20,000
Later than 5 years	347,600	325,000
	496,500	350,000

The following lease payments have been recognised as an expense in the statement of financial activities:

	2023 £	2022 £
Operating lease rentals	29,357	17,500

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2023

20. Members' liability

Each member of the charitable company undertakes to contribute to the assets of the company in the event of it being wound up while he/she is a member, or within one year after he/she ceases to be a member, such amount as may be required, not exceeding £10 for the debts and liabilities contracted before he/she ceases to be a member.

21. Related party transactions

In the year ended 31 October 2017 the Company entered into loan arrangements with two Trustees, one of whom is no longer a Trustee.

Trustee Bernard Elwen provided the Company with an unsecured, interest free loan of £6,715. Repayments of £1,343 (2022 - £1,343) were made in the year ended 31 October 2023 leaving a balance owing at the year end of £2,350 (2022 - £3,693).

MS THERAPY CENTRE, NORFOLK LTD

England & Wales - Charity number 1131940

Accounts

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 OCTOBER 2022

Trustees S Bridewell
 S Carroll
 B G Elwen
 I E Pickering
 S England (resigned 26 March 2023)

**Company registered
number** 07000565

**Charity registered
number** 1131940

Registered office 5 Hurricane Way
 Norwich
 Norfolk
 NR6 6EZ

Accountants MA Partners LLP
 Chartered Accountants
 7 The Close
 Norwich
 Norfolk
 NR1 4DJ

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 OCTOBER 2022

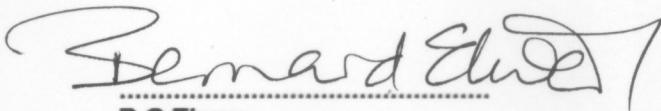
The Chairman presents his statement for the year.

2022 has been a much better year than the previous two, with the centre getting back to some kind of normality by offering the full range of services that were offered before the pandemic. We are now open five full days per week, and on Saturday mornings once a month. We offer physiotherapy three days a week, with a waiting list of three weeks. We have had over 9,000 visits to the centre this year from those using our various services.

Room hire continues to be a major source of funding, with our rooms having an occupancy rate of just over 60%. Other sources of income are fund raising activities (quiz nights, 5-a-side football, afternoon tea, clairvoyancy evenings and other local initiatives), grants and trusts and individual donations. We have been successful in obtaining £20k for physiotherapy equipment, and £15k towards insulating our building. We have also been awarded £10k towards the general running costs of the charity.

Although our income has been low due to our inability to carry out normal fundraising events, we have had excellent support from Norfolk Community Foundation. They have funded some of our services and Centre costs, which has allowed us to stay solvent for this year. This will also ensure we can continue for the following year.

We have carried out all the modifications to the building that were expected of us during our rent-free period, and we have now started to pay rent for the remainder of the term of our lease.



.....
B G Elwen

Date: 24 July 2023

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 OCTOBER 2022

The Trustees present their annual report together with the financial statements of the Company for the year 1 November 2021 to 31 October 2022. The annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The charity's objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

We help all those in Norfolk who are affected by multiple sclerosis or other neurological condition, by offering a range of support services to assist their well-being.

c. Activities undertaken to achieve objectives

Therapies

We offer a wide range of therapies to our centre users, whether or not they have MS.

Advice and Support

A full range of counselling and advice services is available to anyone coming to grips with dealing with MS. We have several counsellors who can help with emotional issues, and we also offer practice advice on such matters as benefits and continence.

Yoga and Pilates

Fitness is very much a part of dealing with MS or any other neurological condition. Classes are held at our centre on most days. Yoga and Pilates were converted to online whilst the centre was closed.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2022

Objectives and activities (continued)

d. Main activities undertaken to further the Company's purposes for the public benefit

The main activities in the year were centred around offering services to people affected by MS and other neurological conditions. These services included specialist one to one holistic therapies and medical services.

The charity maintained the frequency of its group physio classes at 3 days per week as well as its exercise classes.

The charity also has continued the subsidised counselling service for newly diagnosed MS patients.

Achievements and performance

a. Main achievements of the Company

See the Chariman's statement.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The charity currently has no "free reserves" (unrestricted funds excluding those represented by fixed assets).

c. Deficit

The financial statements show a deficit on unrestricted funds. This is as a result of the requirement to accrue for rent payable over the life of the lease although the charity has benefitted from a rent free period under the terms of the lease.

Structure, governance and management

a. Constitution

MS Therapy Centre, Norfolk Ltd is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2022

Plans for future periods

Our aims are:

- to increase capacity and attract more users of our rentable services
- to focus on NHS contracts and look at a pricing policy for services offered
- to develop a more comprehensive membership scheme and introduce a value for money service.

Members' liability

The Members of the Company guarantee to contribute an amount not exceeding £10 to the assets of the Company in the event of winding up.

Statement of Trustees' responsibilities

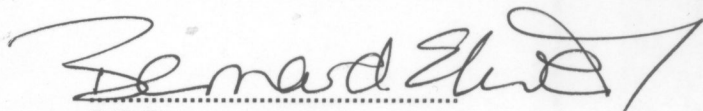
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

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



B G Elwen

Date: 24 July 2023

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 OCTOBER 2022

Independent Examiner's Report to the Trustees of MS Therapy Centre, Norfolk Ltd ('the Company')

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

Responsibilities and Basis of Report

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

Having satisfied myself that the accounts of the Company 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 Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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

Signed:



Dated: 25 July 2023

Mr F M E Shippam BSc FCA DChA

MA Partners LLP

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 OCTOBER 2022**

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	55,500	30,673	86,173	66,124
Charitable activities	4	-	47,488	47,488	49,769
Other trading activities	5	-	3,799	3,799	1,369
Total income		55,500	81,960	137,460	117,262
Expenditure on:					
Raising funds		-	513	513	377
Charitable activities	6	41,845	88,902	130,747	141,536
Total expenditure		41,845	89,415	131,260	141,913
Net income/(expenditure)		13,655	(7,455)	6,200	(24,651)
Transfers between funds	15	(13,600)	13,600	-	-
Net movement in funds		55	6,145	6,200	(24,651)
Reconciliation of funds:					
Total funds brought forward		16,440	(57,895)	(41,455)	(16,804)
Net movement in funds		55	6,145	6,200	(24,651)
Total funds carried forward		16,495	(51,750)	(35,255)	(41,455)

