

Registered Charity No. 1148855
Registered Company No. 08132198



Muscular Dystrophy Support Centre

inspiring independence

**NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)
T/A MUSCULAR DYSTROPHY SUPPORT CENTRE
TRUSTEES' REPORT
AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2025**



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

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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for the year ended 31 July 2025**

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NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)
T/A MUSCULAR DYSTROPHY SUPPORT CENTRE
REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number: 08132198 (England and Wales)

Charity number: 1148855

Directors / Trustees:

Mrs J Field	
Miss J Sehmbi	
Mr M Field	- Company Secretary
Mrs R Hereford	- Chair
Mr D Salt	
Mr R Flemming	
Mrs A Terry	- Retired – 7 August 2024
Mrs A Bharj	- Treasurer, Retired – 25 April 2025
Mr G Evans	- Passed away – 24 February 2026
Mr P Dowling	- Appointed – 25 April 2025
Mr I Gordon	- Appointed – 18 March 2026
Mr D Miller	- Appointed – 18 March 2026

**Registered office
& Principal office:**

Unit 10
Westwood House
Westwood Way
Westwood Business Park
Coventry
CV4 8HS

Accountants:

Dafferns Audit Limited
Chartered Accountants
One Eastwood
Harry Weston Road
Binley Business Park
Coventry
CV3 2UB

Bankers:

The Co-Operative Bank
P.O. Box 101
Balloon Street
Manchester
M60 4EP

Flagstone Group Ltd
1st Floor, Clareville House
26-27 Oxendon Street
London
SW1Y 4EL

Aldermore Bank
Apex Plaza, Forbury Road
Reading
RG1 1AX.

Chief Executive Officer:

Zoe Richardson	- Appointed – 27 August 2025
Sarah Ann Moore	- Resigned – 30 June 2025

**NMC MIDLANDS
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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**CHAIR'S REVIEW
for the year ended 31 July 2025**

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

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

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

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

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

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

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

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

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

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**CHAIR'S REVIEW
for the year ended 31 July 2025**

A tribute to Trustee Gary Evans

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

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

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

Thank you.

A handwritten signature in blue ink, reading 'Ruth Hereford'.

**Ruth Hereford
Chair of Trustees**

Date: 16 April 2026

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

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT
for the year ended 31 July 2025**

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

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

Public benefit

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

OBJECTIVES AND ACTIVITIES

Background

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

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

Charitable objectives

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

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

Mission and vision

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

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

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

ACHIEVEMENTS AND PERFORMANCE

Background to MD and our Charity

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

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

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

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

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

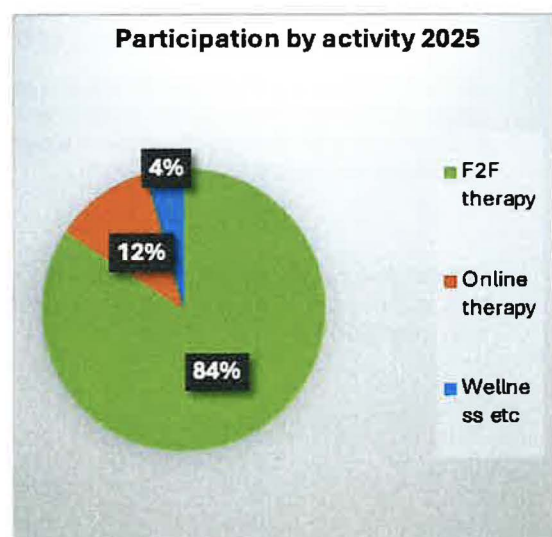
We operate from our main Centre in Coventry and satellite clinics in Birmingham, Leicester, Tipton, Daventry and Droitwich Spa (osteopathy only). Satellite clinics are delivered in partnership with local organisations to share resources and reduce travel for people with MD. We have offered online support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

Activities during 2024/25

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

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

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



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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

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

Our service user profile

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

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

Aquatic therapy evaluation

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

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

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



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

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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

Online, wellbeing and peer support

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

Service users engaged in our Wellbeing Hub – online information sessions on Nutrition and Worry Management were led by expert speakers and tailored for our community.

Since its launch in 2024, our Adapting to Change peer support group has gone from strength to strength. This group is focused on the practicalities of adapting to change with groups members supporting each other with advice and practical guidance. This could be after receiving a diagnosis, or at key stages in progression where the condition has progressed to a point where physical, mental and/ or emotional adaptations become necessary to retain people's independence.

