NMC MIDLANDS LTD

England & Wales · Charity number 1148855

Details

Other names	MD Support Centre, Muscular Dystrophy Support Centre, Muscular Dystrophy Support Centre/MD Support Centre, NMC MIDLANDS
Status	Registered
Legal form	Charitable company
Company number	08132198
Registered	2012-09-06
Register	View on the Charity Commission register

Contact

Address	Unit 10 Westwood House Westwood Way Westwood Business Park Coventry CV4 8HS
Phone	02476100770
Email	getintouch@mdsupportcentre.org
Website	www.mdsupportcentre.org

Activities

Objects: TO RELIEVE SICKNESS AND PROMOTE HEALTH FOR THOSE AFFECTED BY MUSCULAR DYSTROPHY AND RELATED NEUROMUSCULAR CONDITIONS BY PROVIDING OR ASSISTING IN THE PROVISION OF FACILITIES AND SERVICES AND BY SUCH OTHER MEANS AS ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE.

Activities: NMC Midlands, working name Muscular Dystrophy Support Centre, is a Midlands-based charity dedicated to supporting the physical and mental well-being of individuals living with muscular dystrophy and related neuromuscular conditions. We offer specialist physical therapies and support to empower service users to manage the effects of muscle-wasting and retain independence and quality of life.

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Classification

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

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£503,438	£635,506	£278,893	11
2024-07-31	£492,169	£528,699	-	-
2023-07-31	£445,584	£442,064	-	-
2022-07-31	£471,286	£388,975	-	-
2021-07-31	£318,692	£326,523	-	-
2020-07-31	£398,840	£209,997	-	-

Trustees

Name	Role	Appointed
RUTH LEE HEREFORD	Chair	2014-03-19
DAVID CHARLES CAMERON SALT		2016-10-15
Dan Miller		2026-03-18
IAN GORDON		2026-03-18
JAGDEEP KAUR SEHMBI		2012-09-04
JANE FIELD		2012-09-04
MARK LORENZO ARKINSTALL FIELD		2012-09-04
PAUL LEO DOWLING		2025-04-01
ROGER FLEMMING		2016-10-15

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NMC MIDLANDS LTD

England & Wales - Charity number 1148855

Accounts

Registered Charity No. 1148855
Registered Company No. 08132198

Muscular Dystrophy Support Centre

inspiring independence

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT

AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2025



NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number:	08132198 (England and Wales)
Charity number:	1148855
Directors / Trustees:	Mrs J Field Miss J Sehmbi Mr M Field - Company Secretary Mrs R Hereford - Chair Mr D Salt Mr R Flemming Mrs A Terry - Retired – 7 August 2024 Mrs A Bharj - Treasurer, Retired – 25 April 2025 Mr G Evans - Passed away – 24 February 2026 Mr P Dowling - Appointed – 25 April 2025 Mr I Gordon - Appointed – 18 March 2026 Mr D Miller - Appointed – 18 March 2026
Registered office & Principal office:	Unit 10 Westwood House Westwood Way Westwood Business Park Coventry CV4 8HS
Accountants:	Dafferns Audit Limited Chartered Accountants One Eastwood Harry Weston Road Binley Business Park Coventry CV3 2UB
Bankers:	The Co-Operative Bank P.O. Box 101 Balloon Street Manchester M60 4EP Flagstone Group Ltd 1st Floor, Clareville House 26-27 Oxendon Street London SW1Y 4EL Aldermore Bank Apex Plaza, Forbury Road Reading RG1 1AX.
Chief Executive Officer:	Zoe Richardson - Appointed – 27 August 2025 Sarah Ann Moore - Resigned – 30 June 2025

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

CHAIR'S REVIEW
for the year ended 31 July 2025

I am very proud to lead the Board of Trustees for the Muscular Dystrophy (MD) Support Centre, and to present its report for the financial year ended 31 July 2025.

This has been another successful and productive year, marked by growth in both the reach and impact of our services. Our community of registered service users grew by 13% to 633 people living with MD (YE24: 560). We increased therapy sessions offered by 22% to 559 per month by July 2025 (July 2024: 459). Service users accessed therapies on average once every three weeks. Reflecting the high demand for our services, 53 people with MD were on our waiting list at year-end.

Therapies were delivered at our main centre in Coventry and at five satellite clinics in Birmingham, Leicester, Tipton, Daventry and Droitwich Spa. We added a sixth clinic at the MoveWell Centre University of Birmingham. Our online therapies /exercise classes continued in popularity with 14% of service users accessing therapies online from the comfort of their own homes.

Bringing our community together, whether in person or online, for social connection and knowledge sharing remains a key part of our service. 16% of our service users participated in community events. We also successfully introduced our Adapting to Change group, a peer group focused on the practical challenges of adapting to change following diagnosis and at key transition points, such as when mobility aids become necessary to retain independence.

The results of our 2025 service user survey clearly demonstrate the impact of our work and how highly our support is valued. 94% of respondents said that our support helped them feel more confident and in control of their condition, 77% said our support reduced their reliance on NHS services, and 80% said their condition had improved to some extent.

In April 2025, we successfully completed our 5 year Transforming Access to Therapies strategy. This milestone was followed by the departure of our Chief Executive, Sarah Ann Moore, who led the Charity through a period of significant growth and change, successfully delivering the strategy and increasing our community of service users by 62% over five years. We bid Sarah a fond farewell and thanked her for her substantial contribution to our charity.

The Trustees recognised that the pace of growth and change over this period highlighted the need to strengthen our infrastructure to provide a firmer foundation for the future. As a result, the initial phase of our next 5-year strategy is a 'Consolidation' plan, which focuses on strengthening and aligning internal systems and processes whilst continuing to grow our capacity and services.

In August 2025 just after the end of this reporting year, we welcomed our new Chief Executive, Zoe Richardson, to lead this plan and our next phase of growth. Her extensive experience in the charity field, together with her passion for person-centred care and relationship-building, has already made a significant impact. This includes evolving the consolidation plan into a broader organisational improvement plan and contributing to the development of our future strategy.

None of our achievements this year have would have been possible without the ongoing generosity of our donors and supporters, or the dedication and hard work of our staff, volunteers, and Trustees.

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

CHAIR'S REVIEW
for the year ended 31 July 2025

A tribute to Trustee Gary Evans

We would like to pay special tribute to our trustee, Gary Evans, who sadly and unexpectedly died in late February. When Gary joined the Board two years ago, he brought with him fresh perspective and energy, along with extensive experience in operations and governance. As a long-time service user and supporter, he also brought his personal experience of living life fully while managing the effects of progressive muscle loss and understood first-hand the value of our therapies in supporting people to do the same.

His contributions had a profound impact during these past two years of growth and change. We feel privileged to have known and worked alongside him, and his quiet determination and generosity of spirit will be remembered with much gratitude. Gary will be dearly missed, but his belief in living life to the fullest—and his commitment to our mission of enabling others to do the same—will continue to live on through the support we provide.

On behalf of the Board of Trustees, I would like to express deep gratitude to everyone who has contributed to the very real difference our Charity has made to the lives of people with MD and their families in the past year.

Thank you.

Ruth Hereford

Ruth Hereford
Chair of Trustees

Date: 16 April 2026

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2025

The Trustees (who are Directors under Company law), present their report with the unaudited financial statements for the year ended 31 July 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, applicable law, the Charities Act 2011, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP)" issued in October 2019.

Public benefit
The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities and have therefore complied with the duty to have due regard to guidance on public benefit published by the Commission.

OBJECTIVES AND ACTIVITIES

Background
The MD Support Centre was established in 2012 by a group of people with or affected by MD who had experienced the transformative effects of hands on therapies on their quality of life and wanted to share those benefits with adults with MD across the Midlands and beyond.

Whilst we now have a full staff team, all Trustees are still people with or affected by MD and actively engaged in the Charity in varying degrees.

Charitable objectives
The Charity's formal objects per its Memorandum and Articles of Association are:

- To relieve sickness and promote health for those affected by muscular dystrophy (MD) and related neuromuscular conditions, by:
  - Providing or assisting in the provision of facilities and services, and
  - By such other means as are exclusively charitable according to the laws of England and Wales as the Trustees may determine from time-to-time

Mission and vision
Our Mission is to work together to support people affected by MD, creating an environment where full potential and optimal well-being can be achieved, through provision of physical therapies and other support services.

Our Vision is to empower people with MD and improve the ability of people with, and affected by, MD to live well independently for longer by:

- Transforming access to specialist physical therapies for adults with MD in the Midlands region by growing our service capacity, scope, reach, accessibility and relevance.
- Continuously improving our systems for governance, sustainability and clinical effectiveness.
- Diversifying income streams, and
- Improving our engagement with service users via strengthened communications and marketing.

ACHIEVEMENTS AND PERFORMANCE

Background to MD and our Charity

MD is a rare, life-long, degenerative disease with no known cure; a progressive muscle-wasting condition, which affects 110,000 people UK-wide.

MD is an umbrella term for 60 different types of MD and related neuromuscular conditions. Our therapists treat people with 48 of these types, which makes our team's expertise almost unparalleled. Some conditions begin in childhood and are ultimately life-limiting, such as Duchenne MD. Others are not diagnosed until adulthood and are not life-limiting.

People with MD have a wide range of symptoms and age of onset: from difficulty walking or running, to compromised respiratory and cardiac function; but most commonly people with MD experience pain, muscle loss and ongoing physical deterioration.

Our Charity has been providing therapies since January 2013. We are one of only two UK charities providing therapy support and the only one in the Midlands.

We support people with MD primarily with specialist physical therapies, and on a long-term basis, never discharging a service user. Most referrals come from NHS Consultants and GPs, and all new service users benefit from a face-to- face needs assessment with a physiotherapist in Coventry, at which a bespoke therapy plan is agreed. These are a combination of physiotherapy, osteopathy, group and individual online exercise classes, complementary therapy, and other support, as suits the service user and their condition.

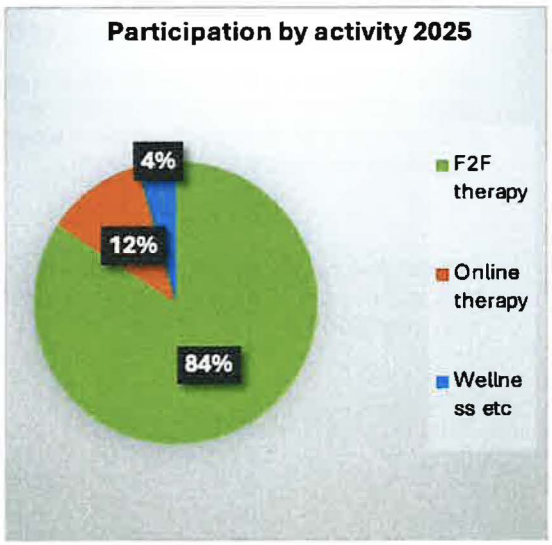
We operate from our main Centre in Coventry and satellite clinics in Birmingham, Leicester, Tipton, Daventry and Droitwich Spa (osteopathy only). Satellite clinics are delivered in partnership with local organisations to share resources and reduce travel for people with MD. We have offered online support since 2020, when during the pandemic we engaged service users in online therapies, exercise classes and information sessions on topics relevant to staying well with MD.

Activities during 2024/25

This year, we welcomed 73 new people with MD into our community, which as of 31st July 2025 totalled 633 registered service users, an increase of 13% on 2024. As of year-end we had a further 53 people with MD on the waiting list to join our service.

In July 2025 we were offering 559 therapy sessions a month (22% increase on 2024), maintaining our core therapies (physiotherapy and osteopathy) throughout the year both online and face-to-face.

As can be seen by the graph, of those service users that engaged in therapies and activities offered through the year, 84% participated in face-to-face physiotherapy, 12% accessing online therapies, and 4% our Wellness Hub support.



Over the year we increased clinic days at our HQ in Coventry to every Monday-Friday, and every other Saturday. With Birmingham being where many of our service users live, we trialled an additional clinic location at the MoveWell Centre University of Birmingham. Birmingham service users can now access therapies three days a week and every other Saturday. At our Black Country satellite we opened two days a week, in Leicester people accessed therapies three days a month, in Daventry (Northamptonshire) we are open one day a week and Droitwich Spa by appointment.

Our service user profile
The below data is taken from our service user database and results from our 2025 survey:

- **Mobility**: most (71%) of our 2025 service user survey respondents fell into one of the three ambulant categories with the remaining 29% split equally between the remaining two categories- wheelchair users able to transfer independently and those unable to do so.
- **Gender**: 54% of respondents were female, 43% were male and 3% declined to reveal their gender.
- **Employment:** 22% of respondents reported that they were working, 27% were retired owing to age, 20% were retired owing to health issues, 17% were not working owing to health issues, 5% were not working owing to lack of job opportunities, 2% were students and 7% declined to comment on their employment status.
- **Age:** the average age for service users as per our database is 51 years; ranging from 18 years to 93 years. By comparison, our survey respondents were an older cohort than our total service users; with a mean age of 58 years.

Aquatic therapy evaluation
We trialled a six-week programme of weekly aquatic exercise classes at the Xcel Centre in Coventry. Led by our physiotherapists the programme was designed to improve mobility, flexibility, and overall wellbeing of our MD community.

The classes featured a variety of exercises designed to stretch and strengthen the muscles while enhancing stability and balance (see right).

Using pool noodles and floats to aid buoyancy and create resistance, participants could adapt the exercises to their own ability under the guidance of the physiotherapists.



The sessions also offered the opportunity to stay in the pool after class to enjoy swimming or spend extra time in the water. The trial was successfully evaluated, and funds have been secured to continue this offer into 2025/26.

Online, wellbeing and peer support
Online classes are led by our physical therapists, tailored for people with MD and highly rated by our service users. Across the year some service users engaged in a regular programme, whilst others dropped in as suited them. Four drop-in classes a week – yoga, seated exercise, seated/standing exercise and breathwork - focused on posture, balance, building core stability, power, endurance, and stress reduction.

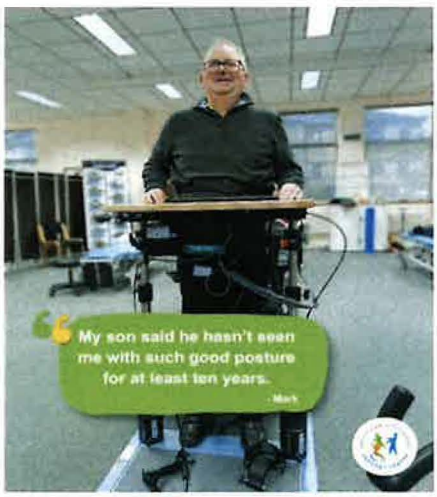
Service users engaged in our Wellbeing Hub – online information sessions on Nutrition and Worry Management were led by expert speakers and tailored for our community.
Since its launch in 2024, our Adapting to Change peer support group has gone from strength to strength. This group is focused on the practicalities of adapting to change with groups members supporting each other with advice and practical guidance. This could be after receiving a diagnosis, or at key stages in progression where the condition has progressed to a point where physical, mental and/ or emotional adaptations become necessary to retain people's independence.

New Therapy equipment
We have a range of supported exercise and therapy equipment at our Coventry HQ. New equipment introduced last year includes a THERA Trainer Balo - a dynamic standing frame which supports the person's lower body, creating a fall-safe environment.

A video screen with motion sensors enables people to improve their postural control, core stability and balance in a variety of fun and motivating virtual reality scenarios.

On the right you can see one of our service users, Mark, trying it out. He said:

"It really makes me work on balance and core and leg strength. This is part of my plan to continue as long as possible to do independent transfers which will enable me to continue working and not be more dependent on carers. The Balo links up to a computer screen with games so that controlled movements mean my pirate avatar picks up treasure! For a naturally competitive and slightly childish 61-year-old fella, this is very motivating. It is really safe but encourages independent self-balancing movement."



Challenges
The main challenge we face is waiting list management as the demand for our services continues to grow. This demand is compounded by continually increasing pressure on NHS services. At the year end, the waiting time from referral to being seen for an initial assessment was seven months, and it averaged five months across the year.

We do not own any land or property – our Centre and our satellite clinic spaces are leased and increases in rental and energy costs continued to place significant pressure on our Charity's recurrent cost base. Our continued organisational growth has resulted in increasing space constraints at our Coventry headquarters.

To explore potential solutions, we entered into a short-term lease of a nearby unit within the Coventry building in April 2025. This was intended as a trial; however, the space did not prove to be sufficiently functional without significant modification. Given funding constraints within the current economic climate, the decision was taken to conclude the trial lease at the end of August 2025.

The ongoing increase in the cost-of-living continues to present challenges for all charities that rely on voluntary income, whilst accessing grant funding has become increasingly competitive.

Feedback from service users

Whilst there is no cure for MD, our evidence shows that regular, specialist physical therapies can help improve muscle usage, reduce pain, and ultimately enable people to take control of their condition and retain greater functionality and independence.

We were delighted that the results of our 2025 service user survey demonstrated the positive impact that our Charity is having on the lives of our service users and carers.

This year's survey engaged 22% (139) of our registered service users (2024 - 21%). Key findings included that:

- 94% said that participating in the Charity's activities and therapies had made them feel more confident and in control.
- 93% stated that the professionals who played a primary role in managing their condition were the therapists at the Charity (up from 88% in the 2024 survey).
- 80% said that thanks to the Charity's activities and therapies their condition had improved to some extent.
- 79% asserted that the Charity's services had worked to prevent or slow deterioration in their general condition.
- 77% of respondents agreed that the treatments they have received from the Charity had reduced their reliance on the use of NHS services.
- 65% agreed that the Charity's activities and therapies had helped them stay in work.

The full report is available on our website. This year we added depth to the analysis by adding questions regarding respondents' age, gender, employment status and mobility level). Results are split between those who are ambulant and those who are wheelchair users.

Service users said:

"Without the support of the Charity I would not be able to function on a day-to-day basis."

"The physios are very experienced in neuromuscular conditions and take a holistic view when offering treatment."

"I really enjoy the online sessions it keeps me fit and it's nice to be a part of something socially. I love the swimming sessions too it's nice to be part of a weekly get together and form some friendships. I like having physio sessions regularly as it makes me feel so much better afterwards and it's nice to form a bond with the physiotherapist. I look forward to attending my fortnightly sessions and catching up with everyone. The Charity has a friendly vibe to it and is always welcoming."

"When I came to you, I was in pain and this has improved greatly since having the support from your lovely physiotherapists. Thank you. It is so reassuring knowing that you are there, that you know about and understand how I feel, that I can call on you should I need to. You have improved my confidence to cope with my FSHD. Again, thank you."

"The MD Support Centre is the only provider that I value. I have and continue to have excellent help with my Myasthenia Gravis condition. The NHS falls short at GP, Consultant levels. Please continue your good work, you deserve all the help to provide a great caring service for us."

"The muscles in my arms and legs are much looser, and more mobile after therapy."

"The Charity is my NHS. They have provided me with bespoke, tailor-made Osteopathy, Physiotherapy, Pilates and community, from which my family, friends and I have benefited. The Charity have educated me understand what's happening with my body, how to elevate pain and discomfort. They are amazing."

STAFF, VOLUNTEERS AND SERVICE USER INVOLVEMENT

Staff and changes

The Charity is led by our Chief Executive Officer, who reports to the Board, and manages our senior team. At the end of June 2025, Chief Executive Sarah Ann Moore who had led our Charity over the last five years, departed the Charity. In August 2025 just after the year-end, our new Chief Executive, Zoe Richardson, was appointed and joined our team to lead the Charity forward.

During 2024/25 our Fundraising Manager managed our Engagement and Fundraising Officer and Communications Officer. Our Clinical Services Manager managed our reception and administration team and co-managed with our Clinical Leads our team of employed and freelance therapists.

During the year our Clinical Services Manager left, and clinical, reception and administration management was picked up in the interim by our two Therapy Co-Leads and the CEO whilst changes to roles are being reviewed (see Plans for the Future.) This year we welcomed new therapists to our team. Our partnership with the Universities of Birmingham and Coventry saw two physiotherapy students volunteer with us to gain experience across the year.

During the year, our team comprised a mixture of paid staff and self-employed therapists. We employed 14 staff (11.2 FTE -of whom four were full-time and 10 part-time) and engaged a team of 13 highly qualified self-employed therapists (2.2 FTE), primarily physiotherapists but also osteopaths.

Volunteers

We are committed to promoting inclusiveness and equal opportunities for all. We actively support our service users to stay in the workforce and provide opportunities for people with MD via employment and volunteering. This year our 21 volunteers (excluding our eight Trustees) made a significant contribution. They welcomed service users into our clinics, assisting our physiotherapists and supporting the smooth running of events such as our coffee mornings and craft group.

Service user oversight and advice

Our Project Board is comprised of service users and stakeholders, meeting quarterly to oversee the TATT five-year strategy project. After the project's conclusion in April 2025, this group will hold their last meeting to review the Evaluation of the TATT project report in Autumn 2025.

Our Service User Focus Group is comprised of service users who use their lived experience to help us develop new initiatives. This year, they contributed to our Service User Survey and shared ideas for social groups and Wellness Hub topics.