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 10 to 24 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET
AS AT 31 OCTOBER 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	11	75,941	81,792
		<u>75,941</u>	<u>81,792</u>
Current assets			
Debtors	12	1,920	520
Cash at bank and in hand		25,262	12,691
		<u>27,182</u>	<u>13,211</u>
Creditors: amounts falling due within one year	13	(9,710)	(16,527)
Net current assets / liabilities		<u>17,472</u>	<u>(3,316)</u>
Total assets less current liabilities		<u>93,413</u>	<u>78,476</u>
Creditors: amounts falling due after more than one year	14	(128,668)	(119,931)
Total net assets		<u><u>(35,255)</u></u>	<u><u>(41,455)</u></u>
Charity funds			
Restricted funds	15	16,495	16,440
Unrestricted funds	15	(51,750)	(57,895)
Total funds		<u><u>(35,255)</u></u>	<u><u>(41,455)</u></u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET (CONTINUED)
AS AT 31 OCTOBER 2022

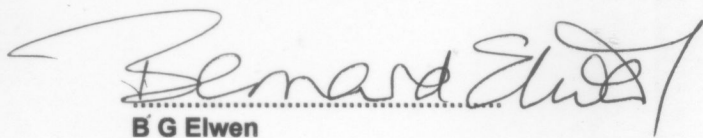
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

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

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

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



.....
B G Elwen

Date: 24 July 2023

The notes on pages 10 to 24 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

1. General information

MS Therapy Centre, Norfolk Ltd is a company limited by guarantee and registered in England and Wales. The Company's registered office address is 5 Hurricane Way, Norwich, NR6 6EZ. The Company's principal objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

MS Therapy Centre, Norfolk Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Statement of Financial Position shows the Company has net liabilities of £38,782. Within creditors: amounts falling due after more than one year are accruals of £105,000 arising from the accounting requirement to accrue a rental charge whilst the Company benefits from a rent-free period. The Trustees are confident that the plans for the coming 12 months will ensure that the Company can continue to meet its obligations as they fall due.

2.3 Income

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

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

2. Accounting policies (continued)

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

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

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

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the statement of financial activities over the expected useful lives of the assets concerned. Other grants are credited to the statement of financial activities as the related expenditure is incurred.

2.6 Tangible fixed assets and depreciation

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

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	-	5%
Plant and machinery	-	10%
Computer equipment	-	33%

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.8 Cash at bank and in hand

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

2. Accounting policies (continued)

2.9 Liabilities and provisions

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

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

2.10 Financial instruments

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

2.11 Pensions

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

2.12 Fund accounting

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

3. Income from donations and legacies

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	10,000	25,673	35,673	29,579
Legacies	-	5,000	5,000	-
Grants	45,500	-	45,500	12,800
Government grants	-	-	-	23,745
Total 2022	<u>55,500</u>	<u>30,673</u>	<u>86,173</u>	<u>66,124</u>
<i>Total 2021</i>	<u>12,800</u>	<u>53,324</u>	<u>66,124</u>	

Government grants were received in the form of the Coronavirus Job Retention Scheme. There were no unfulfilled conditions or contingencies attached to these grants.

4. Income from charitable activities

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Income from charitable activities - Room hire	<u>47,488</u>	<u>47,488</u>	<u>49,769</u>
<i>Total 2021</i>	<u>49,769</u>	<u>49,769</u>	

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Lottery	608	608	746
Subscriptions	-	-	75
Other	3,191	3,191	548
Total 2022	<u>3,799</u>	<u>3,799</u>	<u>1,369</u>
<i>Total 2021</i>	<u>1,369</u>	<u>1,369</u>	

6. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total 2022 £	<i>Total 2021 £</i>
Charitable activities	<u>41,845</u>	<u>88,902</u>	<u>130,747</u>	<u>141,536</u>
<i>Total 2021</i>	<u>-</u>	<u>141,536</u>	<u>141,536</u>	

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

7. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	Total funds 2021 £
Charitable activities	119,211	11,536	130,747	141,536
<i>Total 2021</i>	<i>133,452</i>	<i>8,084</i>	<i>141,536</i>	

Analysis of direct costs

	Total funds 2022 £	Total funds 2021 £
Staff costs	48,046	45,638
New building costs	11,432	26,852
Rent	17,500	17,510
Cleaning	9,572	10,416
Light and heat	8,890	16,443
Depreciation	5,851	5,851
Medical equipment	5,405	-
Professional fees	2,945	2,460
Internet	2,892	2,720
Premises	2,879	2,637
Computers and software	1,256	1,136
Insurance	819	770
Refreshments	553	244
Repairs and renewals	504	250
Travel	309	186
Advertising	258	239
Subscriptions	100	100
	119,211	133,452

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2022 £	<i>Total funds 2021 £</i>
Office	4,330	4,358
Governance costs	3,577	2,166
Printing, postage and stationery	2,502	1,240
Bank charges	666	218
Sundry	461	102
	11,536	8,084

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £1,320 (2021 - £1,200), and fees for assisting with the preparation of the financial statements and corporation tax compliance of £2,257 (2021 - £940).

9. Staff costs

	2022 £	<i>2021 £</i>
Wages and salaries	46,865	42,971
Social security costs	-	1,710
Contribution to defined contribution pension schemes	1,181	957
	48,046	45,638

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

	2022 No.	<i>2021 No.</i>
Number of staff	3	3

No employee received remuneration amounting to more than £60,000 in either year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

10. Trustees' remuneration and expenses

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

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

11. Tangible fixed assets

	Long-term leasehold property £	Plant and machinery £	Computer equipment £	Total £
Cost or valuation				
At 1 November 2021	83,838	16,588	2,196	102,622
At 31 October 2022	83,838	16,588	2,196	102,622
Depreciation				
At 1 November 2021	15,317	3,317	2,196	20,830
Charge for the year	4,192	1,659	-	5,851
At 31 October 2022	19,509	4,976	2,196	26,681
Net book value				
At 31 October 2022	64,329	11,612	-	75,941
At 31 October 2021	68,521	13,271	-	81,792

12. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	1,920	520
	1,920	520

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

13. Creditors: Amounts falling due within one year

	2022	<i>2021</i>
	£	£
Bank loans	5,265	5,132
Trade creditors	1,594	8,896
Other taxation and social security	86	514
Other creditors	-	235
Accruals and deferred income	2,765	1,750
	9,710	16,527

14. Creditors: Amounts falling due after more than one year

	2022	<i>2021</i>
	£	£
Bank loans	14,475	19,895
Other loans	9,193	12,536
Accruals and deferred income	105,000	87,500
	128,668	119,931

Accruals and deferred income is made up of amounts accrued in relation to a rent free period under the terms of a lease. The amounts accrued will be spread over the lease term.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

15. Statement of funds

Statement of funds - current year

	Balance at 1 November 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2022 £
Unrestricted funds					
General funds	29,605	81,960	(71,915)	13,600	53,250
Lease accrual	(87,500)	-	(17,500)	-	(105,000)
	<u>(57,895)</u>	<u>81,960</u>	<u>(89,415)</u>	<u>13,600</u>	<u>(51,750)</u>
Restricted funds					
COVID 19 Counselling	16,440	-	(16,440)	-	-
NCF Empowering Communities Fund	-	10,000	(10,000)	-	-
Motomed exercise machine	-	20,400	(5,405)	-	14,995
Axis Foundation	-	1,500	-	-	1,500
Building works	-	10,000	(10,000)	-	-
COVID 19 Cleaning	-	13,600	-	(13,600)	-
	<u>16,440</u>	<u>55,500</u>	<u>(41,845)</u>	<u>(13,600)</u>	<u>16,495</u>
Total of funds	<u>(41,455)</u>	<u>137,460</u>	<u>(131,260)</u>	<u>-</u>	<u>(35,255)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

15. Statement of funds (continued)

The **COVID 19 Counselling** fund was set up in the year ended 31 October 2020 following receipt of a grant of £9,640 from Norfolk Community Foundation, of which £6,000 was spent in the year. Further funding of £12,800 was received in the prior year. The funds have been offset against salary costs.