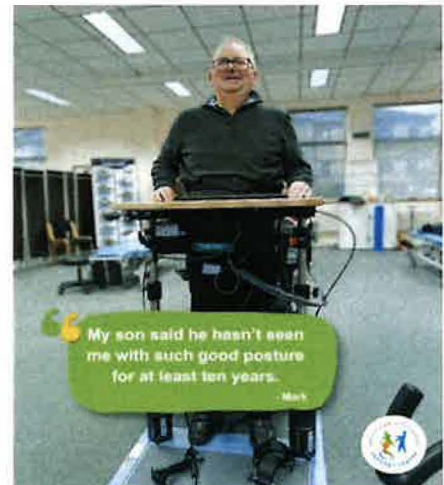
New Therapy equipment

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

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

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

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



Challenges

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

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

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

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

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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

Feedback from service users

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

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

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

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

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

Service users said:

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

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

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

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

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

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

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

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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

STAFF, VOLUNTEERS AND SERVICE USER INVOLVEMENT

Staff and changes

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

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

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

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

Volunteers

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

Service user oversight and advice

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

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

PLANS FOR THE FUTURE

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

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

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

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T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

FINANCIAL REVIEW

Income and expenditure

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

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

Voluntary income

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

Charitable activities income

Income generated whilst delivering our charitable activities increased by 23% to £300,408 (2024: £245,032). Income from NHS commissioners made up 96% of that total, reflecting the confidence that our NHS partners have in the expertise of our Clinical team and outcomes for service users.

Donations from service users towards their therapies added £4,940, and provision of complementary and aquatic therapies added £2,525 with the balance from renting space and selling physio supplies.

Acknowledgements

We would like to thank our service users for their donations, and for the efforts that many have made in organising fundraising events for us – from Golf Days to challenge events. We would also like to acknowledge the support of the following donors who generously gave to us last year:

Arnold Clark Community Fund, Austin Edward Charity Trust, Baron Davenport's Charity, Benham Charitable Settlement, Birmingham District Nursing Charitable Trust, Co-operative Customer Donation Fund, Coventry & District Charitable Trust, Coventry General Charities, DMF Ellis Charitable Trust, Douglas Heath Eves Trust, Dumbreck Charity, Edward and Dorothy Cadbury Trust, Edward Cadbury Charitable Trust, Eric Stanton – Northampton Trust, Eric W Vincent Trust Fund, February Foundation, Geoff Hill Charitable Trust, George Fentham Birmingham Charity, George Henry Collins Charity, Gilander Foundation, GJW Turner Trust, Grace Trust, Heart of England - Coventry, Warks & Solihull Community Fund, HEARTH Foundation, James Wise Charitable Trust, Hopkins Sayer Charity, J C Seccombe Charitable Trust, Jessie Spencer Trust, L and R Gilley Charitable Trust, Leamington Spa Community Fund, Marsh Charitable Trust, Michael and Anna Wix Charitable Trust, Muntz Trust, National Lottery Community Fund (Reaching Communities and Awards for All), Patrick Trust, P F Charitable Trust, Provincial Grand Lodge Warwickshire, Richard Kilcuppe Charity, Rowlands Trust, Rowleys Charitable Trust, Rugby Group Benevolent Fund, Soroptimist International of Rugby Charitable Trust, W E Dunn Charitable Trust, Warwick Provident Dispensary Charity, WCC Councillors Fund and the WPH Charitable Trust.

Reserves policy and position

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

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

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**TRUSTEES' REPORT (continued)
for the year ended 31 July 2025**

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

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

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

Payment of creditors

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Trustee responsibilities

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

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

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

Recruitment and appointment of Trustees / Directors

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

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TRUSTEES' REPORT (continued)
for the year ended 31 July 2025

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

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

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

Governance and management structure

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

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

Risk management

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

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

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

Independent examination

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

SIGNED ON BEHALF OF THE BOARD BY:



Mr M Field
Director/Trustee

Dated: 16 April 2026

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

Signed:



