

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**

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

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**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.

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**TRUSTEES' REPORT  
for the year ended 31 July 2022**

**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.

**NMC MIDLANDS  
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**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**TRUSTEES' REPORT  
for the year ended 31 July 2022**

**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 I 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, Chandni, 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.



**NMC MIDLANDS  
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**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**TRUSTEES' REPORT  
for the year ended 31 July 2022**

**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.

**NMC MIDLANDS  
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**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**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@mdsupportcent  
re.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)**

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

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**BALANCE SHEET**  
**31 July 2022**

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

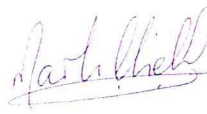
For the year ending 31 July 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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@mdsupport  
centre.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

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS  
for the year ended 31 July 2022**

**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 2022**

**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.

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS  
for the year ended 31 July 2022**

**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.

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 July 2022**

**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>2022</u> £	<u>Total</u> <u>2021</u> £
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
	<u>78,836</u>	<u>195,006</u>	<u>273,842</u>	<u>217,289</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>2022</u> £	<u>2021</u> £
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	-
	<u>195,936</u>	<u>100,283</u>

**5. INVESTMENT INCOME**

	<u>2022</u> £	<u>2021</u> £
Interest received	1,508	1,120
	<u>1,508</u>	<u>1,120</u>

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 July 2022**

**6. RAISING FUNDS**

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

**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	-
	<u>215,543</u>	<u>166,331</u>	<u>381,874</u>	<u>308,477</u>

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 July 2022**

**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**

	<u>2022</u>	<u>2021</u>
	£	£
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
	<u>290,557</u>	<u>230,035</u>

	<u>2022</u>	<u>2021</u>
<b>Average number of staff</b>		
Philanthropy & Fundraising	2	2
Administration	3	4
Management	2	1
Clinical	2	2
	<u>9</u>	<u>9</u>
Full Time equivalent	<u>6.2</u>	<u>6.2</u>

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

**Volunteers:**

	<u>2022</u>	<u>2021</u>
Key Management	-	1
Clinical & Administration	22	6
	<u>22</u>	<u>7</u>

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 July 2022**

**10. FIXED ASSETS**

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

**11. DEBTORS**

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

**12. CREDITORS FALLING DUE WITHIN ONE YEAR**

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



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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS  
for the year ended 31 July 2022**

**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
	<u>2,343</u>	<u>460,250</u>	<u>(18,622)</u>	<u>443,971</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.

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 July 2022**

**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
	<u>93,352</u>	<u>195,006</u>	<u>(167,289)</u>	<u>121,069</u>

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS  
for the year ended 31 July 2022**

**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.

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

**T/A MUSCULAR DYSTROPHY SUPPORT CENTRE**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 July 2022**

**18. OPERATING LEASES**

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

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

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.