Norwich Communities Foundation ("NCF") Empowering Communities Fund grant was awarded to pilot a new staffing structure to better meet demand, by employing a Physiotherapy Assistant to support thrice weekly sessions taking place from the centre in Norwich.

The **Motomed exercise machine** fund includes funding from The R C Snelling Charitable Trust (£5,400), The Strangward Trust (£5,000), the Shelroy Charitable Trust Fund - Love Norfolk 2022 (£5,000) and The Percy Bilton Charity (£5,000) for the purchase of new Motomed exercise bikes.

The **Axis Foundation** awarded the Company £1,500 to purchase a defibrillator.

The Garfield Weston Foundation awarded a grant of £10,000 to complete **building works**.

The **COVID cleaning fund** includes funding from Norwich Consolidated Charities (£9,600) and The Hobson Charity (£4,000) toward the additional cleaning costs incurred as a result of COVID 19. These funds have been transferred to general funds to offset costs written off here.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 November 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 October 2021 £</i>
Unrestricted funds					
General funds	49,556	104,462	(124,413)	-	29,605
Lease accrual	(70,000)	-	(17,500)	-	(87,500)
	<u>(20,444)</u>	<u>104,462</u>	<u>(141,913)</u>	<u>-</u>	<u>(57,895)</u>
Restricted funds					
COVID 19 Counselling	3,640	12,800	-	-	16,440
NCF Empowering Communities Fund	-	-	-	-	-
Motomed exercise machine	-	-	-	-	-
Axis Foundation	-	-	-	-	-
Building works	-	-	-	-	-
COVID 19 Cleaning	-	-	-	-	-
	<u>3,640</u>	<u>12,800</u>	<u>-</u>	<u>-</u>	<u>16,440</u>
Total of funds	<u>(16,804)</u>	<u>117,262</u>	<u>(141,913)</u>	<u>-</u>	<u>(41,455)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

16. Summary of funds

Summary of funds - current year

	Balance at 1 November 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2022 £
General funds	(57,895)	81,960	(89,415)	13,600	(51,750)
Restricted funds	16,440	55,500	(41,845)	(13,600)	16,495
	<u>(41,455)</u>	<u>137,460</u>	<u>(131,260)</u>	<u>-</u>	<u>(35,255)</u>

Summary of funds - prior year

	Balance at 1 November 2020 £	Income £	Expenditure £	Balance at 31 October 2021 £
General funds	(20,444)	104,462	(141,913)	(57,895)
Restricted funds	3,640	12,800	-	16,440
	<u>(16,804)</u>	<u>117,262</u>	<u>(141,913)</u>	<u>(41,455)</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	-	75,941	75,941
Current assets	16,495	10,687	27,182
Creditors due within one year	-	(9,710)	(9,710)
Creditors due in more than one year	-	(128,668)	(128,668)
Total	<u>16,495</u>	<u>(51,750)</u>	<u>(35,255)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022**

17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Restricted funds 2021 £</i>	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	-	81,792	81,792
Current assets	16,440	(3,229)	13,211
Creditors due within one year	-	(16,527)	(16,527)
Creditors due in more than one year	-	(119,931)	(119,931)
Total	<u>16,440</u>	<u>(57,895)</u>	<u>(41,455)</u>

18. Pension commitments

The Company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Company in an independently administered fund. The pension cost charge represents contributions payable by the Company to the fund and amounted to £1,181 (2021 - £957) were payable to the fund at the balance sheet date and are included in creditors.

19. Operating lease commitments

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

	2022 £	2021 £
Not later than 1 year	5,000	2,292
Later than 1 year and not later than 5 years	20,000	20,000
Later than 5 years	325,000	327,708
	<u>350,000</u>	<u>350,000</u>

The following lease payments have been recognised as an expense in the statement of financial activities:

	2022 £	2021 £
Operating lease rentals	<u>17,500</u>	<u>17,500</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2022

20. Members' liability

Each member of the charitable company undertakes to contribute to the assets of the company in the event of it being wound up while he/she is a member, or within one year after he/she ceases to be a member, such amount as may be required, not exceeding £10 for the debts and liabilities contracted before he/she ceases to be a member.

21. Related party transactions

In the year ended 31 October 2017 the Company entered into loan arrangements with two Trustees, one of whom is no longer a Trustee.

Trustee Bernard Elwen provided the Company with an unsecured, interest free loan of £6,715. Repayments of £1,343 (2021 - £1,343) were made in the year ended 31 October 2022 leaving a balance owing at the year end of £3,693 (2021 - £5,036).

MS THERAPY CENTRE, NORFOLK LTD

England & Wales - Charity number 1131940

Accounts

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2021

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 OCTOBER 2021**

Trustees	S Bridewell S Carroll B Elwen L Pickering S England P Narracott (resigned 28 October 2021)
Company registered number	07000565
Charity registered number	1131940
Registered office	5 Hurricane Way Norwich Norfolk NR6 6EZ
Accountants	MA Partners LLP 7 The Close Norwich Norfolk, NR1 4DJ

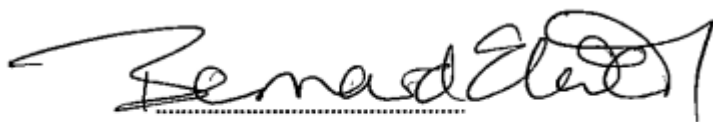
MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED 31 OCTOBER 2021

The Chairman presents his statement for the year ended 31st October 2021.

2021 has been an extremely challenging year, with the constraints of Covid restrictions affecting our ability to open consistently throughout the year. This has had a detrimental effect on our service users, so the Trustees, along with our team at the MS Therapy Centre, have focused on ensuring as many services as possible have been provided within Covid guidance. This has obviously incurred more costs around PPE and additional cleaning procedures. We have managed to keep the centre open three days a week with reduced hours for all paid staff and immense support from all our volunteers.