PLANS FOR THE FUTURE

Our key priority remains expanding our capacity, sustainably growing our services to help more people with MD and to expand our reach. We aim to reduce the waiting list time by increasing the number of initial assessments undertaken each month. We will explore strategic partnerships with other charities, the NHS and companies.

Following consultation with our team and Trustees, a range of priorities were identified focused on improving our internal infrastructure. These include changes to team roles and structures, improvements to our clinical administration systems and our policies and processes.

In 2025/26 we will also finalise our 2027-2030 strategy which will include new therapy development.

FINANCIAL REVIEW

Income and expenditure

Total income for the year ended 31 July 2025 was £503,438 (2024: £492,169) of which 60% (2024: 53%) was charitable activities income, and 37% (2024: 47%) was voluntary income. The remaining 3% came from investment income.

Total expenditure was £635,506 (2024: £528,699) which left us with a deficit of £132,068 (2024: deficit of £36,530). Expenditure represented a growth of 20% on 2024, in line with our goal to expand capacity in therapy provision for people with MD across the Midlands. Most of our spending was on the delivery team - management, co-ordination and clinical - who deliver support for our service users and the costs of delivering our therapy service. The ratio of fundraising costs to income raised was 11%.

Voluntary income

During the year we raised £184,846 (2024: £229,753) in voluntary income. This was made up of £122,443 in grants from Trusts, Local Authorities and the National Lottery Community Fund, £30,919 from Individual Donors, and £31,298 from Corporate, Community and Events donors. The 20% reduction in voluntary income reflected a challenging year for our Charity as it was for the rest of our sector, with competition for grants income being particularly intense.

Charitable activities income

Income generated whilst delivering our charitable activities increased by 23% to £300,408 (2024: £245,032). Income from NHS commissioners made up 96% of that total, reflecting the confidence that our NHS partners have in the expertise of our Clinical team and outcomes for service users.
Donations from service users towards their therapies added £4,940, and provision of complementary and aquatic therapies added £2,525 with the balance from renting space and selling physio supplies.

Acknowledgements

We would like to thank our service users for their donations, and for the efforts that many have made in organising fundraising events for us – from Golf Days to challenge events. We would also like to acknowledge the support of the following donors who generously gave to us last year:
Arnold Clark Community Fund, Austin Edward Charity Trust, Baron Davenport's Charity, Benham Charitable Settlement, Birmingham District Nursing Charitable Trust, Co-operative Customer Donation Fund, Coventry & District Charitable Trust, Coventry General Charities, DMF Ellis Charitable Trust, Douglas Heath Eves Trust, Dumbreck Charity, Edward and Dorothy Cadbury Trust, Edward Cadbury Charitable Trust, Eric Stanton – Northampton Trust, Eric W Vincent Trust Fund, February Foundation, Geoff Hill Charitable Trust, George Fentham Birmingham Charity, George Henry Collins Charity, Gilander Foundation, GJW Turner Trust, Grace Trust, Heart of England - Coventry, Warks & Solihull Community Fund, HEARTH Foundation, James Wise Charitable Trust, Hopkins Sayer Charity, J C Seccombe Charitable Trust, Jessie Spencer Trust, L and R Gilley Charitable Trust, Leamington Spa Community Fund, Marsh Charitable Trust, Michael and Anna Wix Charitable Trust, Muntz Trust, National Lottery Community Fund (Reaching Communities and Awards for All), Patrick Trust, P F Charitable Trust, Provincial Grand Lodge Warwickshire, Richard Kilcuppe Charity, Rowlands Trust, Rowleys Charitable Trust, Rugby Group Benevolent Fund, Soroptimist International of Rugby Charitable Trust, W E Dunn Charitable Trust, Warwick Provident Dispensary Charity, WCC Councillors Fund and the WPH Charitable Trust.

Reserves policy and position

The Trustees have agreed a policy of holding three to six months of annual expenditure in unrestricted (free) reserves. This policy ensures we can mitigate the risk of reducing our services to people with MD should we find ourselves at risk of a deficit position and is reviewed annually by the Board.

Our overall reserves position on 31 July 2025 was £278,893 (2024: £410,961), including £32,160 (2024: £25,330) Restricted Funds. Restricted Funds were made up of £15,316 for spend in 2025/26, and £16,844 (2024: £11,350) represented by fixed assets purchased with restricted funds during the year.

Free (unrestricted) reserves after all adjustments had been accounted for was £246,733 (2024: £385,631). This comprised around 4.5 months of forecasted expenditure for 2026 of £669k which falls in line with the Trustees' policy.

During the year, Designated Funds of £100,859 were utilised: partly to fund the trial lease of a neighbouring Unit at our Coventry HQ and - in response to the challenges of raising grant funding – partly to fund the expenditure budget. We took on the trial lease with the view to expanding our therapy provision and potentially creating a hydro-therapy facility. However as noted, with the funding challenges and lack of suitability of the space without significant modification for its intended purpose, we took the decision to give up the space.

At Note 19 below is set out details of the post balance sheet notification of a significant (£150k) legacy. If income targets for 2025/26 are met, the intention of the Board is to designate these funds to enable the Charity to expand its space for therapy provision.

Payment of creditors
The Charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London, WC1A 1DU) which is to:

- Settle the terms of payments with suppliers when agreeing the terms of each transaction;
- Ensure that suppliers are made aware of the terms of payments by inclusion of the relevant terms of contracts; and
- Pay in accordance with the Company's contractual and other legal obligations.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document
NMC Midlands Ltd, using the working name Muscular Dystrophy Support Centre ('MD Support Centre' or 'MDSC') is a Charitable Company limited by guarantee. It was incorporated on 5 July 2012 and is governed by its Memorandum and Articles of Association. The Company became a registered Charity on 6 September 2012.

Trustee responsibilities
Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the situation of the charity as at the balance sheet date. This includes its incoming resources and application of resources and income and expenditure for the financial period.

- In preparing those financial statements, the Trustees should follow best practice and:
- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent; and,
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue on that basis.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking steps for the prevention and detection of fraud and other regularities. The Trustees who served during the period under review and up to the date of this report are set out on page 1.

Recruitment and appointment of Trustees / Directors
The Directors of the Company are also the Charity Trustees for the purpose of Charity law. Under the requirements of the Memorandum and Articles of Association, one-third of the Trustees must retire and offer themselves for re-election at the Annual General Meeting.

The Charity is administered by the Trustees, who meet quarterly as a Board to provide oversight and review of the operation of the Charity.

All Trustee appointments are made with due regard to the range of skills required by the Board of Trustees and the relevant experience and knowledge offered by the potential Trustee. The training of each new Trustee includes a visit to the Charity's premises and discussions with existing Trustee Board members.

None of the Trustees have any beneficial interest in the Company. All of the Trustees are members of the Company and guarantee to contribute £1 in the event the Company being wound up.

Governance and management structure
The Charity is led by our Chief Executive Officer, who reports to the Board of Trustees, and manages our staff including our Clinical Services Manager and Fundraising Manager. See Staff, Volunteers and Service User Involvement for more.

Our Project Board and our Service User Focus Group are comprised of service users and stakeholders. They both meet quarterly; using their lived experience to help us develop new initiatives and inform our strategy and operations.

Risk management
The Trustees have assessed the major risks to which the Charity is exposed and have systems in place to manage those risks. The CEO is focused on building organisational sustainability and developing and delivering the Charity's next 5-year strategy.

The Charity reviews and enhances its system of internal control on an ongoing basis. This includes reviewing key policies and procedures, enhancing reporting structures, using new electronic tools to improve efficiency and control, and further embedding the Charity's vision and values to ensure that all activities of the Charity continue to always support the fulfilment of its mission.

Trustees are confident that sufficient funding will be available to continue to run the charity for the next 12 months and have contingency plans in place to deal with a shortfall in funding within one or more of its current activities.

Independent examination
The Trustees have appointed Dafferns Audit Ltd to undertake this role.
This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

SIGNED ON BEHALF OF THE BOARD BY:



Mr M Field
Director/Trustee

Dated: 16 April 2026

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NMC MIDLANDS (A COMPANY LIMITED BY GUARANTEE)

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 July 2025 which are set out on pages 14 to 28.

Responsibilities and basis of report

As the Charity Trustees of the Company (and also 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 your Company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Signed:

EBG

Emily Ball-Goldfinch ACA
(Institute of Chartered Accountants in England and Wales)
Dafferns Audit Limited
One Eastwood
Harry Weston Road
Binley Business Park
Coventry
CV3 2UB

Dated: 21 April 2026

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(including Income and Expenditure Account)
for the year ended 31 July 2025

	Notes	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
INCOME FROM:					
Voluntary income:					
Donations and legacies	3	95,054	89,792	184,846	229,753
Charitable Activities					
Services provided	4	300,408	-	300,408	245,032
Investment income	5	18,184	-	18,184	17,384
Total income		413,646	89,792	503,438	492,169
EXPENDITURE ON:					
Raising funds	6	56,899	-	56,899	66,199
Charitable activities	7	495,645	82,962	578,607	462,500
Total expenditure		552,544	82,962	635,506	528,699
Net income for the period before transfers		(138,898)	6,830	(132,068)	(36,530)
Transfer between funds		-	-	-	-
Net movement in funds		(138,898)	6,830	(132,068)	(36,530)
Reconciliation of funds					
Total funds brought forward		385,631	25,330	410,961	447,491
Total funds carried forward	15	246,733	32,160	278,893	410,961

All income and expenditure derive from continuing activities.

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

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

BALANCE SHEET

Registered No. 08132198

31 July 2025

	Notes	2025 £	2025 £	2024 £	2024 £
FIXED ASSETS					
Tangible assets	10		16,844		11,350
CURRENT ASSETS					
Debtors	11	69,263		35,967	
Cash at bank and in hand		251,671		390,952	
		320,934		426,919	
LIABILITIES					
Creditors falling due within one year	12	(58,885)		(27,308)	
NET CURRENT ASSETS			262,049		399,611
NET ASSETS			278,893		410,961
FUNDS OF THE CHARITY					
Unrestricted fund			246,733		385,631
Restricted funds	16		32,160		25,330
TOTAL CHARITY FUNDS	15		278,893		410,961

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

For the year ended 31 July 2025, the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/Trustees responsibilities:

- The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved and authorised for issue by the Board:

ON BEHALF OF THE BOARD:



Mr M Field

Director/Trustee

Date: 13 April 2026

The notes on pages 17 to 28 form part of these financial statements.

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF CASH FLOWS

31 July 2025

	Notes	2025 £	2025 £	2024 £	2024 £
CASH FLOWS FROM OPERATING ACTIVITIES					
Cash generated from operations	21		(124,628)		24,445
INVESTING ACTIVITIES					
Purchase of tangible fixed assets		(14,653)		(4,779)	
Net cash from investing activities		(14,653)		(4,779)	
NET INCREASE IN CASH AND CASH EQUIVALENTS			(139,281)		19,666
CASH AND CASH EQUIVALENTS AT 01 AUGUST 2025			390,952		371,286
CASH AND CASH EQUIVALENTS AT 31 JULY 2026			251,671		390,952

1. ACCOUNTING POLICIES

General information and basis of preparation

NMC Midlands is an incorporated Charity in England and Wales. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity Information on page 1 of these financial statements. The nature of the Charity's operations and principal activities are to relieve sickness and promote health for those affected by muscular dystrophy and related neuromuscular conditions by providing or assisting in the provision of facilities and services and by such other means as are exclusively charitable according to the laws of England and Wales as the Trustees may from time-to-time determine.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in Pound Sterling which is the functional currency of the Charity and are rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity, and it is probable that they will be fulfilled. Cash donations are recognised upon receipt. Income tax recoverable in relation to donations received under gift aid or deeds of covenant is recognised at the time of the donation.

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

1. ACCOUNTING POLICIES (continued)

Income recognition (continued)

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the financial statements.

Items donated for resale are included in trading income when sold and no value is placed on stock at the year end.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred. Where income is received in advance of a performance or other specified service it is deferred until the Charity is entitled to that income.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities includes the direct cost of staff, premises and other operating costs; and
- Other expenditure represents those items not falling into the category above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a Charitable Company for UK corporation tax purposes.

Employee benefits

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

Termination benefits are recognised immediately as an expense in the Statement of Financial Activities when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense to the Statement of Financial Activities as they fall due.

Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets (continued)

Operational assets costing less than £10,000 are written off in full through the Statement of Financial Activities in the year of purchase. Depreciation is provided on all other tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Fixtures, fittings & equipment	- 5 years straight line
Computer equipment	- 1 - 3 years straight line

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised as an expense in the Statement of Financial Activities.

Leases

Rentals payable under operating leases, including any lease incentives received, are charged to the Statement of Financial Activities on a straight-line basis over the term of the relevant lease.

Going concern

The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure are sufficient with the level of reserves for the Charity to be able to continue as a going concern.

2. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENTS

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Donations and gifts	30,919	-	30,919	27,153
Grants and trusts	32,651	89,792	122,443	172,986
Other	186	-	186	155
Fundraising events	31,298	-	31,298	29,459
	95,054	89,792	184,846	229,753

Service users sometimes donate goods that are displayed in the Centre and sold for a small donation. The total sales proceeds are included within "Other" voluntary income.

4. CHARITABLE ACTIVITIES

	2025 £	2024 £
Services provided including under contract*	289,498	234,222
Charitable rental income	3,008	2,587
Service user donations	4,940	4,852
Sale of physio sundries	437	301
Complementary therapies	1,105	2,100
Aquatic therapy	1,420	970
	300,408	245,032

* Service Level Agreement ('SLA') or other arrangement.

5. INVESTMENT INCOME

	2025 £	2024 £
Interest received	18,184	17,384
	18,184	17,384

6. RAISING FUNDS

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024 (as restated)
	£	£	£	£
Charitable costs				
Staff costs	38,295	-	38,295	46,264
Professional fees	13,023	-	13,023	14,237
Other charitable activities	5,581	-	5,581	5,698
	56,899	-	56,899	66,199

Prior year expenditure totalling £56,846 has been reclassified between raising funds and charitable activities to more accurately reflect expenditure categories. There has been no change in total expenditure.

7. CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024 (as restated)
	£	£	£	£
Staff costs	354,810	59,965	414,775	318,178
Depreciation and impairment	3,293	5,866	9,159	8,564
(Profit)/Loss on disposal	-	-	-	(2,033)
Rent	74,324	14,648	88,972	70,174
Insurance	6,284	-	6,284	9,021
Postage, stationery & telephone	2,453	-	2,453	2,387
Computer & IT	12,400	-	12,400	10,314
Sundry expenses	12,334	-	12,334	17,259
Travelling expenses	1,405	-	1,405	2,220
Repairs and maintenance	1,798	-	1,798	3,460
Subscriptions	797	-	797	570
Accountancy	7,124	-	7,124	7,434
Light and heat	5,823	-	5,823	7,792
Professional fees and services	2,483	-	2,483	-
Consultancy fees	10,224	2,483	12,707	6,310
Bank charges	93	-	93	850
	495,645	82,962	578,607	462,500

8. DIRECTORS / TRUSTEES REMUNERATION

R Hereford received remuneration during the year of £2,405 (2024: £2,040).

J Field received remuneration for provision of therapies of £3,825 (2024: £2,250).

1 Trustee (2024: 3) was reimbursed £910 of charitable expenditure and travel expenses (2024: £2,111).

9. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	275,031	198,598
Fundraising salaries and costs	29,417	46,264
Pension contributions	6,342	5,253
Social security	19,360	11,207
Therapists	98,240	93,018
Other support services	23,859	9,114
Other costs	821	988
	453,070	364,442

Average number of staff

Philanthropy and fundraising	2	2
Delivery	11	8
Management	1	1
	14	11
Full time equivalent	11.2	7.9

No employee received remuneration of £60,000 or more in this financial year or the preceding year.

Volunteers:

	2025	2024
Clinical and administration	29	33
	29	33

10. FIXED ASSETS

	Fixtures, fittings & equipment	Computer equipment	Total
Cost	£	£	£
At 1 August 2024	103,545	9,984	113,529
Additions	13,563	1,090	14,653
Disposals	-	-	-
At 31 July 2025	117,108	11,074	128,182
Depreciation & impairment			
At 1 August 2024	92,195	9,984	102,179
Charge for year	8,069	1,090	9,159
Disposals	-	-	-
At 31 July 2025	100,264	11,074	111,338
Net Book Value			
At 31 July 2025	16,844	-	16,844
At 31 July 2024	11,350	-	11,350

11. DEBTORS

	2025	2024
	£	£
Trade debtors	56,885	33,166
Other debtors	680	1,880
Prepayments and accrued income	11,698	921
	69,263	35,967

12. CREDITORS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	32,003	6,193
Accruals and deferred income	25,784	19,767
Other creditors	1,098	1,348
	58,885	27,308

13. ULTIMATE CONTROLLING PARTY

The Charity is under the control of its Board of Directors/Trustees.

14. RELATED PARTY TRANSACTIONS

There were no related party transactions for the year ended 31 July 2025 (2024: £nil) other than those disclosed in note 8.

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	Fixed Assets £	Current Assets £	Current Liabilities £	Total £
Restricted Funds	16,844	15,316	-	32,160
Unrestricted Income Fund	-	305,618	(58,885)	246,733
	16,844	320,934	(58,885)	278,893

Prior year

	Fixed Assets £	Current Assets £	Current Liabilities £	Total £
Restricted Funds	11,350	13,980	-	25,330
Unrestricted Income Fund	-	412,939	(27,308)	385,631
	11,350	426,919	(27,308)	410,961

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

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

16. FUND RECONCILIATION – RESTRICTED FUNDS

Current year

	Balance at 1 August 2024	Income	Expenditure	Transfers	Balance at 31 July 2025
	£	£	£	£	£
Current Assets					
National Lottery Community Fund - Reaching Communities	-	8,689	(8,689)	-	-
National Lottery Community Fund - Awards For All	-	13,716	(2,356)	(11,360)	-
Eveson Charitable Trust	4,000	-	(4,000)	-	-
Leamington Spa Community Fund	1,280	2,000	(3,280)	-	-
Eric Stanton - Northampton Trust	-	2,000	(2,000)	-	-
George Fentham Birmingham Charity	-	4,000	(4,000)	-	-
Benham Charitable Settlement	-	3,000	(3,000)	-	-
DMF Ellis Charitable Trust	-	4,000	(4,000)	-	-
G J W Turner Trust	-	2,000	(2,000)	-	-
Heart of England Community Foundation	-	3,000	(3,000)	-	-
Edward and Dorothy Cadbury Trust	-	3,000	(3,000)	-	-
Birmingham District Nursing Charitable Trust	-	3,000	(3,000)	-	-
Patrick Trust	-	2,000	(2,000)	-	-
Edward Cadbury Charitable Trust	-	4,000	(4,000)	-	-
Soroptimist International of Rugby Charitable Trust	-	10,000	(10,000)	-	-
Rowlands Trust	-	3,491	-	-	3,491
Baron Davenport's Charity	-	2,000	(500)	-	1,500
Rugby Group Benevolent Fund	-	6,000	-	-	6,000
WPH Charitable Trust	-	3,000	(750)	-	2,250
Other restricted funding	8,700	10,896	(17,521)	-	2,075
	13,980	89,792	(77,096)	(11,360)	15,316
Fixed Assets					
NBV Restricted fund assets	11,350	-	(5,866)	11,360	16,844
	25,330	89,792	(82,962)	-	32,160

National Lottery Community Fund - Reaching Communities: grant funding to support the final phase of delivery of our Transforming Access to Therapies (TATT) project.

National Lottery Community Fund - Awards For All: grant funding to purchase and pilot the use of a THERA Trainer Balo at our Coventry therapy centre.

Eveson Charitable Trust: grant funding to pay for therapies for West Midlands, Herefordshire and Worcestershire service users.

FUND RECONCILIATION – RESTRICTED FUNDS (continued)

Leamington Spa Community Fund: grant funding to pay for therapies for Leamington Spa service users.

Eric Stanton - Northampton Trust: grant funding to pay for therapies for Northamptonshire service users.

George Fentham Birmingham Charity: grant funding to pay for therapies for Birmingham service users

Benham Charitable Settlement: grant funding to pay for therapies for Northamptonshire service users.

DMF Ellis Charitable Trust: grant funding to pay for therapies for West Midlands, Worcestershire and Herefordshire service users.

G J W Turner Trust: grant funding to pay for therapies for Birmingham service users

Heart of England Community Foundation: grant funding to pay for therapies for Solihull, Coventry & Warwickshire service users.

Edward and Dorothy Cadbury Trust: grant funding to pay for therapies for Birmingham service users.

Birmingham District Nursing Charitable Trust: grant funding to pay for therapies for Birmingham service users.

Patrick Trust: grant funding to pay for therapies for Birmingham service users.

Edward Cadbury Charitable Trust: grant funding to pay for therapies for Black Country service users.

Soroptimist International of Rugby Charitable Trust: grant funding to pay for therapies for Northamptonshire and Warwickshire service users.

Rowlands Trust: grant funding to upgrade the disabled toilet with a new hoist at the Coventry therapy centre.

