

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
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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.

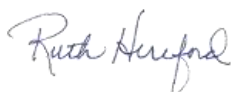
Our charity has worked hard to maintain a consistent presence in the lives of our service users throughout this challenging time when other health and care services that our service users rely on have been so severely curtailed by the impact of the pandemic. We made our core therapies (physiotherapy 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.

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**TRUSTEES' REPORT
for the year ended 31 July 2021**

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.muscular dystrophyuk.org/news-blogs-and-stories/news/new-research-reveals-110000-people-in-the-uk-now-live-with-muscle>

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**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 we 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:

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**TRUSTEES' REPORT
for the year ended 31 July 2021**

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.

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**TRUSTEES' REPORT
for the year ended 31 July 2021**

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.

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**TRUSTEES' REPORT
for the year ended 31 July 2021**

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.

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**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
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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

	<u>Notes</u>	<u>Unrestricted</u> £	<u>Restricted</u> £	<u>Total</u> <u>2021</u> £	<u>Total</u> <u>2020</u> £
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		<u>149,630</u>	<u>169,062</u>	<u>318,692</u>	<u>398,840</u>
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		<u>94,211</u>	<u>232,312</u>	<u>326,523</u>	<u>209,997</u>
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	<u>268,308</u>	<u>93,352</u>	<u>361,660</u>	<u>369,491</u>

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
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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

	<u>Notes</u>	<u>Unrestricted</u> £	<u>Restricted</u> £	<u>Total</u> <u>2020</u> £
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		<u>177,807</u>	<u>221,033</u>	<u>398,840</u>
EXPENDITURE ON:				
Raising funds	7	1,682	410	2,092
Charitable activities	8	104,635	103,270	207,905
Total expenditure		<u>106,317</u>	<u>103,680</u>	<u>209,997</u>
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		<u>212,889</u>	<u>156,602</u>	<u>369,491</u>

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

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BALANCE SHEET
31 July 2021

	<u>Notes</u>	£	<u>2021</u>	£	<u>2020</u>	£
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	
			<u>368,836</u>		<u>368,596</u>	
LIABILITIES						
Creditors falling due within one year	13		(13,528)		(9,548)	
			<u>355,308</u>		<u>359,048</u>	
NET CURRENT ASSETS						
			<u>361,660</u>		<u>369,491</u>	
NET ASSETS						
			<u>361,660</u>		<u>369,491</u>	
FUNDS OF THE CHARITY						
Unrestricted fund			268,308		212,889	
Restricted funds	17		93,352		156,602	
TOTAL CHARITY FUNDS	16		<u>361,660</u>		<u>369,491</u>	

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

**NMC MIDLANDS
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021**

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.

**NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)**

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021**

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.

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**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021**

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.

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NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021

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

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2021</u> £	<u>Total</u> <u>2020</u> £
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
	<u>48,227</u>	<u>169,062</u>	<u>217,289</u>	<u>278,917</u>

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

	<u>2021</u> £	<u>2020</u> £
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	-
	<u>100,283</u>	<u>118,972</u>

5. INVESTMENT INCOME

	<u>2021</u> £	<u>2020</u> £
Interest received	1,120	894
	<u>1,120</u>	<u>894</u>

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NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021

6. OTHER INCOME	<u>2021</u>	<u>2020</u>
	£	£
Other income	-	57
	<u>-</u>	<u>57</u>

7. RAISING FUNDS

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

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	-
	<u>90,915</u>	<u>217,562</u>	<u>308,477</u>	<u>207,905</u>

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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

	<u>2021</u> £	<u>2020</u> £
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
	<u>230,035</u>	<u>143,582</u>

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

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

Volunteers:

	<u>2021</u>	<u>2020</u>
Key Management	1	2
Clinical & Administration	6	4
	<u>7</u>	<u>6</u>

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NOTES TO THE FINANCIAL STATEMENTS
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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	<u>60,421</u>	<u>5,510</u>	<u>65,931</u>
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	<u>54,069</u>	<u>5,510</u>	<u>59,579</u>
Net Book Value			
At 31 July 2021	<u>6,352</u>	<u>-</u>	<u>6,352</u>
At 31 July 2020	<u>10,443</u>	<u>-</u>	<u>10,443</u>

12. DEBTORS

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

13. CREDITORS FALLING DUE WITHIN ONE YEAR

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

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NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021

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
	<u>6,352</u>	<u>368,836</u>	<u>(13,528)</u>	<u>361,660</u>

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
	<u>156,602</u>	<u>169,062</u>	<u>(232,312)</u>	<u>93,352</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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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.

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NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2021

18. OPERATING LEASES

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

	<u>2021</u>	<u>2020</u>
	£	£
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	<u>-</u>	<u>21,375</u>

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.