Although our income has been low due to our inability to carry out normal fundraising events, we have had excellent support from Norfolk Community Foundation. They have funded some of our services and centre costs, which has allowed us to stay solvent for this year. This will also ensure we can continue for the following year.


.....
B Elwen - Chairman
Date: 05 May 2022

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 OCTOBER 2021

The Trustees present their Annual Report together with the financial statements of the Company for the year 1 November 2020 to 31 October 2021. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

To charity's objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

We help all those in Norfolk who are affected by multiple sclerosis (MS) or other neurological conditions, by offering a range of support services to assist their well-being.

c. Activities undertaken to achieve objectives

Therapies

We offer a wide range of therapies to our centre users, whether or not they have MS.

Advice and Support

A full range of counselling and advice services is available to anyone coming to grips with dealing with MS. We have several counsellors who can help with emotional issues, and we also offer practice advice on such matters as benefits and continence. Because of Covid restrictions the organisation has adapted all our services to either online or telephone support and reduced numbers within our centre.

Yoga and Pilates

Fitness is very much a part of dealing with MS or any other neurological condition. Classes are held at our centre on most days. Yoga and Pilates classes have also been delivered online.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2021

Objectives and activities (continued)

d. Main activities undertaken to further the Company's purposes for the public benefit

The main activities in the year were centred around offering services to people affected by MS and other neurological conditions. These services included specialist one-to-one holistic therapies and medical services.

The charity maintained the frequency of its group physiotherapy classes at 3 days per week and has continued to deliver a variety of exercise classes.

The charity has also continued the subsidised counselling service for newly diagnosed MS patients.

Achievements and performance

a. Main achievements of the Company

The Trustees have looked at all the services provided for the financial year and measured throughput and output via patient interaction and have decided to continue with all the activities into the next financial year.

Due to Covid, the Trustees made the decision to close the centre down for a period during lockdown to enable the centre to be brought up to Covid requirements. The Trustees focused on fundraising for the purchase of equipment to enable the centre to operate in line with government guidelines.

We have managed to secure all the funds needed to complete works required as per government guidelines, and we have now reopened the centre with limited capacity to ensure that as many people as possible can access our services.

We now have a strong board of Trustees who are focused on providing support and services for people with neurological conditions.

We would like to express our appreciation to our funders and stakeholders for their generosity and support throughout this very trying year.

Most of this would not have been possible without the dedication of the team based at the centre; a big thank you for all your hard work. We look forward to a bright future and welcoming all existing and new centre users for next year.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

The charity currently has no "free reserves" (unrestricted funds excluding those represented by fixed assets).

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2021

c. Deficit

The financial statements show a deficit on unrestricted funds. This is as a result of the requirement to accrue for rent payable over the life of the lease although the charity currently has the benefit of a rent-free period under the terms of the lease.

Structure, governance and management

a. Constitution

MS Therapy Centre, Norfolk Ltd is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

Plans for future periods

Unfortunately, the centre was hit hard financially due to the pandemic during 2020 and this has made it extremely difficult to plan for the future. The Trustees have examined the financial position of the charity and have decided that running at a reduced level of services is sustainable for the time being. We are confident that careful budgeting, planned fundraising targets and a slow increase of activities within the centre should allow the centre to operate on a financially sound basis in the medium term.

With all this in mind, we still plan to finish works within the centre by 2022, although this has now been delayed by 12 months. Our aims are:

- to increase capacity and attract more users of our rentable services
- to focus on NHS contracts and look at a pricing policy for services offered
- to develop a more comprehensive membership scheme and introduce a value for money service.

Members' liability

The Members of the Company guarantee to contribute an amount not exceeding £10 to the assets of the Company in the event of winding up.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 OCTOBER 2021

Statement of Trustees' responsibilities

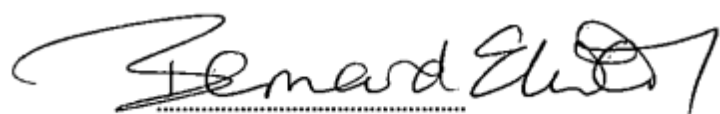
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

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


B Elwen

Date: 05 May 2022

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 OCTOBER 2021

Independent Examiner's Report to the Trustees of MS Therapy Centre, Norfolk Ltd ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended ended 31 October 2021.

Responsibilities and Basis of Report

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

Having satisfied myself that the accounts of the Company 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 Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

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

Signed:



Dated: 11 May 2022

Mr F M E Shippam BSc FCA DChA

MA Partners LLP

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 OCTOBER 2021**

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	53,324	12,800	66,124	79,953
Charitable activities	4	49,769	-	49,769	48,080
Other trading activities	5	1,369	-	1,369	4,113
Total income		104,462	12,800	117,262	132,146
Expenditure on:					
Raising funds	6	377	-	377	1,011
Charitable activities		141,536	-	141,536	149,816
Total expenditure		141,913	-	141,913	150,827
Net movement in funds		(37,451)	12,800	(24,651)	(18,681)
Reconciliation of funds:					
Total funds brought forward		(20,444)	3,640	(16,804)	1,877
Net movement in funds		(37,451)	12,800	(24,651)	(18,681)
Total funds carried forward		(57,895)	16,440	(41,455)	(16,804)

The Statement of Financial Activities includes all gains and losses recognised in the year ended.

The notes on pages 11 to 24 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET
AS AT 31 OCTOBER 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	11	81,792	87,643
		<u>81,792</u>	<u>87,643</u>
Current assets			
Debtors	12	520	540
Cash at bank and in hand		12,691	29,102
		<u>13,211</u>	<u>29,642</u>
Creditors: amounts falling due within one year	13	(16,527)	(48,210)
Net current liabilities		<u>(3,316)</u>	<u>(18,568)</u>
Total assets less current liabilities		<u>78,476</u>	<u>69,075</u>
Creditors: amounts falling due after more than one year	14	(119,931)	(85,879)
Total net assets		<u>(41,455)</u>	<u>(16,804)</u>
Charity funds			
Restricted funds	15	16,440	3,640
Unrestricted funds	15	(57,895)	(20,444)
Total funds		<u>(41,455)</u>	<u>(16,804)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET (CONTINUED)
AS AT 31 OCTOBER 2021

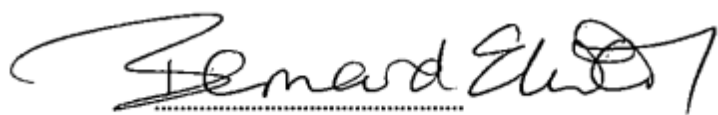
The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

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

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

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


B Elwen

Date: 05 May 2022

The notes on pages 11 to 24 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021

1. General information

MS Therapy Centre, Norfolk Ltd is a company limited by guarantee and registered in England and Wales. The Company's registered office address is 5 Hurricane Way, Norwich, NR6 6EZ. The Company's principal objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

MS Therapy Centre, Norfolk Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Statement of Financial Position shows the Company has net current liabilities of £3,316. With creditors: amounts falling due after more than one year are accruals of £87,500 arising from the accounting requirement to accrue a rental charge whilst the Company benefits from a rent-free period. The Trustees are confident that the fundraising plans for the coming 12 months will ensure that the Company can continue to meet its obligations as they fall due.