Baron Davenport's Charity: grant funding to pay for therapies for West Midlands service users aged 18- 25.

Rugby Group Benevolent Fund: grant funding to pay for therapies for Rugby service users.

WPH Charitable Trust: grant funding to pay for therapies for Coventry & Warwickshire service users.

Other restricted funding: restricted fund grants of a value up to £2k which were gratefully received from a variety of generous donors to pay for therapies for Midlands service users.

NBV Restricted fund assets: grant funding for the initial purchase of therapy / clinical equipment for use in therapy provision. These funds are being released to match the depreciation charge over the estimated useful life of these assets.

FUND RECONCILIATION – RESTRICTED FUNDS (continued)

Prior year

	Balance at 1 August 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 July 2024 £
Current Assets					
The National Lottery Community Fund – TATT	22,325	31,012	(53,337)	-	-
Garfield Weston Foundation	27,851	-	(27,851)	-	-
Birmingham Voluntary Service Council (BVSC)	1,018	204	(1,222)	-	-
SHIRE Community Grant	2,500	-	(2,500)	-	-
February Foundation	-	5,000	(5,000)	-	-
Eveson Charitable Trust	-	15,000	(11,000)	-	4,000
Leamington Spa Community Fund	-	2,000	(720)	-	1,280
Leicestershire & Rutland Community Foundation	-	3,000	(3,000)	-	-
Michael Guest Charitable Foundation	-	5,000	(5,000)	-	-
Other restricted funding	299	41,950	(33,549)	-	8,700
Other restricted projects	500	-	(500)	-	-
	54,493	103,166	(143,679)	-	13,980
Fixed Assets					
NBV Restricted fund assets	15,134	-	(3,784)	-	11,350
	69,627	103,166	(147,463)	-	25,330

18. OPERATING LEASES

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2025 £	2024 £
Not later than one year	37,975	37,975
Later than one and not later than five years	151,900	151,900
Later than five years	82,279	120,254
Net cash flow from operating activities	272,154	310,129

Operating lease expenditure recognised in the year was £37,726 (2024: £36,076).

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

The Charity operates a defined contribution pension plan for its employees through the Government's NEST scheme. The amount recognised as an expense in the Statement of Financial Activities in the period was £6,342 (2024: £5,253).

The defined contribution liability is allocated to unrestricted funds.

20. POST BALANCE SHEET EVENTS

Subsequent to the year ended 31 July 2025, the Charity was notified of a two pecuniary legacies. Due to notification and receipt occurring post year end, both will be recognised in next year's financial statements.

The first was received from the Estate of Vera Thompson. Notification and final receipt of £4,000 both occurred on 27 October 2025.

The second was received from the Estate of Robert Sheldon. Notification was given on 16 September 2025 and final receipt of £150,000 was on 12 December 2025.

21. CASH GENERATED FROM OPERATIONS

	2025 £	2024 £
Surplus / (deficit) for the year	(132,068)	(36,530)
Adjustment for:		
Depreciation of tangible fixed assets	9,159	8,564
(Increase)/decrease in debtors	(33,296)	52,743
(Decrease)/increase in creditors	31,577	(332)
Cash generated from operations	(124,628)	24,445

NMC MIDLANDS LTD

England & Wales - Charity number 1148855

Accounts

Registered Charity No. 1148855
Registered Company No. 08132198

Muscular Dystrophy Support Centre

inspiring independence

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REPORT OF THE DIRECTORS AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2024

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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for the year ended 31 July 2024

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NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number:	08132198 (England and Wales)
Charity number:	1148855
Directors / Trustees:	Mrs J Field Miss J Sehmbi Mr M Field - Company Secretary Mrs R Hereford - Chair Mr D Salt Mr R Flemming Mrs A Terry - Retired – 7 August 2024 Mrs A Bharj - Treasurer, Appointed – 27 July 2024 Mr G Evans - Appointed – 27 July 2024
Registered office & Principal office:	Unit 10 Westwood House Westwood Way Westwood Business Park Coventry CV4 8HS
Accountants:	Dafferns Audit Limited Chartered Accountants One Eastwood Harry Weston Road Binley Business Park Coventry CV3 2UB
Bankers:	The Co-Operative Bank P.O. Box 101 Balloon Street Manchester M60 4EP
Chief Executive Officer:	Sarah Ann Moore

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

CHAIR'S REVIEW
for the year ended 31 July 2024

I am very proud to lead the Board of Trustees for the Muscular Dystrophy Support Centre ('MDSC'), and to present its report for the financial year ended 31 July 2024.

This has been another successful and productive year for the Charity, which saw us opening a new satellite clinic in Northamptonshire (Daventry), successfully launch a new "Adapting to Change" peer support group and introduce aquatic therapy classes in Coventry to our schedule.

As at our year end, we were supporting over 560 people with Muscular Dystrophy (MD) with regular physiotherapy and other therapies. Reflecting the very high demand for our service, we had over 40 people with MD waiting to join our service at the end of the year.

During 2023-24 we were delighted to welcome new therapists to our Clinical Team, allowing us to continue to expand the provision of our services. We grew the overall monthly therapy hours we offer to 459 sessions a month. We grew our core therapy provision in Coventry and at our satellite clinics in Birmingham, Leicester, Tipton and now Daventry.

Our online therapies continue to be a popular source of support for our service users - bringing our care right into the homes of people with MD. This year we developed new "Wellness Hub" educational and interactive sessions on, e.g., respiratory health and nutrition and continued to provide yoga, core fitness, pilates, mindfulness and breathwork classes.

Key findings from our service user survey demonstrated the value that people with MD place on our service. 79% of respondents said our support helps them build their physical resilience; 75% said we helped them maintain their emotional wellbeing, and 76% said we helped them to live well with MD. 77% said our support prevented/ reduced falls, and 73% said our support helped keep them out of hospital and reduced their reliance on other healthcare services.

At the end of the year our team spent time together reflecting on the Charity's achievements to date and our potential strategy for the future as we move towards the launch of a new five-year strategy in the summer of 2025.

Our long-term aim is to continue to grow our services to enable more people across the Midlands with MD to benefit from the vital therapies and support that we offer. Our biggest challenges remain the high demand for our services given the unmet need in the community, and the need to grow our services in a deliberate and sustainable way, whilst securing the funding necessary to support that growth, against a backdrop of stiff competition in the sector for all types funding.

Our achievements this year have only been possible because of the ongoing generosity of our donors and supporters, and the tireless hard work of our staff, volunteers, and Trustees.

On behalf of the Board of Trustees, I would like to express deep gratitude to everyone who has contributed to the very real difference MDSC has continued to make to the lives of people with MD and their families in the past year. Thank you.

Ruth Hereford

Ruth Hereford
Chair of Trustees

Date: 7 April 2025

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2024

The Trustees (who are Directors under Company law), present their report with the unaudited financial statements for the year ended 31 July 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP)" issued in October 2019.

Public benefit
The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities and have therefore complied with the duty to have due regard to guidance on public benefit published by the Commission.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document
NMC Midlands Ltd, using the working name Muscular Dystrophy Support Centre ('MD Support Centre' or 'MDSC') is a Charitable Company limited by guarantee. It was incorporated on 5 July 2012 and is governed by its Memorandum and Articles of Association. The Company became a registered Charity on 6 September 2012.

Recruitment and appointment of Trustees / Directors
The Directors of the Company are also the Charity Trustees for the purpose of Charity law. Under the requirements of the Memorandum and Articles of Association, one-third of the Trustees must retire and offer themselves for re-election at the Annual General Meeting.

The Charity is administered by the Trustees, who meet quarterly as a Board to provide oversight and review of the operation of the Charity.

All Trustee appointments are made with due regard to the range of skills required by the Board of Trustees and the relevant experience and knowledge offered by the potential Trustee. The training of each new Trustee includes a visit to the Charity's premises and discussions with existing Trustee Board members.

None of the Trustees have any beneficial interest in the Company. All of the Trustees are members of the Company and guarantee to contribute £1 in the event the Company being wound up.

Governance and management structure
The Charity is led by our Chief Executive Officer, who reports to the Board of Trustees, and manages our staff including our Clinical Services Manager and Fundraising Manager. Our Fundraising Manager manages our Engagement and Fundraising Officer and Communications Officer. Our Clinical Services Manager manages our reception and administration team and co-manages with our Clinical Leads our team of employed and freelance therapists.

Our Project Board and our Service User Focus Group are comprised of service users and stakeholders. They both meet quarterly; using their lived experience to help us develop new initiatives and inform our strategy and operations.

Charitable objectives

The Charity's formal objects per its Memorandum and Articles of Association are to relieve sickness and promote health for those affected by muscular dystrophy (MD) and related neuromuscular conditions, by providing or assisting in the provision of facilities and services, and by such other means as are exclusively charitable according to the laws of England and Wales as the Trustees may determine from time-to-time.

Mission and vision

MDSC was established and is led by people with, or affected by, MD. Whilst we have transitioned from a primarily Trustee to staff-led Charity over the past few years, our Trustees are all people with or affected by MD and are actively engaged in the Charity in varying degrees and so our aims remain the same.

Our Mission is to work together to support people affected by MD, creating an environment where full potential and optimal well-being can be achieved, through provision of physical therapies and other support services.

Our Vision is to empower people with MD and improve the ability of people with, and affected by, MD to live well independently for longer by:

- growing our service capacity, scope, reach, accessibility, and relevance;
- continuously improving our systems for governance, sustainability, and clinical effectiveness; and
- diversifying income streams and improving our engagement with service users via strengthened communications and marketing.

ACHIEVEMENTS AND PERFORMANCE

Therapy activities during 2023/24

MD is a rare, progressive muscle-wasting condition. MDUK research has confirmed that MD affects 110,000 people in the UK. People with MD have a wide range of symptoms and age of onset. Most commonly they experience pain, muscle loss and ongoing physical deterioration with progressive loss of mobility and compromised respiratory function.

Our Charity has been providing therapies since January 2013. Our long-term goal is to transform access to specialist physical therapies for adults with MD in the Midlands region. Operating from our main Centre in Coventry and a network of satellite clinics around the Midlands, we support people primarily by providing specialist physical therapies on a long-term basis.

Whilst there is no cure for MD, our evidence shows that regular, specialist physical therapies can help improve muscle usage, reduce pain, and ultimately enable people to take control of their condition and retain greater functionality and independence.

At our year end, we were supporting 563 people with MD with regular physiotherapy and other therapies. 5% of our service users are under 25, 41% are aged 26-50, 39% are 51-71 and 15% over 72. Our service users come from 29 counties and have 47 types of MD. They have many different types of MD and live in 27 counties across the Midlands (and beyond).

We had 40 people with MD waiting to join our service at year end, all in various stages of in the referral and onboarding process, but we anticipate welcoming them all into our community of people with MD over the coming year.

We grew the monthly therapy hours offered to 459 sessions a month, maintaining our core therapies (physiotherapy and osteopathy) throughout the year both online and face-to-face at our Coventry headquarters and our satellite clinics in Birmingham, Leicester, Tipton and Daventry. Satellite clinics are delivered in partnership with local organisations to share resources and reduce travel for people with MD.

Birmingham is where our biggest concentration of new service users live, and during the year we have continued to operate a schedule of 3 days a week including Saturdays at our Birmingham location. We increased therapy hours at our Coventry Centre with the appointment of an additional physiotherapist, and we formally added Daventry to our satellite network in year, adding a weekly clinic day at that location to our schedule.

Most referrals came from NHS Consultants and GPs, and all new service users benefited from a face-to- face needs assessment with a physiotherapist in Coventry, at which an action plan was agreed. Ongoing therapy plans are a bespoke combination of physiotherapy, osteopathy, group and individual online exercise classes, complementary therapy, and other support.

Online exercise and wellbeing classes continued in popularity. These sessions consist of one-to-one support or group classes are led by our expert therapists, tailored for people with MD, livestreamed from our Coventry HQ and available pre-recorded on our website.

Some service users engage in a regular programme, whilst others drop in as suits them. Four drop-in classes a week – yoga, seated exercise, seated/standing exercise and breathwork - focus on posture, balance, building core stability, power, endurance, and stress reduction.

We expanded our "Online Wellness Hub" interactive information sessions in year and continued to offer online classes including yoga, core fitness, pilates, mindfulness and breathwork. Our online social group for people with MD and their families - a safe space for socialising and peer support - now has 129 members.

Feedback from service users

We were delighted that our 2023-24 annual service user survey results demonstrated the enormous impact that our Charity is having on the health, well-being and quality of life of our service users and carers. Key findings include:

- 77% of survey respondents said MDSC had helped them understand and manage their condition, 75% stated that their motivation was improved and 76% indicated that the MDSC assisted them to live well with MD.
- 75% said that our support – online and face-to-face – helps them maintain their emotional wellbeing, and 79% said our support helps them build their physical resilience.
- 89% were in agreement that our support helped keep their joints flexible, and 82% said it helped maintain muscle strength.
- 77% said our support prevented or reduced falls, and 73% indicated that their therapy helped them kept them out of hospital and reduced their reliance on other healthcare services.
- 76% said our support helped slow the deterioration of their condition, and 73% said that therapy support helped them manage pain.

Service users said:

"I think this is phenomenal set up and we try as a family to support this Charity as much as we are able as we are extremely lucky to have this wonderful facility our sincere and grateful thanks as this means the world to us not only to me but my family.""I cannot express what wonderful work the Charity does to help myself and others."

"Massive appreciation of the work the Charity does and the knowledge it spreads about the condition. Great to have a centre of expertise that thoroughly understands all of the users' challenges, providing the right support in a friendly environment. Thank you for all your help."

"MDSC is an invaluable service that has absolutely improved my ability to manage day-to-day with my disability."

"Just keep doing what you are doing - I don't know where I would be now if I hadn't been referred to MDSC 2 years ago"

"I'm so grateful to have access to your amazing Charity. It has made a huge difference - to know I can talk to a therapist ... about any aspect of my health, on a regular and on-going basis, helps me to feel in control, and builds my confidence. Thank you!"

"I think that the physiotherapists are really good, friendly, professional and knowledgeable. The rest of the staff at the centre are friendly, understanding and helpful. The Charity is amazing and everyone there is a star."

"The growth in 10 years has been incredible and the challenges have been significant due to outside factors e.g. covid, cost of living. The management/staff are fantastic."

"I wish I had had the opportunity to access this service sooner as I believe it would have supported me as my condition progressed to the stage where I am no longer able to stand."

Changes to staffing and volunteers

During the year our team comprised a mixture of 11 paid staff (7.91 FTE) and 11 self-employed therapists.

Our Clinical Services Manager supported a team of highly qualified therapists, which primarily included physiotherapists, but also osteopaths and a therapy assistant.

Links that we have developed with the Universities of Birmingham and Coventry are seeing their physiotherapy students volunteer with us to gain experience. Our team is supported by administrative staff alongside lay volunteers: people with MD and their relatives who help host clinic sessions and lead online social activities.

MDSC is committed to promoting inclusiveness and equal opportunities for all. As part of this commitment, we are focussed on actively supporting our service users to stay in the workforce, and we provide opportunities for people with MD via employment and volunteering.

Our 33 volunteers made a significant contribution, donating their time at our HQ and satellites to provide crucial support to staff, welcoming service users into our clinics at reception desks, assisting our physiotherapists and working behind the scenes, for example supporting the smooth running of events such as our Open Day.

Challenges

The main challenge we face is the demand for our services, which continues to grow. At the year end, the waiting time from entry to the waiting list to initial assessment was five months. We have worked hard to drive down our waiting time by increasing the number of initial assessments that we undertake each month.

Other challenges included:

- We do not own any land or property – our Centre and all of our clinic space is leased and increases in rental costs are placing significant pressure on our Charity's recurrent cost base; and
- The ongoing impact of the cost-of-living crisis continues to present distinct challenges for all charities that rely on voluntary income, and accessing grant funding is particularly and increasingly competitive.

PLANS FOR THE FUTURE

Our key priority remains expanding our capacity, sustainably growing our services to help more people with MD.

Early in 2024-25 we will pilot an additional clinic location in Birmingham (at the MoveWell Centre on the University of Birmingham campus) and also introduce aquatic therapy classes in Coventry to our schedule.

We are keen to offer more and varied social events and opportunities for interaction and engagement in our MD community. We plan to establish our new Adapting to Change peer group and add others (including potentially a young persons'/transition to adult services focused group) in due course.

We have increased the number of in-person coffee mornings and other service user-led get togethers across our locations in 2023-24, but it has become clear that the lack of space that we have in our main Centre and HQ at Unit 10 Westwood House is a significant limiting factor for this type of activity.

We are therefore looking into potentially occupying the neighbouring Unit 9. The acquisition of this additional space will allow us to expand physical therapy space and capacity in the existing Unit 10 and increase social interaction and other support services in Unit 9.

Over the course of 2024-25 we will develop a new five year strategy– focussing on how we can improve our internal processes, work better with other charities/organisations to address gaps in MD care, and continue to grow the services that we offer. We will engage service users and carers to be a key part of that conversation as we share ideas and move towards the launch of a new five-year strategy in the summer of 2025.

FINANCIAL REVIEW

INCOME AND EXPENDITURE

Total income for the financial year ended 31 July 2024 was £492,169 (2023: £445,584) of which 47% (2023: 63%) was voluntary and 53% (2023: 37%) was charitable activities or investment income, reflecting our strategy to continue to diversify our income streams. Total expenditure was £528,699 (2023: £442,064) which left us with a deficit of £36,530 (2023: surplus of £3,520).

Voluntary income

During the year we raised £229,753 (2023: £280,535) in voluntary income including £172,986 (2023: £229,508) from Trusts and Foundations (including £32,012 from the National Lottery Community Fund), and £56,767 from individual giving and corporate, community & events donors. The ratio of fundraising costs to voluntary income raised was 4%.

We would like to thank our service users for their donations towards their therapy and for organising fundraising events for us, as well as our supporters for their most generous regular and one off contributions. We would also like to acknowledge the support of the following donors last year:

29th May 1961 Charitable Trust, Austin Edward Charity Trust, Baron Davenport's Charity, Benham Charitable Settlement, Bennett Workplace Solutions, Birmingham District Nursing Charitable Trust, Birmingham Voluntary Service Council, Coventry General Charities, Douglas Heath Eves Trust, D'Oyly Carte Charitable Trust, Dumbreck Charity, Edward and Dorothy Cadbury Trust, Eric W Vincent Trust Fund, Eveson Charitable Trust, February Foundation, Garfield Weston Foundation, Geoff Hill Charitable Trust, George Henry Collins Charity, Grace Trust, Grimmit Trust, Heart of England Community Foundation, HEARTH Foundation, Helen Jean Cope Charity, Hospital Saturday Fund, James Tudor Foundation, J C Seccombe Charitable Trust, James Wise Charitable Trust, Jeans 4 Genes, John Avins Trust, Keith Coombs Charitable Trust, L and R Gilley Charitable Trust, Leamington Spa Community Fund, Leicestershire and Rutland Community Foundation, LeicesterSHIRE Community Grant, Lillie Johnson Charitable Trust, Maud Elkington Charitable Trust, Marsh Charitable Trust, Michael Guest Charitable Foundation, Michael and Anna Wix Charitable Trust, National Lottery Community Fund (Reaching Communities and Awards for All), N Smith Charitable Settlement, P F Charitable Trust, Patrick Trust, Provincial Grand Lodge Warwickshire, Richard Kilcuppe Charity, Rugby Group Benevolent Fund, Tipton and Coseley Building Society Charitable Foundation, W E Dunn Charitable Trust, W O Street Charitable Foundation, W G Edwards Charitable Foundation, Warwick Provident Dispensary Charity and the WPH Charitable Trust.

Charitable activities income

Income generated in the course of delivering our charitable activities totalled £245,032 (2023: £161,898) with income from NHS commissioners making up the bulk - £234,222 (2023: £153,395) - of that. Our team continue to work hard in persuading commissioners to increase the contributions made for service users falling into their area of statutory responsibility. Donations from service users towards their therapies added £4,852 (2023: £5,289) to that total and provision of complementary therapies added £2,100 (2023: £2,200) with the balance from renting space and selling needed physio supplies to our service users.

Expenditure

Overall expenditure represented a growth of 20% on 2023, in line with our long-term strategy to expand capacity in therapy provision for people with MD across the Midlands. The majority of our spending (69%) was on the team of people - management, co-ordination and clinical - who deliver support for our service users and the costs of delivering our therapy service.

Our staff team is split more or less 50/50 between our expert freelance therapists and our employed team. We spent the remaining 31% on rent and supplies for our HQ and other premises, and governance costs.

RESERVES POLICY AND POSITION

The Trustees have agreed a policy of holding three to six months of annual expenditure in unrestricted (free) reserves. This policy ensures we are able to mitigate the risk of reducing our services to people with MD should we find ourselves at risk of a deficit position in the short- term and is reviewed annually by the Board.

Our overall reserves position at 31 July 2024 was £410,961 (2023: £447,491), including £13,980 (2023: £54,492) restricted funds for spend in the coming year and £11,350 (2023: £15,135) of restricted funds represented by fixed assets purchased during the year.

