

Registered Charity No. 1148855
Registered Company No. 08132198



Muscular Dystrophy
Support Centre
inspiring independence

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)
T/A MUSCULAR DYSTROPHY SUPPORT CENTRE
REPORT OF THE DIRECTORS AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2024

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)
T/A MUSCULAR DYSTROPHY SUPPORT CENTRE
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for the year ended 31 July 2024

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

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

REFERENCE AND ADMINISTRATIVE DETAILS

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

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

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

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

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

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

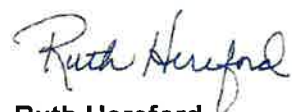
Key findings from our service user survey demonstrated the value that people with MD place on our service. 79% of respondents said our support helps them build their physical resilience; 75% said we helped them maintain their emotional wellbeing, and 76% said we helped them to live well with MD. 77%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

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

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

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

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



**Ruth Hereford
Chair of Trustees**

Date: 7 April 2025

**NMC MIDLANDS
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT
for the year ended 31 July 2024**

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

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

Public benefit

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of Trustees / Directors

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

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

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

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

Governance and management structure

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

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

Charitable objectives

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

Mission and vision

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

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

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

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

ACHIEVEMENTS AND PERFORMANCE

Therapy activities during 2023/24

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

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

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

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

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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

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

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

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

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

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

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

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

Feedback from service users

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

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

**NMC MIDLANDS
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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

Service users said:

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

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

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

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

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

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

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

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

Changes to staffing and volunteers

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

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

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

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

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

Challenges

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

Other challenges included:

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

PLANS FOR THE FUTURE

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

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

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

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

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

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

FINANCIAL REVIEW

INCOME AND EXPENDITURE

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

Voluntary income

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

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

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

Charitable activities income

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

Expenditure

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

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

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

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

RESERVES POLICY AND POSITION

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

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

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

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

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

RISK REVIEW

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

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

PAYMENT OF CREDITORS

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

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

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

**NMC MIDLANDS
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2024**

SIGNED ON BEHALF OF THE BOARD BY:

A handwritten signature in blue ink, appearing to read 'M. Field', with a horizontal line underneath.

**Mr M Field
Director/Trustee**

Dated: 5 April 2025

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

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

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your Company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

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

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

Signed:



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

Dated: 10 April 2025

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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

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

BALANCE SHEET
Registered No. 08132198

31 July 2024

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

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

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

Directors/Trustees responsibilities:

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

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

ON BEHALF OF THE BOARD:



Mr M Field

Director/Trustee

Date: 5 April 2025

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

**NMC MIDLANDS
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 July 2024**

1. ACCOUNTING POLICIES

General information and basis of preparation

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

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

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

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

Funds

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

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

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

Income recognition

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

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

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

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

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024**

1. ACCOUNTING POLICIES (continued)

Income recognition (continued)

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

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

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

Expenditure recognition

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

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

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

Tax

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

Employee benefits

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

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

Retirement benefits

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

Tangible fixed assets

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

**NMC MIDLANDS
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024**

1. ACCOUNTING POLICIES (continued)

Tangible fixed assets (continued)

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

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

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

Debtors and creditors receivable / payable within one year

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

Leases

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

Going concern

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

2. CRITICAL ACCOUNTING ESTIMATES AND JUDGEMENTS

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

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

NMC MIDLANDS
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NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

3. VOLUNTARY INCOME

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

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

4. CHARITABLE ACTIVITIES

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

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

5. INVESTMENT INCOME

	2024 £	2023 £
Interest received	17,384	3,151
	<u>17,384</u>	<u>3,151</u>

6. RAISING FUNDS

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

7. CHARITABLE ACTIVITIES

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

8. DIRECTORS / TRUSTEES REMUNERATION

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

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

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

9. STAFF COSTS

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

	2024	2023
Average number of staff		
Philanthropy and fundraising	2	2
Administration	4	3
Management	1	2
Clinical	4	3
	<u>11</u>	<u>10</u>
Full time equivalent	<u>7.9</u>	<u>7.3</u>
No employee received remuneration of £60,000 or more in this financial year or the preceding year.		
Volunteers:		
	2024	2023
Clinical and administration	33	27
	<u>33</u>	<u>27</u>

10. FIXED ASSETS

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

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NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

11. DEBTORS	2024 £	2023 £
Trade debtors	33,166	83,069
Other debtors	1,880	3,921
Prepayments and accrued income	921	1,720
	<u>35,967</u>	<u>88,710</u>

12. CREDITORS FALLING DUE WITHIN ONE YEAR	2024 £	2023 £
Trade creditors	6,193	1,600
Accruals and deferred income	19,767	19,942
Other creditors	1,348	6,098
	<u>27,308</u>	<u>27,640</u>

- 13. ULTIMATE CONTROLLING PARTY**
The Charity is under the control of its Board of Directors/Trustees.

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

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

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

Prior year

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

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NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

16. FUND RECONCILIATION – RESTRICTED FUNDS

Current year

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

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

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

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

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

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

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

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

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NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

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

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

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

Prior year

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2024

18. OPERATING LEASES

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

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

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

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

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

The defined contribution liability is allocated to unrestricted funds.