2.3 Income

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

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

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021

2. Accounting policies (continued)

2.4 Expenditure (continued)

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the Statement of financial activities over the expected useful lives of the assets concerned. Other grants are credited to the Statement of financial activities as the related expenditure is incurred.

2.6 Tangible fixed assets and depreciation

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

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Long-term leasehold property	- straight line over 20 years
Plant and machinery	- straight line over 10 years
Computer equipment	- straight line over 3 years

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.8 Cash at bank and in hand

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

2.9 Liabilities

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

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

2.10 Financial instruments

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021

2. Accounting policies (continued)

2.11 Pensions

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

2.12 Fund accounting

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

3. Income from donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Donations	29,579	-	29,579	47,193
Grants	-	12,800	12,800	18,640
Government grants	23,745	-	23,745	14,120
Total 2021	<u>53,324</u>	<u>12,800</u>	<u>66,124</u>	<u>79,953</u>
<i>Total 2020</i>	<u>59,813</u>	<u>20,140</u>	<u>79,953</u>	

Government grants were received in the form of the Coronavirus Job Retention Scheme. There are no unfulfilled conditions or contingencies attached to these grants.

4. Income from charitable activities

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Room hire	49,769	49,769	48,080

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Lottery	746	746	776
Subscriptions	75	75	408
Race night, marathon, Catton 5k, bike ride	548	548	2,929
	<u>1,369</u>	<u>1,369</u>	<u>4,113</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

6. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Other fundraising costs	377	377	1,011

7. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £	Total funds 2020 £
Charitable activities	133,452	8,084	141,536	149,816
<i>Total 2020</i>	141,086	8,730	149,816	

Analysis of direct costs

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Total funds 2021 £	<i>Total funds 2020 £</i>
Staff costs	45,638	41,001
New building costs	26,852	30,433
Rent	17,510	17,500
Light and heat	16,443	13,179
Cleaning	10,416	7,981
Depreciation	5,851	6,015
Advertising	2,720	3,113
Premises	2,637	6,118
Professional fees	2,460	235
Computers and software	1,136	46
Insurance	770	993
Travel	430	994
Repairs and renewals	250	5,984
Advertising	239	66
Subscriptions	100	100
Practitioners	-	1,328
Covid Counselling	-	6,000
	133,452	141,086

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2021 £	<i>Total funds 2020 £</i>
Office	4,358	5,185
Governance costs	2,166	1,980
Printing, postage and stationery	1,240	1,189
Bank charges	218	-
Sundries	102	376
	8,084	8,730

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £1,200 (2020 - £1,200), and fee for the preparation of the financial statements of £780 (2020 - £780).

9. Staff costs

	2021 £	<i>2020 £</i>
Wages and salaries	42,971	40,069
Social security costs	1,710	-
Contribution to defined contribution pension schemes	957	932
	45,638	41,001

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

	2021 No.	<i>2020 No.</i>
Number of staff	3	3

No employee received remuneration amounting to more than £60,000 in either year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

10. Trustees' remuneration and expenses

During the year ended, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 October 2021, travel expenses totalling £NIL were reimbursed to Trustees (2020 - £87).

11. Tangible fixed assets

	Long-term leasehold property £	Plant and machinery £	Computer equipment £	Total £
Cost or valuation				
At 1 November 2020	83,838	16,588	2,196	102,622
At 31 October 2021	83,838	16,588	2,196	102,622
Depreciation				
At 1 November 2020	11,125	1,658	2,196	14,979
Charge for the year ended	4,192	1,659	-	5,851
At 31 October 2021	15,317	3,317	2,196	20,830
Net book value				
At 31 October 2021	68,521	13,271	-	81,792
At 31 October 2020	72,713	14,930	-	87,643

12. Debtors

	2021 £	2020 £
Due within one year		
Trade debtors	520	540
	520	540

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021

13. Creditors: Amounts falling due within one year

	2021	<i>2020</i>
	£	<i>£</i>
Bank loan	5,132	<i>26,705</i>
Trade creditors	8,896	<i>8,107</i>
Other taxation and social security	514	<i>186</i>
Other creditors	235	<i>11,562</i>
Accruals and deferred income	1,750	<i>1,650</i>
	16,527	<i>48,210</i>

14. Creditors: Amounts falling due after more than one year

	2021	<i>2020</i>
	£	<i>£</i>
Bank loans	19,895	<i>-</i>
Other loans	12,536	<i>15,879</i>
Accruals and deferred income	87,500	<i>70,000</i>
	119,931	<i>85,879</i>

Accruals and deferred income is made up of amounts accrued in relation to a rent free period under the terms of a lease. The amounts accrued will be spread over the lease term.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

15. Statement of funds

Statement of funds - current year ended

	Balance at 1 November 2020 £	Income £	Expenditure £	Balance at 31 October 2021 £
Unrestricted funds				
Lease accrual	(70,000)	-	(17,500)	(87,500)
General Funds	49,556	104,462	(124,413)	29,605
	<u>(20,444)</u>	<u>104,462</u>	<u>(141,913)</u>	<u>(57,895)</u>
Restricted funds				
COVID 19 Counselling fund	<u>3,640</u>	<u>12,800</u>	<u>-</u>	<u>16,440</u>
Total of funds	<u><u>(16,804)</u></u>	<u><u>117,262</u></u>	<u><u>(141,913)</u></u>	<u><u>(41,455)</u></u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

15. Statement of funds (continued)

Statement of funds - prior year ended

	<i>Balance at 1 November 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 October 2020 £</i>
Unrestricted funds					
Lease accrual	(52,500)	-	(17,500)	-	(70,000)
General Funds	49,377	112,006	(127,327)	15,500	49,556
	<u>(3,123)</u>	<u>112,006</u>	<u>(144,827)</u>	<u>15,500</u>	<u>(20,444)</u>
Restricted funds					
Window Replacement fund	5,000	-	-	(5,000)	-
New heating fund	-	9,000	-	(9,000)	-
New building fund	-	1,500	-	(1,500)	-
COVID 19 Counselling fund	-	9,640	(6,000)	-	3,640
	<u>5,000</u>	<u>20,140</u>	<u>(6,000)</u>	<u>(15,500)</u>	<u>3,640</u>
Total of funds	<u><u>1,877</u></u>	<u><u>132,146</u></u>	<u><u>(150,827)</u></u>	<u><u>-</u></u>	<u><u>(16,804)</u></u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