Trustees have elected to designate £100,859 to fund key one-off developments to improve our therapy service. These include an expansion of space for therapies at our Coventry HQ, and the potential purchase and installation of a Hydropool to address the difficulties we have faced in finding suitable facilities to use in providing vital hydrotherapy to those service users who need it.

Free (unrestricted) reserves after all adjustments and designated funds had been accounted for was £284,772.

Based on forecasted expenditure for 2025 of £688,628, our free reserves comprise around five months of forecasted expenditure, which together with designated funds falls in line with the Trustees' policy.

RISK REVIEW

The Trustees have assessed the major risks to which the Charity is exposed and have systems in place to manage those risks.

Our CEO is focused on building organisational sustainability and delivering the Charity's 5-year strategy. The Charity reviews and enhances its system of internal control on an ongoing basis. This includes reviewing key policies and procedures, enhancing reporting structures, using new electronic tools to improve efficiency and control, and further embedding the Charity's vision and values to ensure that all activities of the Charity continue to always support the fulfilment of its mission.

PAYMENT OF CREDITORS

The Charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London, WC1A 1DU) which is to:

- Settle the terms of payments with suppliers when agreeing the terms of each transaction;
- Ensure that suppliers are made aware of the terms of payments by inclusion of the relevant terms of contracts; and
- Pay in accordance with the Company's contractual and other legal obligations.

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

SIGNED ON BEHALF OF THE BOARD BY:



Mr M Field
Director/Trustee

Dated: 5 April 2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NMC MIDLANDS (A COMPANY LIMITED BY GUARANTEE)

I report to the Charity Trustees on my examination of the accounts of the Company for the year ended 31 July 2024 which are set out on pages 12 to 23.

Responsibilities and basis of report

As the Charity Trustees of the Company (and also 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 your Company's accounts as 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 that in any material respect:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Signed:



Geoffrey Cox BA FCA
(Institute of Chartered Accountants in England and Wales)
Dafferns Audit Limited
One Eastwood
Harry Weston Road
Binley Business Park
Coventry
CV3 2UB

Dated: 10 April 2025

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(including Income and Expenditure Account)
for the year ended 31 July 2024

	Notes	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
INCOME FROM:					
Voluntary income:					
Donations and legacies	3	126,587	103,166	229,753	280,535
Charitable Activities					
Services provided	4	245,032	-	245,032	161,898
Investment income	5	17,384	-	17,384	3,151
Total income		389,003	103,166	492,169	445,584
EXPENDITURE ON:					
Raising funds	6	3,358	5,995	9,353	14,012
Charitable activities	7	377,878	141,468	519,346	428,052
Total expenditure		381,236	147,463	528,699	442,064
Net income for the period before transfers		7,767	(44,297)	(36,530)	3,520
Transfer between funds		-	-	-	-
Net movement in funds		7,767	(44,297)	(36,530)	3,520
Reconciliation of funds					
Total funds brought forward		377,864	69,627	447,491	443,971
Total funds carried forward	15	385,631	25,330	410,961	447,491

All income and expenditure derive from continuing activities.

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

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

BALANCE SHEET

Registered No. 08132198

31 July 2024

	Notes	2024 £	2024 £	2023 £	2023 £
FIXED ASSETS					
Tangible assets	10		11,350		15,135
CURRENT ASSETS					
Debtors	11	35,967		88,710	
Cash at bank and in hand		390,952		371,286	
		426,919		459,996	
LIABILITIES					
Creditors falling due within one year	12	(27,308)		(27,640)	
NET CURRENT ASSETS			399,611		432,356
NET ASSETS			410,961		447,491
FUNDS OF THE CHARITY					
Unrestricted fund			385,631		377,864
Restricted funds	16		25,330		69,627
TOTAL CHARITY FUNDS	15		410,961		447,491

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

For the year ended 31 July 2024, the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors/Trustees responsibilities:

- The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved and authorised for issue by the Board:

ON BEHALF OF THE BOARD:

Mr M Field

Director/Trustee

Date: 5 April 2025

The notes on pages 14 to 23 form part of these financial statements.

1. ACCOUNTING POLICIES

General information and basis of preparation

NMC Midlands is an incorporated Charity in England and Wales. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity Information on page 1 of these financial statements. The nature of the Charity's operations and principal activities are to relieve sickness and promote health for those affected by muscular dystrophy and related neuromuscular conditions by providing or assisting in the provision of facilities and services and by such other means as are exclusively charitable according to the laws of England and Wales as the Trustees may from time-to-time determine.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in Pound Sterling which is the functional currency of the Charity and are rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity, and it is probable that they will be fulfilled. Cash donations are recognised upon receipt. Income tax recoverable in relation to donations received under gift aid or deeds of covenant is recognised at the time of the donation.

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

1. ACCOUNTING POLICIES (continued)

Income recognition (continued)

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the notes to the financial statements.

Items donated for resale are included in trading income when sold and no value is placed on stock at the year end.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred. Where income is received in advance of a performance or other specified service it is deferred until the Charity is entitled to that income.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities includes the direct cost of staff, premises and other operating costs; and
- Other expenditure represents those items not falling into the category above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a Charitable Company for UK corporation tax purposes.

Employee benefits

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

Termination benefits are recognised immediately as an expense in the Statement of Financial Activities when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense to the Statement of Financial Activities as they fall due.

Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets (continued)

Operational assets costing less than £10,000 are written off in full through the Statement of Financial Activities in the year of purchase. Depreciation is provided on all other tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Fixtures, fittings & equipment	- 5 years straight line
Computer equipment	- 1 - 3 years straight line

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised as an expense in the Statement of Financial Activities.

Leases

Rentals payable under operating leases, including any lease incentives received, are charged to the Statement of Financial Activities on a straight-line basis over the term of the relevant lease.

Going concern

The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure are sufficient with the level of reserves for the Charity to be able to continue as a going concern.

2. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENTS

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Donations and gifts	27,153	-	27,153	25,777
Grants and trusts	69,820	103,166	172,986	229,508
Other	155	-	155	466
Fundraising events	29,459	-	29,459	24,784
	126,587	103,166	229,753	280,535

Service users sometimes donate goods that are displayed in the Centre and sold for a small donation. The total sales proceeds are included within "Other" voluntary income.

4. CHARITABLE ACTIVITIES

	2024 £	2023 £
Services provided including under contract*	234,222	153,395
Charitable rental income	2,587	885
Service user donations	4,852	5,289
Sale of physio sundries	301	129
Complementary therapies	2,100	2,200
Aquatic therapy	970	-
	245,032	161,898

* Service Level Agreement ('SLA') or other arrangement.

5. INVESTMENT INCOME

	2024 £	2023 £
Interest received	17,384	3,151
	17,384	3,151

6. RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Charitable costs				
Other charitable activities	3,358	5,995	9,353	14,012
	3,358	5,995	9,353	14,012

7. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Staff costs	292,605	71,837	364,442	282,244
Depreciation and impairment	4,780	3,784	8,564	28,763
(Profit)/Loss on disposal	(2,033)	-	(2,033)	-
Rent	25,169	45,005	70,174	44,093
Insurance	449	8,572	9,021	10,681
Postage, stationery & telephone	2,387	-	2,387	2,474
Computer & IT	9,584	730	10,314	9,807
Sundry expenses	9,920	3,684	13,604	5,118
Travelling expenses	2,148	72	2,220	1,936
Repairs and maintenance	3,324	136	3,460	3,990
Subscriptions	570	-	570	364
Accountancy	7,434	-	7,434	5,040
Light and heat	2,064	5,728	7,792	7,578
Professional fees and services	14,237	-	14,237	17,779
Consultancy fees	4,390	1,920	6,310	7,707
Bank charges	850	-	850	478
	377,878	141,468	519,346	428,052

8. DIRECTORS / TRUSTEES REMUNERATION

R Hereford received remuneration during the year of £2,040 (2023: £2,295).

J Field received remuneration for provision of therapies of £2,250 (2023: £540).

3 Trustees (2023: nil) were reimbursed £2,057 of charitable expenditure and travel expenses (2023: £nil).

9. STAFF COSTS

	2024 £	2023 £
Wages and salaries	198,598	158,276
Fundraising salaries and costs	46,264	32,625
Pension contributions	5,253	3,814
Social security	11,207	15,667
Therapists	93,018	69,558
Other support services	9,114	2,243
Other costs	988	61
	364,442	282,244

	2024	2023
Average number of staff		
Philanthropy and fundraising	2	2
Administration	4	3
Management	1	2
Clinical	4	3
	11	10
Full time equivalent	7.9	7.3

No employee received remuneration of £60,000 or more in this financial year or the preceding year.

Volunteers:

	2024	2023
Clinical and administration	33	27
	33	27

10. FIXED ASSETS

	Fixtures, Fittings & Equipment	Computer equipment	Total
Cost	£	£	£
At 1 Aug 2023	101,907	8,876	110,783
Additions	3,671	1,108	4,779
Disposals	(2,033)	-	(2,033)
At 31 July 2024	103,545	9,984	113,529
Depreciation & impairment			
At 1 Aug 2023	86,772	8,876	95,648
Charge for year	7,456	1,108	8,564
Disposals	(2,033)	-	(2,033)
At 31 July 2024	92,195	9,984	102,179
Net Book Value			
At 31 July 2024	11,350	-	11,350
At 31 July 2023	15,135	-	15,135

11. DEBTORS

	2024	2023
	£	£
Trade debtors	33,166	83,069
Other debtors	1,880	3,921
Prepayments and accrued income	921	1,720
	35,967	88,710

12. CREDITORS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	6,193	1,600
Accruals and deferred income	19,767	19,942
Other creditors	1,348	6,098
	27,308	27,640

13. ULTIMATE CONTROLLING PARTY

The Charity is under the control of its Board of Directors/Trustees.

14. RELATED PARTY TRANSACTIONS

There were no related party transactions for the year ended 31 July 2024 (2023: nil) other than those disclosed in note 8.

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

	Fixed Assets £	Current Assets £	Current Liabilities £	Total £
Restricted Funds	11,350	13,980	-	25,330
Unrestricted Income Fund	-	412,939	(27,308)	385,631
	11,350	426,919	(27,308)	410,961

Prior year

	Fixed Assets £	Current Assets £	Current Liabilities £	Total £
Restricted Funds	15,134	54,493	-	69,627
Unrestricted Income Fund	-	405,504	(27,640)	377,864
	15,134	459,997	(27,640)	447,491

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

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

16. FUND RECONCILIATION – RESTRICTED FUNDS

Current year

	Balance at 1 August 2023	Income	Expenditure	Transfers	Balance at 31 July 2024
	£	£	£	£	£
Current Assets					
The National Lottery Community Fund – TATT	22,325	31,012	(53,337)	-	-
Garfield Weston Foundation	27,851	-	(27,851)	-	-
Birmingham Voluntary Service Council (BVSC)	1,018	204	(1,222)	-	-
SHIRE Community Grant	2,500	-	(2,500)	-	-
February Foundation	-	5,000	(5,000)	-	-
Eveson Charitable Trust	-	15,000	(11,000)	-	4,000
Leamington Spa Community Fund	-	2,000	(720)	-	1,280
Leicestershire & Rutland Community Foundation	-	3,000	(3,000)	-	-
Michael Guest Charitable Foundation	-	5,000	(5,000)	-	-
Other restricted funding	299	41,950	(33,549)	-	8,700
Other restricted projects	500	-	(500)	-	-
	54,493	103,166	(143,679)	-	13,980
Fixed Assets					
NBV Restricted fund assets	15,134	-	(3,784)	-	11,350
	69,627	103,166	(147,463)	-	25,330

The National Lottery Community Fund – £31,012 in grants was received in 2023-24 from the Reaching Communities programme as partial funding for specific activities relating to the delivery of our 5 year Transforming Access to Therapies (TATT) project.

The Eveson Charitable Trust provided monies towards the provision of therapies for people with MD in the West Midlands, Worcestershire and Herefordshire.

Birmingham Voluntary Service Council (BVSC) provided monies towards the development of our online activities to support Birmingham-based service users.

February Foundation - £5,000 grant to support growth in the Charity's therapy hours in Birmingham.

Leamington Spa Community Fund - £2,000 to support provision of therapies to Leamington Spa residents.

Leicestershire & Rutland Community Foundation - £3,000 of funding for physiotherapy and physical therapy sessions for Leicestershire County residents.

Michael Guest Charitable Foundation - £5,000 for therapy sessions for people with MD at the Daventry satellite.

Other restricted funding - The Charity receives funds from grant-makers to support various aspects of the Charity's work including the provision of therapies for service users who live in specific areas or are of a particular demographic group, or for the provision of specific therapies. These have not been detailed in full here, however the Trustees wish to acknowledge that these are vital contributions and without such support the Charity would not be able to serve the number of service users it is otherwise able.

Other restricted projects relate to funding received from grant givers in prior years for which projects or purchases were made in this year.

NBV Restricted fund assets fund relates to funding received towards the initial purchase of clinical equipment; these funds are being released to match the depreciation charge over the estimated useful life of these assets.

Prior year

	Balance at 1 August 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 July 2023 £
Current Assets					
The National Lottery Community Fund – TATT	47,092	55,352	(80,119)	-	22,325
The National Lottery Community Fund – COVID Emergency	1,534	-	(1,534)	-	-
Heart of England Community Fund – Main Fund	16,872	-	(16,872)	-	-
Heart of England Community Fund – Coventry Building	6,642	-	(5,204)	(1,438)	-
Postcode Community Trust	2,857	-	(2,857)	-	-
Garfield Weston Foundation	22,497	30,000	(24,646)	-	27,851
Eveson Charitable Trust	15,000	-	(15,000)	-	-
Sylvia Waddilove Foundation	-	3,000	(2,864)	(136)	-
Screwfix Foundation	-	5,000	(1,000)	(4,000)	-
Awards for All (NLCF)	-	9,950	(1,990)	(7,960)	-
James Tudor Foundation	-	9,538	(9,538)	-	-
February Foundation	-	5,000	(5,000)	-	-
Birmingham Voluntary Service Council (BVSC)	-	1,834	(816)	-	1,018
SHIRE Community Grant	-	2,500	-	-	2,500
Other restricted funding	5,732	57,384	(61,217)	(1,600)	299
Other restricted projects	500	-	-	-	500
	118,726	179,558	(228,657)	(15,134)	54,493
Fixed Assets					
NBV Restricted fund assets	2,343	-	(2,343)	15,134	15,134
	121,069	179,558	(231,000)	-	69,627

18. OPERATING LEASES

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2024	2023
	£	£
Not later than one year	37,975	37,975
Later than one and not later than five years	151,900	151,900
Later than five years	120,254	158,229
Net cash flow from operating activities	310,129	348,104

Operating lease expenditure recognised in the year was £36,076 (2023: £33,070).

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

The Charity operates a defined contribution pension plan for its employees through the Government's NEST scheme. The amount recognised as an expense in the Statement of Financial Activities in the period was £5,253 (2023: £3,814).

The defined contribution liability is allocated to unrestricted funds.

NMC MIDLANDS LTD

England & Wales - Charity number 1148855

Accounts

Registered Charity No. 1148855
Registered Company No. 08132198

Muscular Dystrophy Support Centre
inspiring independence

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REPORT OF THE DIRECTORS AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JULY 2023



NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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for the year ended 31 July 2023

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NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number:	08132198 (England and Wales)
Charity number:	1148855
Directors / Trustees:	Mrs J Field Miss J Sehmbi Mr M Field - Company Secretary Mrs R Hereford - Chair Mr D Salt Mr R Flemming Mrs A Terry
Registered office & Principal office:	Unit 10 Westwood House Westwood Way Westwood Business Park Coventry CV4 8HS
Accountants:	Dafferns LLP Chartered Accountants One Eastwood Harry Weston Road Binley Business Park Coventry CV3 2UB
Bankers:	The Co-operative Bank P.O. Box 101 Balloon Street Manchester M60 4EP
Chief Executive Officer:	Sarah Ann Moore

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

CHAIR'S REVIEW
for the year ended 31 July 2023

I am very proud to lead the Board of Trustees for the Muscular Dystrophy Support Centre ('MDSC'), and its report for the financial year ending July 2023.

This has been another productive year, which saw us moving into a new Centre in Coventry and beginning the celebrations for our tenth anniversary. As at our year end, we were supporting almost 500 people with Muscular Dystrophy (MD) with regular physiotherapy and other therapies. Reflecting the very high demand for our service, as at year end, we had over 150 people with MD waiting to join our service.

During the year we were delighted to welcome new therapists to our Clinical Team, allowing us to expand the provision of our services. We grew the overall monthly therapy hours we offer to 370 sessions a month. We maintained our core therapy provision (physiotherapy and osteopathy) offered in Coventry and at our satellite clinics in Birmingham, Leicester, and Tipton.

We increased therapy hours in Coventry and are now open there Monday to Thursday, and every other Friday and Saturday. In Birmingham - where our biggest concentration of new service users live - we increased our weekly clinic days to four including Saturdays. We were also able to increase clinic availability at our Black Country satellite in Tipton to two days a week.

Our online therapies are increasingly popular – around 23% of therapy sessions delivered by the charity are now provided online - bringing our support right into the homes of people with MD. During the year we piloted an information session focusing on respiratory health and nutrition and introduced a new yoga class to complement our core fitness, pilates, mindfulness and breathwork offers.

Our long-term aim is to open more therapy clinics across the Midlands. Given the demands involved with our move to the new Centre we postponed opening our fourth satellite clinic in Northamptonshire but are on course to open late 2023.

Expanding our capacity and opening more satellite clinics address our biggest challenges: high demand for our service and reducing the travel time for people with MD to access expert therapy support to help them live well with their condition.

Another successful year in income generation – including welcoming a new Fundraising Manager - has given us the confidence to increase our budget for the coming year to £560k. Key priorities alongside expanding our capacity to help more people with MD include opening our fourth satellite in Northamptonshire, continuing to expand our physiotherapy team and welcoming more volunteers into our team.

Our achievements this year have only been possible because of the ongoing generosity of our donors and supporters, and the tireless hard work of our staff, volunteers, and Trustees.

On behalf of the Board of Trustees, I would like to express deep gratitude to everyone who has contributed to the very real difference MDSC has continued to make to the lives of people with MD and their families in the past year. Thank you.

Ruth Hereford

Ruth Hereford
Chair of Trustees

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2023

The Trustees (who are Directors under company law), present their report with the unaudited financial statements for the year ended 31 July 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP)" issued in October 2019.

Public benefit
The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities and have therefore complied with the duty to have due regard to guidance on public benefit published by the Commission.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document
NMC Midlands Ltd, using the working name Muscular Dystrophy Support Centre ('MD Support Centre' or 'MDSC') is a charitable company limited by guarantee. It was incorporated on 5 July 2012 and is governed by its Memorandum and Articles of Association. The company became a registered Charity on 6 September 2012.

Recruitment and appointment of Trustees / Directors
The Directors of the company are also the Charity Trustees for the purpose of Charity law. Under the requirements of the Memorandum and Articles of Association, one-third of the Trustees must retire and offer themselves for re-election at the Annual General Meeting.

The Charity is administered by the Trustees, who meet quarterly as a Board to provide oversight and review of the operation of the Charity.

All Trustee appointments are made with due regard to the range of skills required by the Board of Trustees and the relevant experience and knowledge offered by the potential Trustee. The training of each new Trustee includes a visit to the Charity's premises and discussions with existing Trustee Board members.

None of the Trustees have any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event the company being wound up.

Governance and management structure
The Charity is led by our Chief Executive, who reports to the Board of Trustees, and manages our staff including our Clinical Services Manager, Fundraising Manager, Engagement and Communications Officer and our reception and administration team. Our Clinical Services Manager supports our team of employed and freelance therapists.

Our Project Board and our Steering/ Focus Group are led by service users, and both meet quarterly; using their lived experience to help us develop new initiatives and inform our strategy.

TRUSTEES' REPORT
for the year ended 31 July 2023

OBJECTIVES AND ACTIVITIES

Charitable objectives

The Charity's formal objects per its Memorandum and Articles of Association are to relieve sickness and promote health for those affected by muscular dystrophy (MD) and related neuromuscular conditions, by providing or assisting in the provision of facilities and services, and by such other means as are exclusively charitable according to the laws of England and Wales as the Trustees may determine from time to time.

Mission and vision

MDSC was established and is led by people with, or affected by, MD. Whilst we have transitioned from a primarily Trustee to staff led Charity over the past few years, our Trustees are all people with, or affected by MD and are actively engaged in the Charity in varying degrees and so our aims remain the same.

Our Mission is to work together to support people affected by MD, creating an environment where full potential and optimal well-being can be achieved, through provision of physical therapies and other support services.

Our Vision is to empower people with MD and improve the ability of people with, and affected by, MD to live well independently for longer by:

- growing our service capacity, scope, reach, accessibility, and relevance.
- continuously improving our systems for governance, sustainability, and clinical effectiveness; and,
- diversifying income streams and improving our engagement with service users via strengthened communications and marketing.