Emily Ball-Goldfinch ACA

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

Dated: 21 April 2026

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

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

	Notes	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
INCOME FROM:					
Voluntary income:					
Donations and legacies	3	95,054	89,792	184,846	229,753
Charitable Activities					
Services provided	4	300,408	-	300,408	245,032
Investment income	5	18,184	-	18,184	17,384
Total income		<u>413,646</u>	<u>89,792</u>	<u>503,438</u>	<u>492,169</u>
EXPENDITURE ON:					
Raising funds	6	56,899	-	56,899	66,199
Charitable activities	7	495,645	82,962	578,607	462,500
Total expenditure		<u>552,544</u>	<u>82,962</u>	<u>635,506</u>	<u>528,699</u>
Net income for the period before transfers		(138,898)	6,830	(132,068)	(36,530)
Transfer between funds		-	-	-	-
Net movement in funds		(138,898)	6,830	(132,068)	(36,530)
Reconciliation of funds					
Total funds brought forward		385,631	25,330	410,961	447,491
Total funds carried forward	15	<u>246,733</u>	<u>32,160</u>	<u>278,893</u>	<u>410,961</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 17 to 28 form part of these financial statements

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

BALANCE SHEET
Registered No. 08132198

31 July 2025

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

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

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

Directors/Trustees responsibilities:

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

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

ON BEHALF OF THE BOARD:



Mr M Field

Director/Trustee

Date: 13 April 2026

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

NMC MIDLANDS
(A COMPANY LIMITED BY GUARANTEE)
T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

STATEMENT OF CASH FLOWS

31 July 2025

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

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 2025**

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
(A COMPANY LIMITED BY GUARANTEE)**

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

**NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2025**

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
(A COMPANY LIMITED BY GUARANTEE)

T/A MUSCULAR DYSTROPHY SUPPORT CENTRE

NOTES TO THE FINANCIAL STATEMENTS (continued)
for the year ended 31 July 2025

3. VOLUNTARY INCOME

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

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

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

5. INVESTMENT INCOME

	2025 £	2024 £
Interest received	18,184	17,384
	<u>18,184</u>	<u>17,384</u>

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 2025

6. RAISING FUNDS

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

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

7. CHARITABLE ACTIVITIES

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

8. DIRECTORS / TRUSTEES REMUNERATION

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

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

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

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 2025

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

Average number of staff

Philanthropy and fundraising	2	2
Delivery	11	8
Management	1	1
	<u>14</u>	<u>11</u>
Full time equivalent	<u>11.2</u>	<u>7.9</u>

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

Volunteers:

	2025	2024
Clinical and administration	29	33
	<u>29</u>	<u>33</u>

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 2025

10. FIXED ASSETS

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

11. DEBTORS

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

12. CREDITORS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	32,003	6,193
Accruals and deferred income	25,784	19,767
Other creditors	1,098	1,348
	<u>58,885</u>	<u>27,308</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 2025 (2024: £nil) other than those disclosed in note 8.

**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 2025**

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current year

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

Prior year

	Fixed Assets £	Current Assets £	Current Liabilities £	Total £
Restricted Funds	11,350	13,980	-	25,330
Unrestricted Income Fund	-	412,939	(27,308)	385,631
	<u>11,350</u>	<u>426,919</u>	<u>(27,308)</u>	<u>410,961</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 aim and use of each restricted fund is set out in the notes to the financial statements.

16. FUND RECONCILIATION – RESTRICTED FUNDS

Current year

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

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

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

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

**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 2025**

FUND RECONCILIATION – RESTRICTED FUNDS (continued)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 2025

FUND RECONCILIATION – RESTRICTED FUNDS (continued)

Prior year

	Balance at 1 August 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 July 2024 £
Current Assets					
The National Lottery Community Fund – TATT	22,325	31,012	(53,337)	-	-
Garfield Weston Foundation	27,851	-	(27,851)	-	-
Birmingham Voluntary Service Council (BVSC)	1,018	204	(1,222)	-	-
SHIRE Community Grant	2,500	-	(2,500)	-	-
February Foundation	-	5,000	(5,000)	-	-
Eveson Charitable Trust	-	15,000	(11,000)	-	4,000
Leamington Spa Community Fund	-	2,000	(720)	-	1,280
Leicestershire & Rutland Community Foundation	-	3,000	(3,000)	-	-
Michael Guest Charitable Foundation	-	5,000	(5,000)	-	-
Other restricted funding	299	41,950	(33,549)	-	8,700
Other restricted projects	500	-	(500)	-	-
	<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>

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 2025

18. OPERATING LEASES

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

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

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

19. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

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

The defined contribution liability is allocated to unrestricted funds.

20. POST BALANCE SHEET EVENTS

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

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

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

21. CASH GENERATED FROM OPERATIONS

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