16. Summary of funds

Summary of funds - current year ended

	Balance at 1 November 2020 £	Income £	Expenditure £	Balance at 31 October 2021 £
General funds	(20,444)	104,462	(141,913)	(57,895)
Restricted funds	3,640	12,800	-	16,440
	<u>(16,804)</u>	<u>117,262</u>	<u>(141,913)</u>	<u>(41,455)</u>

Summary of funds - prior year ended

	Balance at 1 November 2019 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2020 £
General funds	(3,123)	112,006	(144,827)	15,500	(20,444)
Restricted funds	5,000	20,140	(6,000)	(15,500)	3,640
	<u>1,877</u>	<u>132,146</u>	<u>(150,827)</u>	<u>-</u>	<u>(16,804)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021**

17. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	81,792	-	81,792
Current assets	(3,229)	16,440	13,211
Creditors due within one year	(36,422)	-	(36,422)
Creditors due in more than one year	(100,036)	-	(100,036)
Total	<u>(57,895)</u>	<u>16,440</u>	<u>(41,455)</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2020 £</i>	<i>Restricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Tangible fixed assets	87,643	-	87,643
Current assets	26,002	3,640	29,642
Creditors due within one year	(48,210)	-	(48,210)
Creditors due in more than one year	(85,879)	-	(85,879)
Total	<u>(20,444)</u>	<u>3,640</u>	<u>(16,804)</u>

18. Pension commitments

The Company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the Company in an independently administered fund. The pension cost charge represents contributions payable by the Company to the fund and amounted to £957 (2020 - £932). Contributions totalling £160 (2020 - £nil) were payable to the fund at the balance sheet date and are included in creditors.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2021

19. Operating lease commitments

At 31 October 2021 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2021	<i>2020</i>
	£	£
Not later than 1 year	2,292	-
Later than 1 year and not later than 5 years	20,000	17,292
Later than 5 years	327,708	332,708
	350,000	350,000

20. Related party transactions

In the year ended 31 October 2017 the Company entered into loan arrangements with two Trustees, one of whom is no longer a Trustee.

Trustee Bernard Elwen provided the Company with an unsecured, interest free loan of £6,715. Repayments of £1,343 (2020: £336) were made in the year ended 31 October 2021 leaving a balance owing at the year end of £5,036.

MS THERAPY CENTRE, NORFOLK LTD

England & Wales - Charity number 1131940

Accounts

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

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MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

Trustees	S Bridewell S Carroll B Elwen L Pickering S England P Narracott
Company registered number	07000565
Charity registered number	1131940
Registered office	5 Hurricane Way Norwich Norfolk NR6 6EZ
Accountants	MA Partners LLP 7 The Close Norwich Norfolk, NR1 4DJ

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

CHAIRMAN'S STATEMENT
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

The chairman presents his statement for the year ended.

2020 has been a year like no other, and one that no-one could have reasonably foreseen. MS Therapy Centre Norfolk has fortunately been able to carry on, albeit in a reduced form. We have taken advantage of the government furlough scheme to reclaim the majority of the salaries of our paid staff. We have mostly managed to retain the services of our therapists, volunteers, those who hire our rooms and most importantly of all, those who use our centre and the services it offers.

We have implemented government guidelines on PPE, social distancing and cleaning, and curtailed those services that it would not be safe to offer. We have also taken note of the guidance issued by the professional associations of our therapists and other service providers.

Our income has obviously been affected, but I am pleased to report that our charity remains solvent and gives us a solid base upon which to rebuild our services as soon as restrictions are lifted.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

The Trustees present their annual report together with the financial statements of the MS Therapy Centre, Norfolk Ltd for the year 1 November 2019 to 31 October 2020. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

To charity's objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Strategies for achieving objectives

We help all those in Norfolk who are affected by multiple sclerosis or other neurological condition, by offering a range of support services to assist their well-being.

c. Activities undertaken to achieve objectives

Therapies

We offer a wide range of therapies to our centre users, whether or not they have MS.

Advice and Support

a full range of counselling and advice services is available to anyone coming to grips with dealing with MS. We have several counsellors who can help with emotional issues, and we also offer practice advice on such matters as benefits and continence. Because of Covid19 restrictions the organisation has adapted all of our services to either online or telephone support and reduced numbers within our centre.

Yoga and Pilates

Fitness is very much a part of dealing with MS or any other neurological condition. Classes are held at our centre on most days. Yoga and Pilates have also been converted too online.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

Objectives and activities (continued)

d. Main activities undertaken to further the Company's purposes for the public benefit

The main activities in the year were centred around offering services to people affected by MS and other neurological conditions. These services included specialist one to one holistic therapies and medical services.

The charity maintained the frequency of its group physio classes at 3 days per week as well as its exercise classes.

The charity also has continued the subsidised counselling service for newly diagnosed MS patients.

Achievements and performance

a. Main achievements of the Company

The Trustees have looked at all the services provided for the financial year and measured through put and output via patient interaction and have decided to continue with all the activities into the next financial year.

Due to Covid19 the Trustees have made the decision to close the centre down for a period during lockdown to enable the centre to be brought up to covid19 safe. The Trustees focused on fundraising for the purchases of equipment too enable works in line with government guidelines.

We have managed to secure all the funds needed to complete works required as per government guidelines, and we have now reopened the centre with limited capacity to ensure that some people can access services.

We now have a strong board of Trustees who are focussed on providing support and services for people with neurological conditions.

We would like to say a thank you to our funders and stakeholders for their generosity and support through this very trying year.

Most of this would not have been possible without the dedication of the team based at the centre; a big thank you for all your hard work. We look forward to a bright future and welcome all existing and new centre users for next year.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

The charity currently has no "free reserves" (unrestricted funds excluding those represented by fixed assets).

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

c. Deficit

The financial statements show a deficit on unrestricted funds. This is as a result of the requirement to accrue for rent payable over the life of the lease although the charity currently has the benefit of a rent free period under the terms of the lease.

Structure, governance and management

a. Constitution

MS Therapy Centre, Norfolk Ltd is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

Plans for future periods

Unfortunately the centre was hit hard financially due to the pandemic during 2020 and this has made it extremely difficult to plan for the future. The Trustees have examined the financial position of the charity and have decided that running at a reduced level of services is sustainable for the time being.

With careful budgeting, planned fundraising targets and a slow increase of activities within the centre should still allow us to plan for the future.

With all this in mind, we still plan to finish works within the centre by 2022, although this has now been delayed by 12 months. Our aims are:

- to increase capacity and attract more users of our rentable services
- to focus on NHS contracts and look at a pricing policy for services offered
- to develop a more comprehensive membership scheme and introduce a value for money service.