ACHIEVEMENTS AND PERFORMANCE

Therapy activities during 2022/23

MD is a rare, progressive muscle-wasting condition. MDUK research has confirmed that MD affects 110,000 people in the UK. People with MD have a wide range of symptoms and age of onset. Most commonly they experience pain, muscle loss and ongoing physical deterioration with progressive loss of mobility and compromised respiratory function.

Our Charity has been providing therapies since January 2013. Our long-term goal is to transform access to specialist physical therapies for adults with MD in the Midlands region. Operating from our main Centre in Coventry and a growing network of satellite clinics around the Midlands, we support people primarily by providing specialist physical therapies on a long-term basis.

Whilst there is no cure for MD, our evidence shows that regular, specialist physical therapies can help improve muscle usage, reduce pain, and ultimately enable people to take control of their condition and retain greater functionality and independence.

At our year end, we were supporting 491 people with MD with regular physiotherapy and other therapies. 8% of our service users are under 25, 43% are aged 26-50 and 44% are 51-71. They have many different types of MD and live in 27 counties across the Midlands (and beyond).

We had 133 people with MD waiting to join our service at year end, all in various stages of in the referral and onboarding process, but we anticipate welcoming them all into our community of people with MD over the coming year.

We grew the monthly therapy hours offered to 370 sessions a month, maintaining our core therapies (physiotherapy and osteopathy) throughout the year both online and face-to-face at our Coventry headquarters and our satellite clinics in Birmingham, Leicester, and Tipton. Satellite clinics are delivered in partnership with local organisations to share resources and reduce travel for people with MD.

Birmingham is where our biggest concentration of new service users lives, and during the year operated a more consistent schedule at our Birmingham location; increasing our weekly clinic days to four including Saturdays. We increased therapy hours at our Coventry centre and are now open there Monday to Thursday, and every other Friday and Saturday. We were also able to increase clinic availability at our Black Country satellite in Tipton to two days a week.

Most referrals came from NHS Consultants and GPs, and all new service users benefited from a face-to-face needs assessment with a physiotherapist in Coventry, at which an action plan was agreed. Ongoing therapy plans are a bespoke combination of physiotherapy, osteopathy, group and individual hydrotherapy, complementary therapy, and online classes.

Online exercise and wellbeing classes continued in popularity with almost 23% of our therapy sessions being delivered online. These sessions consist of one-to-one support or group classes are led by our expert therapists, tailored for people with MD, and livestreamed from our Coventry HQ. Eight classes across five days focus on posture, balance, building core stability, power, endurance, and stress reduction. All classes offer options to participate either seated or standing.

We piloted a new information session focusing on respiratory health and nutrition and introduced a new yoga class to complement our core fitness, pilates, mindfulness and breathwork offers. Our online social group for people with MD and their families - a safe space for socialising and peer support - now has 110 members.

New Coventry centre

2023 marked our 10th anniversary and saw us settle into our new HQ in Coventry. Whilst the timing of the move was not fully determined by us - our old landlord at Hereward College needed their space back - it was an incredibly exciting step. The Centre has given us a bigger physical footprint, improved car-parking and accessibility, and more indoor and outside space for activities and social engagement. We were fortunate to secure funding for new therapy equipment, including gym equipment, facilitating service users with limited mobility to undertake weightbearing exercises. Other vital equipment included: a new toilet riser enabling our service users who utilise wheelchairs to independently use our toilet; a new ceiling track hoist enables safe and dignified transfer of wheelchair users to the therapy plinths.



In the picture Lynne, our Co-Lead and one of our most experienced physiotherapists, is cutting the cake for these celebrations.

Feedback from service users

"MDSC has helped me from when I was first diagnosed, I am very grateful to all the staff that has helped me over the years. My thanks to all of you!"

"Really appreciate being able to attend at Tipton as I was diagnosed during pandemic. Physio have been very supportive and reassuring since my diagnosis."

"Thank you for being there and helping us in so many ways and giving us the will to live well and to have a full as life as possible."

Changes to staffing and volunteers
During the year our team comprised a mixture of ten paid staff (7.3 FTE) and nine self-employed therapists.

Our Clinical Services Manager supported a team of highly qualified therapists, which primarily included physiotherapists, but also osteopaths and a therapy assistant.

Links that we have developed with the Universities of Birmingham and Coventry are seeing their physiotherapy students volunteer with us to gain experience. Our team is supported by administrative staff alongside lay volunteers: people with MD and their relatives who help host clinic sessions and lead online social activities.

MDSC is committed to promoting inclusiveness and equal opportunities for all. As part of this commitment, we are focussed on actively supporting our service users to stay in the workforce, and we provide opportunities for people with MD via employment and volunteering.

Our 27 volunteers made a significant contribution, donating their time at our HQ and satellites to provide crucial support to staff, welcoming service users into our clinics at reception desks, assisting our physiotherapists and working behind the scenes, for example supporting the smooth running of events such as our Open Day.

Challenges
The main challenge we face is the demand for our services, which continues to grow. At the year end, the waiting time from entry to the waiting list to initial assessment was five months. We have worked hard to drive down our waiting time by increasing the number of initial assessments that we undertake each month.

Other challenges included:

- Whilst our new HQ will improve service user experience and support service development and growth, it has also significantly increased our charity's recurrent cost base
- The impact of the cost-of-living crisis continues to present distinct challenges for all charities that rely on voluntary income
- The process of settling into our new HQ, alongside planning for and delivering the start of our tenth-year celebratory events, dominated our limited staff time

PLANS FOR THE FUTURE
Our key priority remains expanding our capacity to help more people with MD. We will welcome the 153 people on our waiting list into our community, so as to be supporting over 640 people with MD with regular therapies by our next year end.

We aim to open our fourth satellite in Northamptonshire and continue to welcome more volunteers into our team. We will increase our monthly therapy hours to support service user growth and recruit new physiotherapists to fulfil therapy expansion.

We will conduct an interim review of the first three years of our 'Transforming Access to Therapies' five-year strategy. This will cover both operational and income generation achievements and challenges. The learnings generated will inform recommendations for how we deliver the final two years.

FINANCIAL REVIEW

INCOME AND EXPENDITURE

Total income for the financial year ending July 2023 was £445,584 (FY22: 471,286) of which 63% was voluntary and 37% was charitable activities or investment income, reflecting our strategy to continue to diversify our income streams. Total expenditure was £442,064 (FY22: £388,975) which left us with a small surplus of £3,520.

Voluntary income

During the year we raised £280,535 in voluntary income including £229,508 from Trusts and Foundations (including £55,352 from the National Lottery Community Fund), and £51,027 from individual giving and corporate, community & events donors.

We would like to thank all our supporters for their most generous contributions.

Charitable activities income

Income generated in the course of delivering our charitable activities totalled £161,898 with income from NHS commissioners making up the bulk -£153,395 - of that. Our team continue to work hard in persuading commissioners to increase the contributions made for service users falling into their area of statutory responsibility. Donations from service users towards their therapies added £5,289 to that total and provision of complementary therapies added £2,200 with the balance from renting space and selling needed physio supplies to our service users.

Expenditure

Overall expenditure represented a growth of 14% on FY23, in line with our long-term strategy to expand capacity in therapy provision for people with MD across the Midlands. The majority of our spending (64%) was on the team of people - management, co-ordination and clinical -who deliver support for our service users and the costs of delivering our therapy service.

Our staff team is split more or less 50/50 between our expert freelance therapists and our employed team. The ratio of fundraising costs to income raised was 3%, and we spent the remaining 34% on rent and supplies for our HQ and other premises, and governance costs.

RESERVES POLICY AND POSITION

The Trustees have agreed a policy of holding six to nine months of annual expenditure in unrestricted (free) reserves. This policy ensures we are able to mitigate the risk of reducing our services to people with MD should we find ourselves at risk of a deficit position in the short- term and is reviewed annually by the Board.

Our overall reserves position at 31st July 2023 was £447,491, including £54,493 restricted funds for spend in the coming year and £15,134 of restricted funds represented by fixed assets purchased during the year.

Trustees have elected to designate £100,859 to fund key one-off developments to improve our therapy service. These include an expansion of space for therapies at our Coventry HQ, and the purchase and installation of a Hydropool to address the difficulties we have faced in finding suitable facilities to use in providing vital hydrotherapy to those service users who need it.

Free (unrestricted) reserves after all debtors and designated funds had been accounted for was £277,005.

Based on forecasted expenditures for FY24 of £559,085, our unrestricted reserves comprise around 6 months of forecasted expenditure, in line with the Trustees' policy.

RISK REVIEW

The Trustees have assessed the major risks to which the Charity is exposed and have systems in place to manage those risks.

Our CEO is focused on building organisational sustainability and delivering the Charity's 5-year strategy. The Charity now has capacity to regularly review and enhance its systems of internal control. This includes reviewing key policies and procedures, enhancing reporting structures, using new electronic tools to improve efficiency and control, and further embedding the Charity's vision and values to ensure that all activities of the Charity continue to always support the fulfilment of its mission.

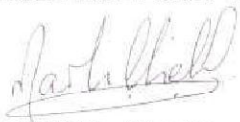
PAYMENT OF CREDITORS

The Charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London, WC1A 1DU) which is to:

- Settle the terms of payments with suppliers when agreeing the terms of each transaction.
- Ensure that suppliers are made aware of the terms of payments by inclusion of the relevant terms of contracts; and
- Pay in accordance with the company's contractual and other legal obligations.

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

SIGNED ON BEHALF OF THE BOARD BY:



Mr M Field – Director

Dated: 19 April 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NMC MIDLANDS (A COMPANY LIMITED BY GUARANTEE)

I report to the Charity trustees on my examination of the accounts of the company for the year ended 31 July 2023 which are set out on pages 11 to 24.

Responsibilities and basis of report

As the Charity trustees of the company (and also 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 your company's accounts as 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 that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Signed:



G R Cox BA FCA
(Institute of Chartered Accountants in England and Wales)
Dafferns LLP
One Eastwood
Harry Weston Road
Binley Business Park
Coventry
CV3 2UB

19 April 2024

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(including Income and Expenditure Account)
for the year ended 31 July 2023 (current year)

	Notes	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
INCOME FROM:					
Voluntary income:					
Donations and legacies	3	100,977	179,558	280,535	273,842
Charitable Activities					
Services provided	4	161,898	-	161,898	195,936
Investment income	5	3,151	-	3,151	1,508
Total income		266,026	179,558	445,584	471,286
EXPENDITURE ON:					
Raising funds	6	4,394	9,618	14,012	7,101
Charitable activities	7	206,670	221,382	428,052	381,874
Total expenditure		211,064	231,000	442,064	388,975
Net income for the period before transfers		54,962	(51,442)	3,520	82,311
Transfer between funds		-	-	-	-
Net movement in funds		54,962	(51,442)	3,520	82,311
Reconciliation of funds					
Total funds brought forward		322,902	121,069	443,971	361,660
Total funds carried forward	15	377,864	69,627	447,491	443,971

All income and expenditure derive from continuing activities.

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

The notes on pages 14 to 24 form part of these financial statements

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account)
for the year ended 31 July 2022 (prior year)

	Notes	Unrestricted £	Restricted £	Total 2022 £
INCOME FROM:				
Voluntary income:				
Donations and legacies	3	78,836	195,006	273,842
Charitable Activities				
Services provided	4	195,936	-	195,936
Other trading activities		-	-	-
Investment income	5	1,508	-	1,508
Total income		276,280	195,006	471,286
EXPENDITURE ON:				
Raising funds	6	6,143	958	7,101
Charitable activities	7	215,543	166,331	381,874
Total expenditure		221,686	167,289	388,975
Net income for the period before transfers		54,594	27,717	82,311
Transfer between funds		-	-	-
Net movement in funds		54,594	27,717	82,311
Reconciliation of funds				
Total funds brought forward		268,308	93,352	361,660
Total funds carried forward	15	322,902	121,069	443,971

All income and expenditure derive from continuing activities.

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

Registered No. 08132198

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

BALANCE SHEET
31 July 2023

	Notes	2023 £	2023 £	2022 £	2022 £
FIXED ASSETS					
Tangible assets	10		15,135		2,343
CURRENT ASSETS					
Debtors	11	88,710		94,446	
Cash at bank and in hand		371,286		365,804	
		459,996		460,250	
LIABILITIES					
Creditors falling due within one year	12	(27,640)		(18,622)	
NET CURRENT ASSETS			432,356		441,628
NET ASSETS			447,491		443,971
FUNDS OF THE CHARITY					
Unrestricted fund			377,864		322,902
Restricted funds	16		69,627		121,069
TOTAL CHARITY FUNDS	15		447,491		443,971

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

For the year ending 31 July 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors / Trustees responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved and authorised for issue by the Board on 19 April 2024

ON BEHALF OF THE BOARD:



Mr M Field - DIRECTOR

The notes on pages 14 to 23 form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2023

1. ACCOUNTING POLICIES

General information and basis of preparation

NMC Midlands is an incorporated Charity in England. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements. The nature of the Charity's operations and principal activities are to relieve sickness and promote health for those affected by muscular dystrophy and related neuromuscular conditions by providing or assisting in the provision of facilities and services and by such other means as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the Charity and are rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

1. ACCOUNTING POLICIES (cont'd)

Income recognition (cont'd)

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity, and it is probable that they will be fulfilled. Cash donations are recognised upon receipt. Income tax recoverable in relation to donations received under gift aid or deeds of covenant is recognised at the time of the donation.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Notes to the Financial Statements.

Items donated for resale are included in trading income when sold and no value is placed on stock at the year end.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred. Where income is received in advance of a performance or other specified service it is deferred until the Charity is entitled to that income.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities includes the direct cost of staff, premises and other operating costs; and
- Other expenditure represents those items not falling into the category above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1. ACCOUNTING POLICIES (cont'd)

Employee benefits

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

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

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Operational assets costing less than £10,000 are written off in full through the Statement of Financial Activities in the year of purchase. Depreciation is provided on all other tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Fixtures, fittings & equipment	5 years straight line
Computer equipment	1 - 3 years straight line

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Leases

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure are sufficient with the level of reserves for the Charity to be able to continue as a going concern.

2. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENTS

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Donations and gifts	25,777	-	25,777	16,798
Grants and trusts	49,950	179,558	229,508	239,055
Other	466	-	466	204
Fundraising events	24,784	-	24,784	17,785
	100,977	179,558	280,535	273,842

Service users sometimes donate goods that are displayed in the Centre and sold for a small donation. The total sales proceeds are included within "Other" voluntary income.

4. CHARITABLE ACTIVITIES

	2023 £	2022 £
Services provided under contract*	153,395	186,505
Charitable rental income	885	540
Service user donations	5,289	7,718
Sale of physio sundries	129	68
Complementary therapies	2,200	1,105
	161,898	195,936

* Service Level Agreement ('SLA') or other arrangement

5. INVESTMENT INCOME

	2023 £	2022 £
Interest received	3,151	1,508
	3,151	1,508

6. RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Charitable costs				
Other charitable activities	4,394	9,618	14,012	7,101
	4,394	9,618	14,012	7,101

7. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Staff costs	149,071	133,173	282,244	290,557
Depreciation and impairment	2,691	26,072	28,763	7,306
Rent	13,001	31,092	44,093	41,189
Insurance	2,318	8,363	10,681	6,671
Postage, stationery & telephone	905	1,569	2,474	2,294
Computer & IT	9,053	754	9,807	8,419
Sundry expenses	1,586	3,532	5,118	4,140
Travelling expenses	-	1,936	1,936	518
Repairs and maintenance	3,990	-	3,990	1,113
Subscriptions	-	364	364	269
Accountancy	-	5,040	5,040	4,920
Light and heat	7,578	-	7,578	-
Professional fees and services	8,565	9,214	17,779	11,275
Consultancy fees	7,434	273	7,707	3,129
Bank charges	478	-	478	74
	206,670	221,382	428,052	381,874

8. DIRECTORS / TRUSTEES REMUNERATION

R Hereford received remuneration during the year of £2,295 (2022: £nil).

J Field received remuneration for provision of therapies of £540 (2022: £315).

No Trustees were reimbursed in the year for charitable expenditure or travel expenses (2022: £nil).

9. STAFF COSTS

	2023	2022
	£	£
Wages and Salaries	158,276	159,987
Fundraising salaries and costs	32,625	41,107
Pension contributions	3,814	3,924
Social Security	15,667	11,606
Therapists	69,558	70,127
Volunteers and Interns	-	-
Other support services	2,243	2,195
Other costs	61	1,611
	282,244	290,557

Average number of staff

	2023	2022
Philanthropy & Fundraising	2	2
Administration	3	3
Management	2	2
Clinical	3	2
	10	9
Full Time equivalent	7.3	6.2

No employee received remuneration of £60,000 or more.

Volunteers:

	2023	2022
Key Management	-	-
Clinical & Administration	27	22
	27	22

10. FIXED ASSETS

	Fixtures, Fittings & Equipment	Computers	Total
Cost	£	£	£
At 1 Aug 2022	63,718	5,510	69,228
Additions	38,189	3,366	41,555
Disposals	-	-	-
31 July 2023	101,907	8,876	110,783
Depreciation & impairment			
At 1 Aug 2022	61,375	5,510	66,885
Charge for year	25,397	3,366	28,763
Disposals - elimination	-	-	-
31 July 2023	86,772	8,876	95,648
Net Book Value			
At 31 July 2023	15,135	-	15,135
At 31 July 2022	2,343	-	2,343

11. DEBTORS

	2023	2022
	£	£
Trade debtors	83,069	91,139
Other debtors	3,921	-
Prepayments and accrued income	1,720	3,307
	88,710	94,446

12. CREDITORS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,600	4,039
Accruals and deferred income	19,942	13,221
Other Creditors	6,098	1,362
	27,640	18,622

13. ULTIMATE CONTROLLING PARTY

The Charity is under the control of its Board of directors/trustees.

14. RELATED PARTY TRANSACTIONS

There were no related party transactions for the year ended 31 July 2023 (2022: none).

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Current Assets	Current Liabilities	Total
	£	£	£	£
Restricted Funds	15,135	54,492	-	69,627
Unrestricted Income Fund	-	405,504	(27,640)	377,864
	15,135	459,996	(27,640)	447,491

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

16. FUND RECONCILIATION – RESTRICTED FUNDS

	Balance at 1 August 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 July 2023 £
The National Lottery Community Fund – TATT	47,092	55,352	(80,119)	-	22,325
The National Lottery Community Fund – COVID Emergency	1,534	-	(1,534)	-	-
Heart of England Community Foundation – Main Fund	16,872	-	(16,872)	-	-
Heart of England Community Foundation – Coventry Building	6,642	-	(5,204)	(1,438)	-
Postcode Community Trust	2,857	-	(2,857)	-	-
Garfield Weston Foundation	22,497	30,000	(24,646)	-	27,851
Eveson Charitable Trust	15,000	-	(15,000)	-	-
Sylvia Waddilove Foundation	-	3,000	(2,864)	(136)	-
Screwfix Foundation	-	5,000	(1,000)	(4,000)	-
Awards for All (NLCF)	-	9,950	(1,990)	(7,960)	-
James Tudor Foundation	-	9,538	(9,538)	-	-
February Foundation	-	5,000	(5,000)	-	-
Birmingham Voluntary Service Council (BVSC)	-	1,834	(816)	-	1,018
SHIRE Community Grant	-	2,500	-	-	2,500
Other restricted funding	5,732	57,384	(61,217)	(1,600)	299
Other restricted projects	500	-	-	-	500
NBV Restricted fund assets	2,343	-	(2,343)	15,134	15,134
	121,069	179,558	(231,000)	-	69,627

17. FUND RECONCILIATION – RESTRICTED FUNDS cont…

The National Lottery Community Fund – £55,352 in grants from the Reaching Communities programme as partial funding for specific activities relating to the delivery of our 5 year Transforming Access to Therapies (TATT) project.

Grants from the Sylvia Waddilove Foundation, Screwfix Foundation, Awards for All (National Lottery Community Fund) totalling £17,950 were received to support the purchase of therapy equipment for our new Centre in Coventry (in particular, the purchase and installation of our ceiling track hoist).

February Foundation - £5,000 grant to support growth in the Charity's therapy hours in Birmingham.

Garfield Weston Foundation - £30,000 to support the Charity's core costs.

James Tudor Foundation - £9,538 to support of provision of therapies at our Black Country Satellite Clinic.

Birmingham Voluntary Service Council (BVSC) - Fairer Futures Fund - £1,834 towards the development of our online activities to support Birmingham-based service users.

SHIRE Community Grant - £2,500 to support of provision of therapies at our East Midlands Satellite Clinic in Leicester.

Other restricted funding - The Charity receives funds from grant-makers to support various aspects of the Charity's work including the provision of therapies for service users who live in specific areas or are of a particular demographic group, or for the provision of specific therapies. These have not been detailed in full here, however the Trustees wish to acknowledge that these are vital contributions and without such support the Charity would not be able to serve the number of service users it is otherwise able.

Other restricted projects relate to funding from various grant givers in the previous year for which projects or purchases were not completed during the year.

NBV Restricted fund assets fund relates to funding received towards the initial purchase of clinical equipment, these funds are being released to match the depreciation charge over the estimated useful life of these assets.

18. OPERATING LEASES

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2023 £	2022 £
Not later than one year	37,975	-
Later than one and not later than five years	151,900	-
Later than five years	158,229	-
Net cash flow from operating activities	348,104	-

Operating lease expenditure recognised in the year was £33,070 (2022: £Nil).

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

Defined contribution pension plans

The Charity operates a defined contribution pension plan for its employees through the Government's NEST scheme. The amount recognised as an expense in the period was £3,814 (2022 - £3,924).

The defined contribution liability is allocated to unrestricted funds.

NMC MIDLANDS LTD

England & Wales - Charity number 1148855

Accounts

Registered Charity No. 1148855
Registered Company No. 08132198

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REPORT OF THE DIRECTORS AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2022

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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for the year ended 31 July 2022

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NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number:	08132198 (England and Wales)
Charity number:	1148855
Directors / Trustees:	Mrs J Field Miss J Sehmbi Mr M Field - Company Secretary Mrs R Hereford - Chair Mr D Salt Mr R Flemming Mrs A Terry
Registered office & Principal office:	Unit 10 Westwood House Westwood Way Westwood Business Park Coventry CV4 8HS
Accountants:	Dafferns LLP Chartered Accountants One Eastwood Harry Weston Road Binley Business Park Coventry CV3 2UB
Bankers:	The Co-operative Bank P.O. Box 101 Balloon Street Manchester M60 4EP
Chief Executive Officer:	Sarah Ann Moore

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

CHAIR'S REVIEW
for the year ended 31 July 2022

Our financial year ending July 2022 has been an exciting and productive year for the Muscular Dystrophy Support Centre ('MDSC') as we begin to move past the shadow of the Covid-19 pandemic.

We have continued to be a consistent presence in the lives of our service users at a time when other health and care services continue to be severely affected by the ongoing impact of the pandemic. The important role that we play is reflected in the service user feedback you can read below.

During the year we were delighted to continue to grow - we increased the number of people with muscular dystrophy (MD) that we support by a massive 14% (from 455 to 520) and we grew our monthly therapy hours provision by an incredible 33%, by continuing and developing our core therapies (physiotherapy and osteopathy) throughout 2021-22 both online and face-to-face at our Coventry headquarters and satellite clinics.

Our satellite clinics are delivered in partnership with local organisations to share resources and offer therapies closer to home for people with MD across the Midlands. During the year, we were saddened to leave our clinic location at Acorn's Hospice in Selly Oak but were excited to begin working with Extra Care Charitable Trust and open a new Birmingham satellite clinic location at Bournville Gardens.

Our online therapies have remained popular and a great supplement to our core face-to- face therapies. They have enabled us to maintain a year-on-year increase in our overall therapy session provision and to bring our support right into the homes of our service users.

The coming 2022-23 year is a pivotal one for our Charity. We are marking our 10-year anniversary and in August 2022 executed the move of our HQ to a wonderful new location at Westwood House in Coventry. Our activities in 2021-22 combined with the opportunities afforded by this new space have set us up well to achieve our goal next year of growing service user numbers to over 600, and to increase our monthly therapy hours to 436 in the next financial year.

Our long-term aim is to open more therapy clinics across the Midlands, with an objective to open a clinic in Northamptonshire towards the end of 2022-23. This will help us meet our biggest challenges: high demand for our services and a need to reduce the travel time that people with MD experience to get access to specialised therapy and support to help them live well with their condition.

On behalf of the Board of Trustees, I would like to express deep gratitude to everyone who has contributed to the very real difference the Muscular Dystrophy Support Centre has continued to make to the lives of people with muscular dystrophy and their families in the past year.

Our achievements this year and every year are only possible because of the enormous generosity of our donors and supporters and the tireless hard work of our staff, volunteers and trustees. Thank you.

Ruth Hereford

Ruth Hereford
Chair of Trustees

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2022

The Trustees (who are Directors under company law), present their report with the unaudited financial statements for the year ended 31 July 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP)" issued in October 2019.

Public benefit
The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities and have therefore complied with the duty to have due regard to guidance on public benefit published by the Commission.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document
NMC Midlands, using the working name Muscular Dystrophy Support Centre (MDSC) is a charitable company limited by guarantee. It was incorporated on 5 July 2012 and is governed by its Memorandum and Articles of Association. The company became a registered Charity on 6 September 2012.

Recruitment and appointment of Trustees / Directors
The Directors of the company are also the Charity Trustees for the purpose of Charity law. Under the requirements of the Memorandum and Articles of Association, one-third of the Trustees must retire and offer themselves for re-election at the Annual General Meeting.

The Charity is administered by the Trustees, who meet quarterly as a Board to provide oversight and review of the operation of the Charity.

All Trustee appointments are made with due regard to the range of skills required by the Board of Trustees and the relevant experience and knowledge offered by the potential Trustee. The training of each new Trustee includes a visit to Charity premises and discussions with existing Trustee Board members.

None of the Trustees have any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event the company being wound up.

Governance and management structure
The operations of the Charity are led day to day by our Chief Executive, who reports to the Board of Trustees. The Chief Executive leads our team of staff, volunteers and self-employed contractors and is supported by the Clinical Services Manager and Head of Fundraising.

A monthly Steering Group, led by MDSC Service Users was established in the previous financial year to support the development of the Charity on the basis of their lived experience. The during the current year, the group has shifted towards quarterly focus group format, but has continued to meet to empower service users and to provide context and input to management and development decisions.

A quarterly Project Board, comprised of service users and other stakeholders, supports the Charity by monitoring progress against the Charity's "Transforming Access To Therapies" (TATT) project and strategy, providing advice and input to the Charity's management team.

TRUSTEES' REPORT
for the year ended 31 July 2022

OBJECTIVES AND ACTIVITIES

Charitable objectives
The Charity's formal objects per its Memorandum and Articles of Association are to relieve sickness and promote health for those affected by muscular dystrophy (MD) and related neuromuscular conditions, by providing or assisting in the provision of facilities and services, and by such other means as are exclusively charitable according to the laws of England and Wales as the Trustees may determine from time to time.

Mission and vision
MDSC was established and is led by people with, or affected by, MD. Whilst we have transitioned from a primarily Trustee-led to staff-led Charity over the past few years, our Trustees are the same seven people with or affected by MD, and our mission and aims remain consistent.

Our Mission is to work together to support people affected by MD, creating an environment where full potential and optimal well-being can be achieved, through provision of physical therapies and other support services.

Our Vision is to empower people with MD and improve the ability of people with, and affected by, MD to live well independently for longer by:

- growing our service capacity, scope, reach, accessibility, and relevance.
- continuously improving our systems for governance, sustainability, and clinical effectiveness; and,
- diversifying income streams and improving our engagement with service users via strengthened communications and marketing.

Need for our service
There is still no cure for MD, a rare, progressive muscle-wasting condition. People with MD are clinically vulnerable: 60% of our service users were asked to shield during the pandemic. They have a wide range of symptoms and age of onset: from difficulty walking or running, to severely compromised mobility, respiratory and cardiac function. However most commonly people with MD experience pain, muscle loss and ongoing physical deterioration.

Latest prevalence data suggests that around 17,000 people with MD live in the Midlands, of whom 12,500 are adults. Current provision of appropriate therapy is very poor and falls behind other long-term conditions. For example, there are 100,000 people in the UK with another degenerative condition - multiple sclerosis - and over 50 therapy centres to serve their needs. For the 110,000 people with MD across the UK however, there are just two therapy centres, including MDSC. Taking into account our service users, this leaves over 12,000 adults (in the Midlands alone) unable to access the therapy they need.

ACHIEVEMENTS AND PERFORMANCE

Therapy activities during 2021/22

The Charity has been providing therapies since January 2013 and its long-term goal is to transform access to specialist physical therapies for adults with MD in the Midlands region. Operating from its main Centre in Coventry and a growing network of satellite clinics around the Midlands, it supports people primarily by providing specialist physical therapies on a long-term basis to improve their independence and quality of life. Whilst people can refer themselves to us, nearly all referrals come from GPs and specialist Consultants in hospitals across the Midlands.

Whilst there is no cure for MD, our evidence shows that regular, specialist physical therapies can help improve muscle usage, reduce pain and ultimately enable people to take control of their condition and retain greater functionality and independence.

Each service user initially benefits from a face-to-face needs assessment with a physiotherapist. An action plan is agreed for their ongoing therapy needs comprising of a bespoke combination of services including physiotherapy, osteopathy, group/ individual hydrotherapy, complementary therapies, seated Pilates classes, as appropriate to the needs of the service user.

Our "hybrid" approach – initiated in April 2020 – is now well established, combining face-to-face physical therapies alongside online support. Service users choose how and when to engage face-to-face or online. Online support includes weekly physiotherapy (up to four people with MD each tailored group class), and drop-in wellbeing classes i.e., seated exercise, mindfulness and breath work sessions. Finally, our online social group for people with MD and their families is a safe space for socialising and peer support, and it now has over 100 members.

Service users access our face-to-face support at our main clinic in Coventry or at our satellite clinics in Birmingham, Leicester and (since July 2021) Tipton (in the Black Country). During the year, we worked hard to increase our face-to-face therapy capacity – including restoring weekend clinics in Coventry and increasing the numbers of clinic days at all locations with the recruitment of new physiotherapists and volunteers.

Our satellite clinics are delivered in partnership with local organisations to share resources and offer therapies closer to home for people with MD across the Midlands. During the year, we had to relocate our Birmingham satellite clinic from Acorn's Hospice in Selly Oak to a nearby location in Bournville Gardens. This is hosted by ExtraCare Charitable Trust; a new relationship which offers the possibility of expanding our satellites to other ECT locations - potentially including our planned new clinics in Northamptonshire and Worcestershire.

Key achievements

Despite the ongoing legacy and impact of COVID-19, thanks to support from generous donors we have in 2021-22:

- Increased the number of people with MD we support by 14% (from 455 to 520), living in 27 counties across the Midlands and beyond;
- Grown the monthly therapy hours provided by an incredible 33% (from 302 to 403);
- Provided 4,003 therapy sessions (FY21: 3,013), of which 2,607 were face to face contact hours, and 1,396 were online therapy sessions;
- Increased monthly volume of referrals – peaking at 17 in July 2021 (the highest ever in a single month);
- Co-produced a proposal with service users for a new Winter Wellness Hub (online support); and,
- Launched a new service user led blog on the Charity's website.

ACHIEVEMENTS AND PERFORMANCE cont...

Outcomes of our work

For many people with MD, having to isolate and reducing their physical activity during 2020 and 2021 caused a reduction in muscle strength, and for people with muscle wasting conditions that loss can be irrecoverable. 12 weeks of inactivity can mean an acceleration towards the use of walking aids or wheelchairs that might otherwise have been avoided for some time.

Regular treatment prevents symptoms spiralling out of control, mitigating the impact MD has on the person's life. Evidence from our annual surveys of service users – even through the pandemic - demonstrates how hands-on therapy and the other support that we provide has helped our service users to manage pain, stay fit, stay active, stay in work and better self-manage their condition.

Feedback from respondents to our 2022 survey included that:

- 80% said that our therapy kept them walking;
- 84% said that therapy support helped them manage pain;
- 80% said that our support improved their understanding of their condition;
- 97% said our support helped them avoid any unplanned hospital admissions;
- 96% said that our support helped them to stay in work, and;
- 100% said our support helped provide social opportunities and a community to feel part of.

Feedback from service users

We collect feedback from service users through our Annual Survey and via service user testimonials – such as the comments below:

> *"Can I just say that without the assistance of the staff and people I have met on the online sessions I don't think in would have got through this pandemic. It was lovely to be able to talk to people who understands your issues, although everyone is different we were all trying to achieve the same goal. Plus the Facebook group has shown me so many things that I didn't know about. Thank you to all the staff, you do a really valuable job."*

> *"Everyone in the organisation is caring, professional and down to earth. Contact through the office Vicki in particular is easy and she is very pleasant and focused and always willing to help. All the physios I have used, Chandi, Ulrika and Dan the Man are superb, the benefits I feel after sessions are excellent and wish I had known about the service years ago before the condition worsened. For people with muscle wasting conditions the service is second to none and I for one am extremely grateful I can take advantage of what you offer. Thanks!"*

> *"Amazing service that fills a gap in the NHS. Qualified practitioners are extremely caring, positive and professional in the nature and manner that they provide therapy. Therapy is person-centred and has a positive approach to rehabilitation."*

We also receive feedback and testimonials from professionals working in the neuromuscular field. Further details can be found in our Impact Reports which are available on our website (https://mdsupportcentre.org/about-us/publications/) or on request.

ACHIEVEMENTS AND PERFORMANCE cont...

Engagement and communications

We continued to actively participate in a number of external forums and networks to promote improvements to care and choice for people with MD, and to raise the profile of wider issues affecting the health and wellbeing of people with, and affected by, MD.

During the year we increased our social media and communications activity. We conducted an audit to better understand and increase our number of followers on key platforms. We increased the volume of our social media activity, and made a number of website structure and content improvements including the launch of a new service user led blog on the Charity's website. The latter part of the year saw us making preparations for our October Open House to welcome service users, carers and stakeholders for the formal opening of our new HQ and the commencement of our 10th Anniversary Year Celebrations.

Changes to staffing and volunteers

As at the end of 2021-22 our staffing was comprised of 8 Physiotherapists, 2 Osteopaths, a complementary therapist, 2 Fundraisers, and 6 other management or administrative staff (including our Chief Executive). All of our staff work part-time.

MDSC is committed to promoting inclusiveness and equal opportunities for all. As part of this commitment, we are focussed on actively supporting our service users to stay in the workforce, and we provide opportunities for people with MD both via employment and volunteering. 4 of our staff and therapy team are directly or indirectly affected by MD.

Volunteers make a huge contribution to the Charity, donating their time at our HQ and satellites to provide crucial support to staff, welcoming service users into our clinics at reception desks, supporting our physiotherapists and behind the scenes supporting administration tasks such as the booking of appointments or posting communications on our social media.

During the year we benefitted from the service of 22 volunteers (FY21 22) supporting us in specific roles related to administration, communications, website support and therapy activities, or as participants on our Steering Group or Project Board. We welcomed three new volunteer physio assistants at Coventry (2) and Leicester (2). 70% of our volunteers have or are directly affected by MD.

Challenges

The main challenge we face is the demand for our services to address the unmet need in the community, which is compounded by the devastating impact that the pandemic has had on the other health and care services on which our service users typically rely. We have worked hard in FY22 to drive down our waiting list, but as at the end of the year it stood at 9 months. Other challenges included:

- Emerging from the pandemic continues to present our Charity and its service users with a range of ongoing challenges including COVID 19 (and other illness) prevalence in the community resulting in staff sickness and appointment cancellations.
- Our Head of Fundraising resigned at the end of the 2021-22 year, a role which will be difficult to recruit in the current challenging recruitment environment.
- Plans to move into our new HQ in 2021-22 were significantly delayed through no fault of the Charity. The move was only finally executed early in 2021-22, with delays putting pressure on our already busy team.
- Whilst our new HQ will improve SU experience and support service development and growth, it will also significantly increase the charity's recurrent cost base.
- The impact of the pandemic on the UK national economy, and subsequent cost of living crisis continues to present distinct challenges for all charities that rely on voluntary income. Plans to grow our community events, corporate relationships and individual giving income were and continue to be impacted by the pandemic.

TRUSTEES' REPORT
for the year ended 31 July 2022

PLANS FOR THE FUTURE

Our new HQ offers improvements in terms of facilities and accessibility, and more room for our Charity to grow. Crucially it will be a safe and secure environment with exclusive use by our service users (whereas we shared our last premises with Hereward College). The move has seen us for the first time taking on a commercial lease and associated increases to the Charity's core costs.

In 2022-23 we aim to grow service user numbers to over 600 and increase our monthly therapy hours to 436. Our long-term aim is to open more satellite therapy clinics across the Midlands, with an objective to open a clinic in Northamptonshire towards the end of the year. This will help us meet our biggest challenges: high demand for our services and a need to reduce the distance and travel time that people with MD experience in accessing specialist therapy that will help them to live well with their condition.

FINANCIAL REVIEW

INCOME AND EXPENDITURE

Total income for the financial year ending July 2022 was £471,286 (2020-21: £318,692) of which 58% was voluntary and 42% was charitable activities income. Total expenditure was £388,975 (2020-21: £326,523) which left us with a small surplus of £82,311.

Voluntary income

Fundraising achievements included c.£183k from Charitable Trusts, c.£71k from the National Lottery Community Fund, c.£19k from Individual giving, and c. £18k from Corporate, community & events.

Charitable activities income

Income generated in the course of delivering our charitable activities totalled c.£196k, with income from NHS Clinical Commissioning Groups making up the bulk - c.£187k - of that. Donations from service users towards their therapies added c. £8k to that total, with the balance from renting space and selling unneeded physio supplies.

Expenditure

Overall expenditure represented a growth of 19% on FY21, in line with our long-term strategy to improve access to therapies for people with MD across the Midlands. The bulk of our spending (73%) was on our team – clinical, administration and management - who deliver support for our service users. This team is split broadly 50/50 between specialist freelance therapists and our employed staff. Anticipated spend on the relocation of our HQ in Coventry has been delayed until 2022-23.

The ratio of fundraising costs to income raised was 13%. Based on 2021-22 expenditure, for every £1 we receive, 85p reaches beneficiaries with 15% spent on overhead (mainly rent for our locations).

RESERVES POLICY AND POSITION

The Trustees have agreed a policy of holding between six and nine months of annual expenditure in unrestricted (free) reserves. This policy ensures we are able to mitigate the risk of reducing our services to people with MD should we find ourselves at risk of a deficit position in the short- term. This risk is deemed to have increased because of the additional growth/pressure that the Charity is seeing due to COVID-19 depleting the NHS care available for people with MD, and service users therefore relying more heavily on the Charity. The policy is reviewed annually by the Board of Trustees.

Our overall reserves position at 31 July 2022 was £444k, with free (unrestricted) reserves after all debtors have been accounted for of £323k and free unrestricted cash reserves of £247k. Based on forecasted expenditures for 2022-23 our unrestricted reserves comprise 8 months of forecasted expenditure and our unrestricted cash reserves 6 months of forecasted expenditure, in line with the Trustees' policy.

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2022

RISK REVIEW

The Trustees have assessed the major risks to which the Charity is exposed and have systems in place to manage those risks.

New risks have been identified in-year related to the effective operation of the Charity during the ongoing impact of the COVID-19 pandemic, and the delay in the Charity's move to its new HQ. These risks continue to be actively managed.

Our Chief Executive is focused on building organisational sustainability and continuing the delivery of the Charity's 5-year strategy. The Charity now has capacity to regularly review and enhance its systems of internal control. This includes reviewing key policies and procedures, enhancing reporting structures, using new electronic tools to improve efficiency and control, and further embedding the Charity's vision and values to ensure that all activities of the Charity continue to always support the fulfilment of its mission.

PAYMENT OF CREDITORS

The Charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London, WC1A 1DU) which is to:

- Settle the terms of payments with suppliers when agreeing the terms of each transaction;
- Ensure that suppliers are made aware of the terms of payments by inclusion of the relevant terms of contracts; and
- Pay in accordance with the company's contractual and other legal obligations.

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

SIGNED ON BEHALF OF THE BOARD BY:

Digitally signed by Mark Field
DN: cn=Mark Field, c=GB, o=NMC Midlands Ltd, email=mark.field@mdsupportcentre.org
Date: 2023.04.25 23:45:50 +01'00'

Mr M Field – Director

Dated: 19 April 2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NMC MIDLANDS (A COMPANY LIMITED BY GUARANTEE)

I report to the Charity trustees on my examination of the accounts of the company for the year ended 31 July 2022 which are set out on pages 11 to 24.

Responsibilities and basis of report

As the Charity trustees of the company (and also 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 your company's accounts as 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 that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Signed:



G R Cox BA FCA
(Institute of Chartered Accountants in England and Wales)
Dafferns LLP
One Eastwood
Harry Weston Road
Binley Business Park
Coventry
CV3 2UB

19 April 2023

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(including Income and Expenditure Account)
for the year ended 31 July 2022 (current year)

	Notes	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
INCOME FROM:					
Voluntary income:					
Donations and legacies	3	78,836	195,006	273,842	217,289
Charitable Activities					
Services provided	4	195,936	-	195,936	100,283
Other trading activities		-	-	-	-
Investment income	5	1,508	-	1,508	1,120
Total income		276,280	195,006	471,286	318,692
EXPENDITURE ON:					
Raising funds	6	6,143	958	7,101	18,046
Charitable activities	7	215,543	166,331	381,874	308,477
Total expenditure		221,686	167,289	388,975	326,523
Net income for the period before transfers		54,594	27,717	82,311	(7,831)
Transfer between funds		-	-	-	-
Net movement in funds		54,594	27,717	82,311	(7,831)
Reconciliation of funds					
Total funds brought forward		268,308	93,352	361,660	369,491
Total funds carried forward	15	322,902	121,069	443,971	316,660

All income and expenditure derive from continuing activities.