Members' liability

The Members of the Company guarantee to contribute an amount not exceeding £10 to the assets of the Company in the event of winding up.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

Statement of Trustees' responsibilities

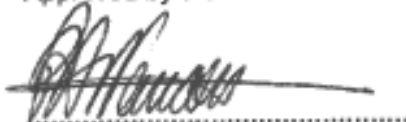
The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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

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


P Narracott

Date: 21 July 2021

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

Independent Examiner's Report to the Trustees of MS Therapy Centre, Norfolk Ltd ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended ended 31 October 2020.

Responsibilities and Basis of Report

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

Having satisfied myself that the accounts of the Company 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 Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

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

Signed:



Dated: 21 July 2021

Mr F M E Shippam BSc FCA DChA

MA Partners LLP

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

	Note	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Income from:					
Donations and legacies	3	59,813	20,140	79,953	50,268
Charitable activities	4	48,080	-	48,080	52,061
Other trading activities	5	4,113	-	4,113	4,491
Total income		112,006	20,140	132,146	106,820
Expenditure on:					
Raising funds	6	1,011	-	1,011	1,042
Charitable activities	7	143,816	6,000	149,816	120,437
Total expenditure		144,827	6,000	150,827	121,479
Net (expenditure)/income					
Transfers between funds	15	(32,821) 15,500	14,140 (15,500)	(18,681) -	(14,659) -
Net movement in funds		(17,321)	(1,360)	(18,681)	(14,659)
Reconciliation of funds:					
Total funds brought forward		(3,123)	5,000	1,877	16,536
Net movement in funds		(17,321)	(1,360)	(18,681)	(14,659)
Total funds carried forward		(20,444)	3,640	(16,804)	1,877

The Statement of Financial Activities includes all gains and losses recognised in the year ended.

The notes on pages 11 to 23 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET
AS AT 31 OCTOBER 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	11	87,643	77,070
		<u>87,643</u>	<u>77,070</u>
Current assets			
Debtors	12	540	2,054
Cash at bank and in hand		29,102	4,081
		<u>29,642</u>	<u>6,135</u>
Creditors: amounts falling due within one year	13	(48,210)	(12,113)
Net current liabilities		<u>(18,568)</u>	<u>(5,978)</u>
Total assets less current liabilities		<u>69,075</u>	<u>71,092</u>
Creditors: amounts falling due after more than one year	14	(85,879)	(69,215)
Total net assets		<u><u>(16,804)</u></u>	<u><u>1,877</u></u>
Charity funds			
Restricted funds	15	3,640	5,000
Unrestricted funds	15	(20,444)	(3,123)
Total funds		<u><u>(16,804)</u></u>	<u><u>1,877</u></u>

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

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

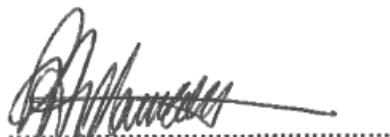
The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)
REGISTERED NUMBER: 07000565

BALANCE SHEET (CONTINUED)
AS AT 31 OCTOBER 2020

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



P Narracott

Date: 21 July 2021

The notes on pages 11 to 23 form part of these financial statements.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

1. General information

MS Therapy Centre, Norfolk Ltd is a company limited by guarantee and registered in England and Wales. The Company's registered office address is 5 Hurricane Way, Norwich, NR6 6EZ. The Company's principal objective is to establish and run a centre in the Norwich area which will provide treatment, therapies, care and education for people with disabling conditions, their family and carers so they can maintain independent living.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

MS Therapy Centre, Norfolk Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The Statement of Financial Position shows the Company has net current liabilities of £18,568. Within creditors: amounts falling due within one year is the bank loan of "bounce back" bank loan of £26,705. The repayment terms of this bank loan are to be confirmed on the anniversary of the drawdown. With creditors: amounts falling due after more than one year are accruals of £70,000 arising from the accounting requirement to accrue a rental charge whilst the Company benefits from a rent-free period. The cash position has improved in the financial year under review and the Trustees are confident that the fundraising plans for the coming 12 months will ensure that the Company can continue to meet its obligations as they fall due.

2.3 Income

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

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

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

2. Accounting policies (continued)

2.4 Expenditure (continued)

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

All expenditure is inclusive of irrecoverable VAT.

2.5 Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the Statement of financial activities over the expected useful lives of the assets concerned. Other grants are credited to the Statement of financial activities as the related expenditure is incurred.

2.6 Tangible fixed assets and depreciation

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

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Long-term leasehold property	- straight line over 20 years
Plant and machinery	- straight line over 10 years
Computer equipment	- straight line over 3 years

2.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.8 Cash at bank and in hand

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

2.9 Liabilities

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

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

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

2. Accounting policies (continued)

2.10 Financial instruments

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

2.11 Pensions

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

2.12 Fund accounting

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

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

3. Income from donations and legacies

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Donations	45,693	1,500	47,193	50,268
Grants	-	18,640	18,640	-
Government grants	14,120	-	14,120	-
Total 2020	59,813	20,140	79,953	50,268
Total 2019	50,268	-	50,268	

Government grants were received in the form of the Coronavirus Job Retention Scheme. There are no unfulfilled conditions or contingencies attached to these grants.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

4. Income from charitable activities

	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Room hire	48,080	48,080	52,061

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Lottery	776	776	926
Subscriptions	408	408	8
Race night, marathon, Catton 5k, bike ride	2,929	2,929	3,557
	<u>4,113</u>	<u>4,113</u>	<u>4,491</u>

6. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Other fundraising costs	1,011	1,011	1,042

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

7. Analysis of expenditure by activities

	Activities undertaken directly 2020 £	Support costs 2020 £	Total funds 2020 £	Total funds 2019 £
Charitable activities	141,086	8,730	149,816	120,437
<i>Total 2019</i>	<i>109,133</i>	<i>11,304</i>	<i>120,437</i>	

Analysis of direct costs

	Total funds 2020 £	Total funds 2019 £
Staff costs	41,001	39,877
Rent	17,500	17,500
Light and heat	13,179	10,955
Cleaning	7,981	10,411
Premises	6,118	7,945
Repairs and renewals	5,984	2,892
Covid Counselling	6,000	-
Telephone and internet	3,113	3,255
New building costs	30,433	3,546
Practitioners	1,328	-
Travel	994	2,811
Insurance	993	759
Professional fees	235	3,355
Subscriptions	100	-
Computers and software	46	82
Advertising	66	78
Training	-	40
Depreciation	6,015	5,627
	141,086	109,133

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Total funds 2020 £	<i>Total funds 2019 £</i>
Bank charges	-	180
Professional fees	-	56
Printing, postage and stationery	1,189	3,565
Office	5,185	4,765
Sundries	376	768
Governance costs	1,980	1,970
	8,730	11,304

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £1,200 (2019 - £1,200), and fee for the preparation of the financial statements of £780 (2019 - £770).

9. Staff costs

	2020 £	<i>2019 £</i>
Wages and salaries	40,069	39,136
Contribution to defined contribution pension schemes	932	741
	41,001	39,877

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

	2020 No.	<i>2019 No.</i>
Number of staff	3	3

No employee received remuneration amounting to more than £60,000 in either year.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

10. Trustees' remuneration and expenses

During the year ended, no Trustees received any remuneration or other benefits (2019 - £NIL).

During the year ended 31 October 2020, travel expenses totalling £87 were reimbursed to 1 Trustee (2019 - £87).

11. Tangible fixed assets

	Long-term leasehold property £	Plant and machinery £	Computer equipment £	Total £
Cost or valuation				
At 1 November 2019	83,838	-	2,196	86,034
Additions	-	16,588	-	16,588
At 31 October 2020	83,838	16,588	2,196	102,622
Depreciation				
At 1 November 2019	6,933	-	2,031	8,964
Charge for the year ended	4,192	1,658	165	6,015
At 31 October 2020	11,125	1,658	2,196	14,979
Net book value				
At 31 October 2020	72,713	14,930	-	87,643
At 31 October 2019	76,905	-	165	77,070

12. Debtors

	2020 £	2019 £
Due within one year		
Trade debtors	540	450
Prepayments and accrued income	-	1,604
	540	2,054

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020

13. Creditors: Amounts falling due within one year

	2020	2019
	£	£
Bank loan	26,705	-
Trade creditors	8,107	8,125
Other taxation and social security	186	524
Other creditors	11,562	1,814
Accruals and deferred income	1,650	1,650
	48,210	12,113

14. Creditors: Amounts falling due after more than one year

	2020	2019
	£	£
Other loans	15,879	16,715
Accruals and deferred income	70,000	52,500
	85,879	69,215

Accruals and deferred income is made up of amounts accrued in relation to a rent free period under the terms of a lease. The amounts accrued will be spread over the lease term.

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

15. Statement of funds

Statement of funds - current year ended

	Balance at 1 November 2019 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2020 £
Unrestricted funds					
Lease accrual	(52,500)	-	(17,500)	-	(70,000)
General Funds	49,377	112,006	(127,327)	15,500	49,556
	<u>(3,123)</u>	<u>112,006</u>	<u>(144,827)</u>	<u>15,500</u>	<u>(20,444)</u>
Restricted funds					
Window Replacement fund	5,000	-	-	(5,000)	-
New heating fund	-	9,000	-	(9,000)	-
New building fund	-	1,500	-	(1,500)	-
COVID 19 Counselling fund	-	9,640	(6,000)	-	3,640
	<u>5,000</u>	<u>20,140</u>	<u>(6,000)</u>	<u>(15,500)</u>	<u>3,640</u>
Total of funds	<u>1,877</u>	<u>132,146</u>	<u>(150,827)</u>	<u>-</u>	<u>(16,804)</u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

15. Statement of funds (continued)

The funding received for the window replacement, new heating system and toward the new building has been fully spent. As such the restrictions have been satisfied and the the balances transferred to general funds.

Statement of funds - prior year ended

	<i>Balance at 1 November 2018 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 October 2019 £</i>
Unrestricted funds				
Lease accrual	(35,000)	-	(17,500)	(52,500)
General Funds	46,536	106,820	(103,979)	49,377
	<u>11,536</u>	<u>106,820</u>	<u>(121,479)</u>	<u>(3,123)</u>
Restricted funds				
Window Replacement fund	<u>5,000</u>	<u>-</u>	<u>-</u>	<u>5,000</u>
Total of funds	<u><u>16,536</u></u>	<u><u>106,820</u></u>	<u><u>(121,479)</u></u>	<u><u>1,877</u></u>

MS THERAPY CENTRE, NORFOLK LTD
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED ENDED 31 OCTOBER 2020**

16. Summary of funds

Summary of funds - current year ended

	Balance at 1 November 2019 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 October 2020 £
General funds	(3,123)	112,006	(144,827)	15,500	(20,444)
Restricted funds	5,000	20,140	(6,000)	(15,500)	3,640
	<u>1,877</u>	<u>132,146</u>	<u>(150,827)</u>	<u>-</u>	<u>(16,804)</u>

Summary of funds - prior year ended

	Balance at 1 November 2018 £	Income £	Expenditure £	Balance at 31 October 2019 £
General funds	11,536	106,820	(121,479)	(3,123)
Restricted funds	5,000	-	-	5,000
	<u>16,536</u>	<u>106,820</u>	<u>(121,479)</u>	<u>1,877</u>

17. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Tangible fixed assets	87,643	-	87,643
Current assets	26,002	3,640	29,642
Creditors due within one year	(48,210)	-	(48,210)
Creditors due in more than one year	(85,879)	-	(85,879)
Total	<u>(20,444)</u>	<u>3,640</u>	<u>(16,804)</u>

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17. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 2019 £</i>	<i>Restricted funds 2019 £</i>	<i>Total funds 2019 £</i>
Tangible fixed assets	72,770	4,300	77,070
Current assets	5,435	700	6,135
Creditors due within one year	(12,113)	-	(12,113)
Creditors due in more than one year	(69,215)	-	(69,215)
Total	<u>(3,123)</u>	<u>5,000</u>	<u>1,877</u>

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

	2020 £	2019 £
Net expenditure for the period (as per Statement of Financial Activities)	(18,681)	(14,659)
Adjustments for:		
Net cash used in operating activities	<u>(18,681)</u>	<u>(14,659)</u>

19. Analysis of cash and cash equivalents

Total cash and cash equivalents

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20. Analysis of changes in net debt

Analysis Table - Please enter figures in the table below or tick to ignore

	At 1 November 2019 £	At 31 October 2020 £	Rounding check £
Cash at bank and in hand	4,081	4,081	25,021
Debt due within 1 year	-	-	(26,705)
Debt due after 1 year	(16,715)	(16,715)	836
	<u>(12,634)</u>	<u>(12,634)</u>	<u>(848)</u>

21. Pension commitments

The Company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the Company in an independently administered fund. The pension cost charge represents contributions payable by the Company to the fund and amounted to £932 (2019 - £741). Contributions totalling £nil (2019 - £nil) were payable to the fund at the balance sheet date and are included in creditors.

22. Operating lease commitments

At 31 October 2020 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2020 £	2019 £
Later than 1 year and not later than 5 years	17,292	12,292
Later than 5 years	332,708	337,708
	<u>350,000</u>	<u>350,000</u>

23. Related party transactions

In the year ended 31 October 2017 the Company entered into loan arrangements with two Trustees, one of whom is no longer a Trustee.

Trustee Bernard Elwen provided the Company with an unsecured, interest free loan of £6,715. Repayments of £336 were made in the year ended 31 October 2020 leaving a balance owing at the year end of £6,379.