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

The notes on pages 14 to 23 form part of these financial statements

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account)
for the year ended 31 July 2021 (prior year)

	Notes	Unrestricted £	Restricted £	Total 2021 £
INCOME FROM:				
Voluntary income:				
Donations and legacies	3	48,227	169,062	217,289
Charitable Activities				
Services provided	4	100,283	-	100,283
Other trading activities		-	-	-
Investment income	5	1,120	-	1,120
Total income		149,630	169,062	318,692
EXPENDITURE ON:				
Raising funds	6	3,296	14,750	18,046
Charitable activities	7	90,915	217,562	308,477
Total expenditure		94,211	232,312	326,523
Net expenditure/net income for the period before transfers		55,419	(63,250)	(7,831)
Transfer between funds		-	-	-
Net movement in funds		55,419	(63,250)	(7,831)
Reconciliation of funds				
Total funds brought forward		212,889	156,602	369,491
Total funds carried forward		268,308	93,352	361,660

All income and expenditure derive from continuing activities.

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

Registered No. 08132198

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

BALANCE SHEET
31 July 2022

	Notes	2022 £	2022 £	2021 £	2021 £
FIXED ASSETS					
Tangible assets	10		2,343		6,352
CURRENT ASSETS					
Debtors	11	94,446		44,425	
Cash at bank and in hand		365,804		324,411	
		460,250		368,836	
LIABILITIES					
Creditors falling due within one year	12	(18,622)		(13,528)	
NET CURRENT ASSETS			441,628		355,308
NET ASSETS			443,971		361,660
FUNDS OF THE CHARITY					
Unrestricted fund			322,902		268,308
Restricted funds	16		121,069		93,352
TOTAL CHARITY FUNDS	15		443,971		361,660

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

For the year ending 31 July 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors / Trustees responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved and authorised for issue by the Board on 19 April 2023

ON BEHALF OF THE BOARD:

Digitally signed by Mark Field
DN: cn=Mark Field, c=GB, o=NMC Midlands Ltd, email=mark.field@mdsupportcentre.org
Date: 2023.04.25 23:46:37 +01'00'

Mr M Field - DIRECTOR

The notes on pages 14 to 23 form part of these financial statements

1. ACCOUNTING POLICIES

General information and basis of preparation

NMC Midlands is an incorporated Charity in England. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements. The nature of the Charity's operations and principal activities are to relieve sickness and promote health for those affected by muscular dystrophy and related neuromuscular conditions by providing or assisting in the provision of facilities and services and by such other means as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the Charity and are rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

1. ACCOUNTING POLICIES (cont'd)

Income recognition (cont'd)

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled. Cash donations are recognised upon receipt. Income tax recoverable in relation to donations received under gift aid or deeds of covenant is recognised at the time of the donation.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Notes to the Financial Statements.

Items donated for resale are included in trading income when sold and no value is placed on stock at the year end.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred. Where income is received in advance of a performance or other specified service it is deferred until the Charity is entitled to that income.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities includes the direct cost of staff, premises and other operating costs; and
- Other expenditure represents those items not falling into the category above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1. ACCOUNTING POLICIES (cont'd)

Employee benefits

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

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

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Operational assets costing less than £10,000 are written off in full through the Statement of Financial Activities in the year of purchase. Depreciation is provided on all other tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Fixtures, fittings & equipment	5 years straight line
Computer equipment	3 years straight line

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Leases

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the Charity to be able to continue as a going concern.

2. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENTS

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Donations and gifts	16,798	-	16,798	10,475
Grants and trusts	44,049	195,006	239,055	199,062
Other	204	-	204	250
Fundraising events	17,785	-	17,785	7,502
	78,836	195,006	273,842	217,289

Volunteers at the Charity are usually utilised in an administrative capacity and assist with activities such as reception cover, producing the newsletter and fundraising support.

Service users sometimes donate goods that are displayed in the Centre and sold for a small donation. The total sales during the period were £nil due to Covid-19 restrictions and safeguards.

4. CHARITABLE ACTIVITIES

	2022 £	2021 £
Services provided under contract	186,505	91,519
Charitable rental income	540	390
Service user donations	7,718	8,336
Sale of physio sundries	68	38
Complementary therapies	1,105	-
	195,936	100,283

5. INVESTMENT INCOME

	2022 £	2021 £
Interest received	1,508	1,120
	1,508	1,120

6. RAISING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Charitable costs				
Other charitable activities	6,143	958	7,101	18,046
	6,143	958	7,101	18,046

7. CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Staff costs	196,439	94,118	290,557	230,035
Depreciation and impairment	4,898	2,408	7,306	23,395
Rent	1,071	40,118	41,189	15,248
Insurance	2,969	3,702	6,671	5,384
Postage, stationery & telephone	37	2,257	2,294	1,402
Computer & IT	(63)	8,482	8,419	7,397
Sundry expenses	(472)	4,612	4,140	4,292
Travelling expenses	-	518	518	203
Repairs and maintenance	-	1,113	1,113	1,240
Subscriptions	46	223	269	303
Accountancy	2,390	2,530	4,920	2,304
Bookkeeping costs	-	-	-	2,760
Professional fees and services	8,189	3,086	11,275	5,394
Consultancy fees	39	3,090	3,129	9,120
Bad debts written off	-	-	-	-
Bank charges	-	74	74	-
	215,543	166,331	381,874	308,477

8. DIRECTORS / TRUSTEES REMUNERATION

None of the trustees (or any person connected with them) received remuneration during the year (2021: £9,165).

R Hereford received remuneration for consultancy support in the prior year.

J Field received remuneration for provision of therapies in the prior year.

0 Trustees (2021: nil) were reimbursed £nil of charitable expenditure and travel expenses (2021: £nil).

9. STAFF COSTS

	2022	2021
	£	£
Wages and Salaries	159,987	119,283
Fundraising salaries and costs	41,107	37,319
Pension contributions	3,924	3,188
Social Security	11,606	5,614
Therapists	70,127	61,948
Volunteers and Interns	-	-
Other support services	2,195	1,133
Other costs	1,611	1,550
	290,557	230,035

Average number of staff

	2022	2021
Philanthropy & Fundraising	2	2
Administration	3	4
Management	2	1
Clinical	2	2
	9	9
Full Time equivalent	6.2	6.2

No employee received remuneration of £60,000 or more.

Volunteers:

	2022	2021
Key Management	-	1
Clinical & Administration	22	6
	22	7

10. FIXED ASSETS

	Fixtures, Fittings & Equipment	Computers	Total
Cost	£	£	£
At 1 Aug 2021	60,421	5,510	65,931
Additions	3,297	-	3,297
Disposals	-	-	-
31 July 2022	63,718	5,510	69,228
Depreciation & impairment			
At 1 Aug 2021	54,069	5,510	59,579
Charge for year	7,306	-	7,306
Disposals - elimination	-	-	-
31 July 2022	61,375	5,510	66,885
Net Book Value			
At 31 July 2022	2,343	-	2,343
At 31 July 2021	6,352	-	6,352

11. DEBTORS

	2022	2021
	£	£
Trade debtors	91,139	40,328
Prepayments and accrued income	3,307	4,097
	94,446	44,425

12. CREDITORS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	4,039	741
Accruals and deferred income	13,221	11,143
Other Creditors	1,362	1,644
	18,622	13,528

13. ULTIMATE CONTROLLING PARTY

The Charity is under the control of its Board of directors/trustees.

14. RELATED PARTY TRANSACTIONS

There were no related party transactions for the year ended 31 July 2022 (2021: none).

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Current Assets	Current Liabilities	Total
	£	£	£	£
Restricted Funds	2,343	118,726	-	121,069
Unrestricted Income Fund	-	341,524	(18,622)	322,902
	2,343	460,250	(18,622)	443,971

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

16. FUND RECONCILIATION – RESTRICTED FUNDS

	Balance at 1 August 2021	Income	Expenditure	Balance at 31 July 2022
	£	£	£	£
Edward Gostling Foundation (formerly ACT)	300	-	-	300
The National Lottery Community Fund – TATT	44,609	70,756	(68,273)	47,092
The National Lottery Community Fund – COVID Emergency	32,960	-	(31,426)	1,534
Heart of England Community Foundation – Harry Payne Fund	2,000	-	(2,000)	-
Hospital Saturday Fund	675	-	(675)	-
Heart of England Community Foundation – Main Fund	-	25,000	(8,128)	16,872
Heart of England Community Foundation – Coventry Building	-	10,000	(3,358)	6,642
Birmingham Hospital Saturday Fund	-	1,000	(1,000)	-
February Foundation	-	10,000	(10,000)	-
Leamington Spa Community Fund	-	2,000	(2,000)	-
Joseph Hopkins & Henry James Sayer Charity	-	1,000	(1,000)	-
SHIRE Community Grant	-	7,500	(7,500)	-
Postcode Community Trust	-	5,000	(2,143)	2,857
Garfield Weston Foundation	-	30,000	(7,503)	22,497
Eveson Charitable Trust	-	15,000	-	15,000
Other restricted funding (A)	5,957	17,750	(18,275)	5,432
Other restricted projects	500	-	-	500
NBV Restricted fund assets	6,351	-	(4,008)	2,343
	93,352	195,006	(167,289)	121,069

17. FUND RECONCILIATION – RESTRICTED FUNDS cont...

The Edward Gostling Foundation – provided monies towards the purchase of physiotherapy equipment for the opening of a new satellite clinic in the Black Country.

The National Lottery Community Fund provided grants from the Reaching Communities programme as partial funding for specific activities relating to the delivery of our 5 year Transforming Access to Therapies (TATT) project.

National Lottery Community Fund - Covid-19 emergency grant monies provided funding to support extraordinary expenditure related to operating therapies during the COVID-19 pandemic.

The Eveson Charitable Trust provided monies towards the provision of therapies for people with MD in the West Midlands, Worcestershire and Herefordshire.

The Heart of England Community Foundation provided funding for equipment and innovation required to facilitate the delivery of therapies online during and beyond the COVID-19 pandemic.

Heart of England Community Foundation – Harry Payne fund provided monies in relation to therapies for service users within the West Midlands and Warwickshire region.

Hospital Saturday Fund – provided a grant towards the running of a new satellite clinic in the Black Country in its first year of operation.

Other restricted funding - The Charity receives funds from grant-makers to support various aspects of the Charity's work including the provision of therapies for service users who live in specific areas or are of a particular demographic group, or for the provision of specific therapies. These have not been detailed in full here however the Trustees wish to acknowledge that these are vital contributions and without such support the Charity would not be able to serve the number of service users it is otherwise able.

Other restricted projects relate to funding from various grant givers in the previous year for which projects or purchases completed during 2021-21.

NBV Restricted fund assets fund relates to funding received towards the initial purchase of clinical equipment, these funds are being released to match the depreciation charge over the estimated useful life of these assets.

18. OPERATING LEASES

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Not later than one year	-	-
Later than one and not later than five years	-	-
Later than five years	-	-
Net cash flow from operating activities	-	-

Operating lease expenditure recognised in the year was £nil (2021: £7,875).

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

Defined contribution pension plans

The Charity operates a defined contribution pension plan for its employees through the Government's NEST scheme. The amount recognised as an expense in the period was £3,924 (2021 - £3,188).

The defined contribution liability is allocated to unrestricted funds.

NMC MIDLANDS LTD

England & Wales - Charity number 1148855

Accounts

Registered Charity No. 1148855
Registered Company No. 08132198

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REPORT OF THE DIRECTORS AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2021

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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for the year ended 31 July 2021

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NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number:	08132198 (England and Wales)
Charity number:	1148855
Directors / Trustees:	Mrs J Field Miss J Sehmbi Mr M Field - Company Secretary Mrs R Hereford - Chair Mr D Salt Mr R Flemming Mrs A Terry
Registered office & Principal office:	Hereward College Campus Bramston Crescent Tile Hill Lane Coventry West Midlands CV4 9SW
Accountants:	Dafferns LLP Chartered Accountants One Eastwood Harry Weston Road Binley Business Park Coventry CV3 2UB
Bankers:	The Co-operative Bank P.O. Box 101 Balloon Street Manchester M60 4EP
Chief Executive Officer:	Sarah Ann Moore

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

CHAIR'S REVIEW
for the year ended 31 July 2021

2020/21 has been a strong and productive year for the Muscular Dystrophy Support Centre ('MDSC' or 'the Charity') that has seen us start to regain momentum on a range of projects and initiatives previously forced to pause because of the global Covid-19 pandemic.

Our charity has worked hard to maintain a consistent presence in the lives of our service users throughout this challenging time when other health and care services that our service users rely on have been so severely curtailed by the impact of the pandemic. We made our core therapies (physiotherapy and osteopathy) available throughout the 2020/21 year both online and face-to-face at our Coventry headquarters and our satellite clinics. As Covid restrictions were lifted, we began to recommence work outside of core therapies and focus on progressing our five-year Transforming Access to Therapies (TATT) strategy, funded by the National Lottery Community Fund.

During the year we were delighted to welcome new therapists to our Clinical Team, allowing us to expand the provision of our services both in geographical terms and in the number of therapy hours available. Although Covid restrictions led to the cessation of our East Midlands Satellite Clinic in Loughborough; we were able to resume services in a new East Midlands location at LOROS Hospice in Leicester. Before the year end, we were also able to open our latest Satellite Clinic to serve the Black Country region, at Murray Hall in Tipton, the first of 3 planned new satellites in our 5-year TATT strategy.

In June 2021, we were pleased to launch our service-user led Steering Group. This group empowers its members to have a hands-on role in developing ideas and running projects that members are passionate about, whilst helping to support the Charity. As experts on the subject of living with MD, members also provide an excellent focus group that we can draw guidance and inspiration from, and we plan to use their insights to complement the information we gather annually via our service user engagement survey.

Our online therapies have remained popular and a great supplement to our core face-to-face therapies. They have enabled us to maintain a year-on-year increase in our overall therapy session provision in 2020/21 of 18% and to bring our support right into the homes of our service users.

On behalf of the Board of Trustees, I would like to express deep gratitude to everyone who has contributed to the very real difference the Muscular Dystrophy Support Centre has continued to make to the lives of people with muscular dystrophy and their families in the past year. Our achievements this year have only been possible because of the ongoing generosity of our donors and supporters, and the tireless hard work of our staff, volunteers and trustees.



Ruth Hereford
Chair of Trustees

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2021

The Trustees, who are directors under company law, present their report with the financial statements of the company for the year ended 31 July 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice (SORP)" issued in October 2019.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

NMC Midlands trading as Muscular Dystrophy Support Centre ("MDSC" or "the Charity") is a charitable company limited by guarantee incorporated on 5 July 2012 and governed by its Memorandum and Articles of Association. The company became a registered Charity on 6 September 2012.

Recruitment and appointment of directors / trustees

The Directors of the company are also the Charity Trustees for the purpose of Charity law. Under the requirements of the Memorandum and Articles of Association, one-third of the Directors must retire and offer themselves for re-election at the Annual General Meeting.

The Charity is administered by the Trustees, who meet quarterly as a board to provide oversight and review of the operation of the Charity.

All Trustee appointments are made with due regard to the range of skills required by the Board of Trustees & the relevant experience and knowledge offered by the potential trustee. The training of each new trustee includes a visit to Charity premises and discussions with existing Trustee board members.

None of the trustees have any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event the company being wound up.

OBJECTIVES AND ACTIVITIES

Charitable objectives and aims

The Charity's formal objects per its Memorandum and Articles of Association are to relieve sickness and promote health for those affected by muscular dystrophy and related neuromuscular conditions, by providing or assisting in the provision of facilities and services, and by such other means as are exclusively charitable according to the laws of England and Wales as the trustees may determine from time to time.

MDSC was established and is led by people with, or affected by, muscular dystrophy. Its Board of Trustees had 7 members during 2020/21, all of whom either have muscular dystrophy themselves or have a family member with the condition.

The Charity has been providing therapies since January 2013 and its long-term goal is to transform access to specialist physical therapies for adults with muscular dystrophy in the Midlands region. Operating from its main Centre in Coventry and a growing network of Satellite Clinics around the Midlands, it supports people primarily by providing specialist physical therapies on a long-term basis. We are the only organisation in the Midlands region to do so, and one of only two in the UK. Nearly all of our service user referrals currently come from GPs and specialist Consultants in hospitals across the Midlands.

OBJECTIVES AND ACTIVITIES cont…

There is currently no cure for muscular dystrophy. However, regular, specialist physical therapies can help improve muscle usage, reduce pain and ultimately enable people to take control of their condition and retain greater functionality and independence. Latest prevalence data suggests that Around 17,000 people with muscular dystrophy live in the Midlands of whom 12,500 are adults. Current provision of appropriate therapy is very poor and falls behind other long-term conditions. For example, there are 100,000 people in the UK with another degenerative condition - multiple sclerosis - and over 50 therapy centres to serve their needs. For the 110,000 people with muscular Dystrophy across the UK however, there are just two therapy centres. Taking into account the 455 people with muscular dystrophy that are registered with us, this leaves over 12,000 adults (in the Midlands alone) unable to access the therapy they need.

MDSC's trustees, employees and volunteers conduct activities in furtherance of the Charity's mission and vision:

Our Mission:

We work together to support people affected by muscular dystrophy (MD), creating an environment where full potential and optimal well-being can be achieved, through provision of physical therapies and other support services.

Our Vision:

To empower people with MD and improve the ability of people with, and affected by, MD to live well independently for longer by:

- growing our service capacity, scope, reach, accessibility and relevance
- continuously improving our systems for governance, sustainability and clinical effectiveness
- diversifying income streams and improving our engagement with service users via strengthened communications/marketing.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the Charity's aims and objectives and in planning its future activities and have therefore complied with the duty to have due regard to guidance on public benefit published by the Commission.

ACHIEVEMENTS AND PERFORMANCE

Activities 2020/21

In 2020/21 we continued to provide our core therapies (physiotherapy and osteopathy), from our main Centre at Hereward College in Coventry and at satellite locations in Birmingham and Droitwich. During the year we were very pleased to resume operating in the East Midlands (at a new satellite location in Leicester) and just before the close of the year, to open a new satellite clinic in Tipton.

1 *Latest prevalence data suggests a 57% increase in UK prevalence – national rate taken from: https://www.musculardystrophyuk.org/news-blogs-and-stories/news/new-research-reveals-110000-people-in-the-uk-now-live-with-muscle*

TRUSTEES' REPORT
for the year ended 31 July 2021

Thanks to the continued support of generous donors and our amazing team of staff, volunteers and Trustees, in 2020/21 were able to:

- Provide 3013 therapy sessions (2019/20: 2553), of which 1107 were face to face contact hours delivered from August 2020 to July 2021, and 1906 were online therapy sessions delivered in the same period
- Raise £217,289 in voluntary income (2019/20: £278,917). Fundraising achievements included £199,062 in grants from trusts and foundations, £10,475 in donations and gifts, and £7,502 from community and fundraising events. We would like to thank all our supporters for their continued and generous contributions during this crucial time
- Continue to grow our service user base with 41 new service user referrals. (2019/20: 71)

During 2020/21 we continued to progress our 5-year strategy (part-funded by a generous £300k 5-year grant from the National Lottery Community Fund) to increase our service capacity and expand to additional satellite sites to better meet demand for our services throughout the Midlands, to strengthen our organisational structure and finances, and to provide enhanced evidence and outcomes data to support the effectiveness of our model in helping people with muscular dystrophy. Key achievements in the year included:

- Establishing a new satellite clinic located in Tipton, increasing our accessibility to new and existing service users in the Black Country region
- Resuming operations in the East Midlands region by opening a Satellite Clinic at a new site, LOROS Hospice in Leicestershire
- Recruiting new team members to enhance our communications, engagement and clinical management
- Expanding our therapy team by welcoming 2 new employed physiotherapists and 1 new self- employed physiotherapist to increase the therapy provision available at our Headquarters and Satellite Clinics
- Launching our new Steering Group, led by MDSC Service Users to empower service users and support the growth and development of the Charity
- Continuing to actively participate in a number of external forums and networks to promote improvements to care and choice for people with muscular dystrophy and to raise the profile of wider issues affecting the health and wellbeing of people with, and affected by, muscular dystrophy.

Challenges

The COVID-19 pandemic continues to present our Charity and its service users with a range of significant ongoing challenges:

ACHIEVEMENTS AND PERFORMANCE cont…

- Many of our service users were in the extremely vulnerable risk category for COVID-19 – meaning that leading into 2020/21 many of them were unable to leave home and are physically isolated – with emotional vulnerability and the potential for physical deterioration of their condition associated with that isolation. Our online service provision has been vital in supporting these service users to manage their health as well as possible during extended periods of lockdown but is ultimately not a long-term substitute for hands-on treatment. The length of the pandemic has therefore had a significant impact on the severity/complexity of a large percentage of our service users' needs
- Demand for our services continues to grow – and this is compounded by the devastating impact that the pandemic has had on the other health and care services on which our service users rely. We have worked hard in 2020/21 to successfully drive down our waiting list, but we recognize the increased pressure and reliance that our service users place on our services
- The pandemic disrupted access to partner facilities on which we have relied to support the provision of other activities such as hydrotherapy and complementary therapies. We hope to resume offering these services to our service users in 2021/22
- The enormous impact of the pandemic on the UK national economy presents distinct challenges for all charities that rely on fundraising income. Our overall voluntary income fell in 2020/21 and our plans to grow our income streams derived from community events, corporate relationships and individual giving continue to be affected by the impact of the pandemic
- Our Coventry Centre has been based on the site of Hereward College since the charity's inception in 2012. However, expansion of our services and the impact of Covid-19 on space-sharing arrangements have led to the need to find a new, larger home. In May 2021, Hereward gave notice of their need to end our lease to accommodate their own expansion and support post-Covid requirements, including more space for their student population. The decision accelerated what was an inevitable move for MDSC, and we began searching for a new location in summer 2021. We have now agreed Heads of Terms of a 10-year lease at Westwood House, Westwood Business Park, Coventry with an anticipated move date of June 2022. This larger, single-use premises will improve accessibility, parking and facilities and aid us reducing risk and creating a Covid-secure environment so service users can safely access our support with greater peace of mind. Crucially, we will be able to expand our clinics to help more people with MD.

Staffing and volunteers

MDSC is committed to promoting inclusiveness and equal opportunities for all. As part of this commitment, we are focussed on actively supporting our service users to stay in the workforce, and we provide opportunities for people with muscular dystrophy via employment and volunteering.

In 2020/21 our staffing was comprised of seven physiotherapists, and two osteopaths, two fundraisers, three receptionist/administrators, a Communications and Engagement Manager, a Clinical Manager, and our Chief Executive. All of our staff work part-time. Four of our staff are directly or indirectly affected by MD.

Volunteers make a significant contribution to the Charity, donating their time at the Centre to facilitate service user care - including greeting service users, providing peer interaction, and undertaking administrative tasks to assist our employed staff team. In 2020/21 our volunteers included 7 people working in management, administration, communications, and website support. A further 15 people volunteered through our service user Steering Group.

ACHIEVEMENTS AND PERFORMANCE cont…

Feedback from service users and professionals

We continually collect feedback from service users through our Annual Survey and via service user testimonials – such as the one below:

"By coming to MDSC, I feel like I have been given hope. Although the conditions I have are irreversible, for the first time since I was diagnosed 8 years ago, I know I can at least fight its effects. That there are people out there supporting me and offering the physiotherapy that I so desperately need as I try and live as normal a life as possible, for as long as I possibly can.

Before I was referred to the Centre, I received the standard 6 sessions of physiotherapy from the NHS and was then discharged. I have annual appointments with my NHS consultant, that have been impacted by COVID, so I hadn't spoken to anyone about how I was getting on for a long time, before I was put in touch with MDSC.

The Centre can be life changing, and mentally so rewarding to be given back some control and having a purpose. Everyone at MDSC have been so kind, understanding and welcoming since I began visiting in April 2021. It goes without saying, I would recommend it to anyone with muscular dystrophy."

Paul, service user

We also receive feedback and testimonials from professionals working in the neuromuscular field. Further details can be found in our Impact Reports which are available on our website (https://mdsupportcentre.org/about-us/publications/) or on request.

PLANS FOR THE FUTURE

In 2020/21 we progressed work on the implementation of our 5-year strategy to transform access to specialist therapies for all people with muscular dystrophy across the Midlands who need it. Our strategy is underpinned by detailed business plans and supported by KPIs to achieve the following expansion by 2024/25:

- Adding 3 additional satellite sites across the Midlands (our newest Satellite Clinic in the Black Country marks the first of these, and the next additions are planned for Northamptonshire and Worcestershire)
- Increasing the number of service users regularly accessing our services
- Increasing monthly therapy hours delivered across all of our sites.

These plans are designed to enable us to expand access to our critical services over the short to medium term, but also to create a platform for continued sustainable growth in the longer term by strengthening our organisational infrastructure and finances. Furthermore, our strategy includes key activities, the benefits of which will extend beyond our own immediate organisational reach, such as developing outcome measures to evidence the effectiveness of our therapy model in helping people with muscular dystrophy. We are also committed to sharing the knowledge and experience that we gain in the coming years with people with muscular dystrophy in other areas of the UK and beyond, in particular to help them to potentially develop their own therapy service provision.

Our original plans were developed with a view to expanding access to hands-on, face-to-face physical therapies. However, our experience of the COVID-19 pandemic forced us to innovate and adapt our services to online/ remote provision. Whilst we do not believe that online therapy is a long-term substitute for hands-on treatment (and nor does it work for every service user), we have demonstrated this year that online therapy has a key role to play in supporting our service users to actively manage their condition both during and beyond the pandemic – for example removing the need for travel to our physical locations and therefore enabling more regular therapy opportunities for who cannot easily travel.

PLANS FOR THE FUTURE cont…

In 2021/22 we plan to relocate our headquarters to a new site and are aiming to be in our new home in time for the 10-year anniversary of the Charity in July 2022.

FINANCIAL REVIEW

Total income for the year was £318,692 (2019/20: £398,840).

Fundraising achievements included £199,062 in grants from trusts and foundations, £10,475 in donations and gifts, and £7,502 from community and fundraising events. Income from Clinical Commissioning Groups accounted for £91,519 (2019: £107,539). In addition, service users donated £8,336, and we were able to generate £428 in rental income or resale of physio sundries.

We would like to thank all our supporters for their most generous contributions.

RESERVES POLICY

The Trustees have agreed a policy of holding six to nine months of annual expenditure in cash reserves. This policy was increased during the year from the previous policy of holding three to six months of annual expenditure in reserve to better to mitigate the risk of reducing our services to people with muscular dystrophy should we find ourselves at risk of a deficit position in the short- term. This risk is deemed to have increased because of the additional growth/pressure that the Charity is seeing due to COVID19 depleting the NHS care available for people with MD and service users therefore relying more heavily on the Charity. The policy is reviewed annually by the Board of Trustees.

Our overall reserves position at 31st July 2021 is £361,660, with free (unrestricted) reserves of £268,306.

Our unrestricted and restricted cash reserves position at 31 July 2021 is £324,411 with free (unrestricted) cash reserves of £237,395.

As we progress our 5-year strategy for growth and sustainability, it is anticipated that our expenditure will increase. Relocating our Headquarters in 2021/22 will have a significant impact on our overheads, and the full impact of COVID-19 on our Charity's income and expenditure projections is yet to be fully known. However, based on present forecasted expenditures for 2021/22 our unrestricted cash reserves of £237k equals 6.7 months of forecasted expenditure for the coming year.

RISK REVIEW

The Trustees have assessed the major risks to which the Charity is exposed and have systems in place to manage those risks. New risks have been identified in-year related to the effective operation of the Charity during the COVID-19 pandemic, and these risks continue to be actively managed.

During the year the Charity reviewed its organisational structure and appointed a new Executive Director to focus on building organisational sustainability and delivering the Charity's 5-year strategy.

In so doing, the Charity is also reviewing and enhancing its systems of internal control. This includes reviewing key policies and procedures, enhancing reporting structures, using new electronic tools to improve efficiency and control, and further embedding the Charity's vision and values to ensure that all activities of the Charity continue to always support the fulfilment of its mission.

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

TRUSTEES' REPORT
for the year ended 31 July 2021

PAYMENT OF CREDITORS

The Charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London, WC1A 1DU).

The Charity's current policy concerning the payment of trade creditors is to:

- Settle the terms of payments with suppliers when agreeing the terms of each transaction;
- Ensure that suppliers are made aware of the terms of payments by inclusion of the relevant terms of contracts; and
- Pay in accordance with the company's contractual and other legal obligations.

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

ON BEHALF OF THE BOARD:



Mr M Field – DIRECTOR Dated: 23 March 2022

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NMC MIDLANDS (A COMPANY LIMITED BY GUARANTEE)

I report to the Charity trustees on my examination of the accounts of the company for the year ended 31 July 2021 which are set out on pages 11 to 23.

Responsibilities and basis of report

As the Charity trustees of the company (and also 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 your company's accounts as 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 that in any material respect:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

Signed:



G R Cox BA FCA
(Institute of Chartered Accountants in England and Wales)
Dafferns LLP
One Eastwood
Harry Weston Road
Binley Business Park
Coventry
CV3 2UB

Date: 23 March 2022

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(including Income and Expenditure Account)
for the year ended 31 July 2021 (current year)

	Notes	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
INCOME FROM:					
Voluntary income:					
Donations and legacies	3	48,227	169,062	217,289	278,917
Charitable Activities					
Services provided	4	100,283	-	100,283	118,972
Other trading activities		-	-	-	-
Investment income	5	1,120	-	1,120	894
Other income	6	-	-	-	57
Total income		149,630	169,062	318,692	398,840
EXPENDITURE ON:					
Raising funds	7	3,296	14,750	18,046	2,092
Charitable activities	8	90,915	217,562	308,477	207,905
Total expenditure		94,211	232,312	326,523	209,997
Net income for the period before transfers		55,419	(63,250)	(7,831)	188,843
Transfer between funds		-	-	-	-
Net movement in funds		55,419	(63,250)	(7,831)	188,843
Reconciliation of funds					
Total funds brought forward		212,889	156,602	369,491	180,648
Total funds carried forward	16/17	268,308	93,352	361,660	369,491

All income and expenditure derive from continuing activities.

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

The notes on pages 14 to 23 form part of these financial statements

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
(Including Income and Expenditure Account)
for the year ended 31 July 2020 (prior year)

	Notes	Unrestricted £	Restricted £	Total 2020 £
INCOME FROM:				
Voluntary income:				
Donations and legacies	3	57,884	221,033	278,917
Charitable Activities				
Services provided	4	118,972	-	118,972
Other trading activities		-	-	-
Investment income	5	894	-	894
Other income	6	57	-	57
Total income		177,807	221,033	398,840
EXPENDITURE ON:				
Raising funds	7	1,682	410	2,092
Charitable activities	8	104,635	103,270	207,905
Total expenditure		106,317	103,680	209,997
Net expenditure/net income for the period before transfers		71,490	117,353	188,843
Transfer between funds		-	-	-
Net movement in funds		71,490	117,353	188,843
Reconciliation of funds				
Total funds brought forward		141,399	39,249	180,648
Total funds carried forward		212,889	156,602	369,491

All income and expenditure derive from continuing activities.
The statement of financial activities includes all gains and losses recognised during the year.

The notes on pages 14 to 23 form part of these financial statements

Registered No. 08132198

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

BALANCE SHEET
31 July 2021

	Notes	2021 £	2021 £	2020 £	2020 £
FIXED ASSETS					
Tangible assets	11		6,352		10,443
CURRENT ASSETS					
Debtors	12	44,425		48,925	
Cash at bank and in hand		324,411		319,671	
		368,836		368,596	
LIABILITIES					
Creditors falling due within one year	13	(13,528)		(9,548)	
NET CURRENT ASSETS			355,308		359,048
NET ASSETS			361,660		369,491
FUNDS OF THE CHARITY					
Unrestricted fund			268,308		212,889
Restricted funds	17		93,352		156,602
TOTAL CHARITY FUNDS	16		361,660		369,491

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

For the year ending 31 July 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors / Trustees responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements were approved and authorised for issue by the Board on 23rd March 2022.

ON BEHALF OF THE BOARD:



Mr M Field - DIRECTOR

The notes on pages 14 to 23 form part of these financial statements

1. ACCOUNTING POLICIES

General information and basis of preparation

NMC Midlands is an incorporated Charity in England. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity. The address of the registered office is given in the Charity information on page 1 of these financial statements. The nature of the Charity's operations and principal activities are to relieve sickness and promote health for those affected by muscular dystrophy and related neuromuscular conditions by providing or assisting in the provision of facilities and services and by such other means as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.

The Charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the Charity and are rounded to the nearest £1.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the Charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

1. ACCOUNTING POLICIES (cont'd)

Income recognition (cont'd)

For donations to be recognised the Charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the Charity and it is probable that they will be fulfilled. Cash donations are recognised upon receipt. Income tax recoverable in relation to donations received under gift aid or deeds of covenant is recognised at the time of the donation.

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Notes to the Financial Statements.

Items donated for resale are included in trading income when sold and no value is placed on stock at the year end.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the Charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred. Where income is received in advance of a performance or other specified service it is deferred until the Charity is entitled to that income.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Expenditure on charitable activities includes the direct cost of staff, premises and other operating costs; and
- Other expenditure represents those items not falling into the category above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Tax

The Charity is an exempt Charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

1. ACCOUNTING POLICIES (cont'd)

Employee benefits

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

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

Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Operational assets costing less than £10,000 are written off in full through the Statement of Financial Activities in the year of purchase. Depreciation is provided on all other tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Fixtures, fittings & equipment	5 years straight line
Computer equipment	3 years straight line

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Leases

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the Charity to be able to continue as a going concern.

2. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENTS

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. VOLUNTARY INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Donations and gifts	10,475	-	10,475	4,329
Grants and trusts	30,000	169,062	199,062	257,483
Donated goods, facilities and services	-	-	-	60
Other	250	-	250	105
Fundraising events	7,502	-	7,502	16,940
	48,227	169,062	217,289	278,917

Volunteers at the Charity are usually utilised in an administrative capacity and assist with activities such as reception cover, producing the newsletter and fundraising support.

Service users sometimes donate goods that are displayed in the Centre and sold for a small donation. The total sales during the period were £nil due to Covid-19 restrictions and safeguards.

4. CHARITABLE ACTIVITIES

	2021 £	2020 £
Services provided under contract	91,519	107,539
Charitable rental income	390	820
Service user donations	8,336	10,613
Sale of physio sundries	38	-
	100,283	118,972

5. INVESTMENT INCOME

	2021 £	2020 £
Interest received	1,120	894
	1,120	894

6. OTHER INCOME

	2021	2020
	£	£
Other income	-	57
	-	57

7. RAISING FUNDS

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Charitable costs				
Other charitable activities	3,296	14,750	18,046	2,092
	3,296	14,750	18,046	2,092

8. CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
	£	£	£	£
Staff costs	56,453	173,582	230,035	143,582
Depreciation and impairment	4,797	18,598	23,395	14,131
Rent	(452)	15,700	15,248	16,866
Insurance	(762)	6,146	5,384	2,795
Postage, stationery & telephone	752	650	1,402	2,816
Computer & IT	7,202	195	7,397	5,649
Sundry expenses	1,940	2,352	4,292	2,149
Travelling expenses	167	36	203	1,639
Repairs and maintenance	1,240	-	1,240	2,286
Subscriptions	-	303	303	5,970
Accountancy	2,304	-	2,304	2,100
Bookkeeping costs	2,760	-	2,760	-
Professional fees and services	5,394	-	5,394	7,922
Consultancy fees	9,120	-	9,120	-
	90,915	217,562	308,477	207,905

9. DIRECTORS / TRUSTEES REMUNERATION

2 of the trustees (or any person connected with them) received remuneration of £9,165 during the year (2020: £8,625).

R Hereford received remuneration for consultancy support.

J Field received remuneration for provision of therapies.

0 Trustees (2020: 3) were reimbursed £nil of charitable expenditure and travel expenses (2020: £3,568).

10. STAFF COSTS

	2021	2020
	£	£
Wages and Salaries	119,283	34,482
Fundraising salaries and costs	37,319	31,205
Pension contributions	3,188	858
Social Security	5,614	3,511
Therapists	61,948	68,018
Volunteers and Interns	-	270
Other support services	1,133	5,079
Other costs	1,550	159
	230,035	143,582

Average number of staff	2021	2020
Philanthropy & Fundraising	2	2
Administration	4	3
Management	1	1
Clinical	2	-
	9	6
Full Time equivalent	6.2	3.6

No employee received remuneration of £60,000 or more.

Volunteers:

	2021	2020
Key Management	1	2
Clinical & Administration	6	4
	7	6

11. FIXED ASSETS

	Fixtures, Fittings & Equipment	Computers	Total
Cost	£	£	£
At 1 Aug 2020	45,498	1,130	46,628
Additions	14,923	4,380	19,303
Disposals	-	-	-
31 July 2021	60,421	5,510	65,931
Depreciation & impairment			
At 1 Aug 2020	35,055	1,130	36,185
Charge for year	19,014	4,380	23,394
Disposals - elimination	-	-	-
31 July 2021	54,069	5,510	59,579
Net Book Value			
At 31 July 2021	6,352	-	6,352
At 31 July 2020	10,443	-	10,443

12. DEBTORS

	2021	2020
	£	£
Trade debtors	40,328	44,279
Prepayments and accrued income	4,097	4,646
	44,425	48,925

13. CREDITORS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	741	748
Accruals and deferred income	11,143	8,800
Other Creditors	1,644	-
	13,528	9,548

14. ULTIMATE CONTROLLING PARTY

The Charity is under the control of its Board of directors/trustees.

15. RELATED PARTY TRANSACTIONS

There were no related party transactions for the year ended 31 July 2021 (2020: none).

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Current Assets	Current Liabilities	Total
	£	£	£	£
Restricted Funds	6,352	87,000	-	93,352
Unrestricted Income Fund	-	281,836	(13,528)	268,308
	6,352	368,836	(13,528)	361,660

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost 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.

17. FUND RECONCILIATION – RESTRICTED FUNDS

	Balance at 1 August 2020	Income	Expenditure	Balance at 31 July 2021
	£	£	£	£
Edward Gostling Foundation (formerly ACT)	300	8,000	(8,000)	300
National Lottery Community Fund – Awards for All	1,420	-	(1,420)	-
Leicestershire County Council Communities Fund (formerly Shire Community Grant)	870	6,000	(6,870)	-
The National Lottery Community Fund - TATT	35,461	84,482	(75,334)	44,609
The National Lottery Community Fund – COVID Emergency	72,293	-	(39,333)	32,960
The Eveson Charitable Trust	-	10,000	(10,000)	-
Leicestershire & Rutland Community Foundation	391	-	(391)	-
Heart of England Community Foundation - Doing Things Differently Fund	20,000	-	(20,000)	-
Heart of England Community Foundation – Harry Payne Fund	-	2,000	-	2,000
Julia and Hans Rausing Foundation	-	24,580	(24,580)	-
The Rowlands Trust	-	1,000	(1,000)	-
Hospital Saturday Fund	-	2,000	(1,325)	675
Other restricted funding [A]	14,924	31,000	(39,967)	5,957
Other restricted projects	500	-	-	500
NBV Restricted fund assets	10,443	-	(4,092)	6,351
	156,602	169,062	(232,312)	93,352

17. FUND RECONCILIATION – RESTRICTED FUNDS cont…

The Edward Gostling Foundation provided monies towards the purchase of physiotherapy equipment for the opening of a new satellite clinic in the Black Country.

Leicestershire County Council Communities Fund provided funds towards support for Leicestershire service users during the Covid-19 pandemic and costs associated with relocating the East Midlands satellite clinic.

The National Lottery Community Fund provided grants from the Reaching Communities programme as partial funding for specific activities relating to the delivery of our 5 year Transforming Access to Therapies (TATT) project.

National Lottery Community Fund-Covid-19 emergency grant monies provided funding to support extraordinary expenditure related to operating therapies during the COVID-19 pandemic.

The Eveson Charitable Trust provided monies towards the provision of therapies for people with MD in the West Midlands, Worcestershire and Herefordshire.

The Heart of England Community Foundation provided funding for equipment and innovation required to facilitate the delivery of therapies online during and beyond the COVID-19 pandemic.

Heart of England Community Foundation/Harry Payne Fund provided monies in relation to therapies for service users within the West Midlands and Warwickshire region.

The Julia and Hans Rausing Trust provided monies towards core costs to help charities in need during the Covid-19 pandemic.

The Rowlands Trust granted monies to help meet the costs of purchasing PPE for staff (Personal Protective Equipment) during the Covid-19 pandemic.

Hospital Saturday Fund provided a grant towards the running of a new satellite clinic in the Black Country in its first year of operation.

Other restricted funding - The Charity receives funds from grant-makers to support various aspects of the Charity's work including the provision of therapies for service users who live in specific areas or are of a particular demographic group, or for the provision of specific therapies. These have not been detailed in full here however the Trustees wish to acknowledge that these are vital contributions and without such support the Charity would not be able to serve the number of service users it is otherwise able.

Other restricted projects relate to funding from various grant givers in the previous year for which projects or purchases completed during 2020-21.

NBV Restricted fund assets fund relates to funding received towards the initial purchase of clinical equipment. These funds are being released to match the depreciation charge over the estimated useful life of these assets.

18. OPERATING LEASES

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2021	2020
	£	£
Not later than one year	-	13,500
Later than one and not later than five years	-	7,875
Later than five years	-	-
Net cash flow from operating activities	-	21,375

Operating lease expenditure recognised in the year £7,875 (2020: £14,625)

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

Defined contribution pension plans:

The Charity operates a defined contribution pension plan for its employees through the Government's NEST scheme. The amount recognised as an expense in the period was £3,188 (2020 - £858).

The defined contribution liability is allocated to unrestricted funds.