

MCS-AWARE

England & Wales · Charity number 1152139

Details

Status	Registered
Legal form	Charitable company
Company number	07772408
Registered	2013-05-22
Register	View on the Charity Commission register

Contact

Address	MCS-Aware 15 Intech House Wilbury Way Hitchin Hertford
Phone	000000000000
Email	info@mcs-aware.org
Website	www.mcs-aware.org

Activities

Objects: TO ADVANCE THE EDUCATION AND PRESERVE THE HEALTH OF THE PUBLIC BY PROMOTING THE CAUSES, RESEARCH AND TREATMENTS OF MULTIPLE CHEMICAL SENSITIVITY (MCS) AND RELATED CONDITIONS BY THE PROVISION OF TRAINING, ADVICE AND SUPPORT.

Activities: MCS-Aware provides awareness, support and education for anyone affected by Environmental Illness (EI) and Multiple Chemical Sensitivity (MCS) worldwide. We aim to facilitate research into Multiple Chemical Sensitivity and to campaign for recognition and better services for people with EI. Resources include an E-newsletter, forum, support group and quarterly magazine.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-01	£17,495	£23,094	-	-
2024-10-01	£47,679	£20,118	-	-
2023-10-01	£14,660	£24,133	-	-
2022-10-01	£9,492	£25,667	-	-
2021-10-01	£39,696	£24,309	-	-
2020-10-01	£19,948	£16,299	-	-

Trustees

Name	Role	Appointed
PETER DEBIASIO LLB	Chair	2013-02-07
Helen Lynn		2026-04-15
Nicholas Snow Clough		2026-04-15
Sarah Scott		2026-03-19

Accounts

Company registration number: 07772408

Charity registration number: 1152139

MCS - Aware

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 30 September 2024

MCS - Aware

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11
Notes to the Financial Statements	12 to 18

MCS - Aware

Reference and Administrative Details

Trustees	P E de Biasio S Williams
Charity Registration Number	1152139
Company Registration Number	07772408
Registered Office	The charity is incorporated in England. Suite 15 Intech House Wilbury Way Hitchin Herts SG4 0TW

MCS - Aware

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 30 September 2024.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	P E de Biasio
	S Williams

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

Objectives and Activities

Public benefit

All our charitable activities focus on providing information and support to people affected by environmental illness to facilitate their coping strategies and recovery and are undertaken to further our charitable purposes for the public benefit. We aim to reach as many people as possible, whether this is sufferers, members of the public or health care professionals, and increase knowledge of the condition.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Governing Document

MCS-Aware is a charitable company limited by guarantee, incorporated on 13th September 2011 and registered as a charity on 22nd May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, full members (Trustees/ Directors) are required to contribute an amount not exceeding £10. The support group was founded June 2005 under the name 'Chemical Free', before being renamed 'MCS-Aware' in 2011.

Recruitment and appointment of management committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as full members. Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All trustees give their time voluntarily and no trustees received any remuneration during the year. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

MCS - Aware

Trustees' Report

Trustee induction and training

Most trustees are already familiar with the practical work of the charity having had experience of environmental illness either personally or through friends and family. We have developed a Trustee Information Pack and Admin Protocol which clearly outlines the running of the charity. People may apply, or the trustees and the charity manager may invite people to become trustees if their background is relevant to the work of the charity. Trustees may appoint any other person as they see fit to a position of full membership, provided this is agreed by unanimous resolution of existing trustees.

Organisational structure

Trustees formally meet twice a year: in spring and with an AGM in the autumn and are responsible for the strategic direction and policy of the charity. More informally the Trustees communicate on at least a monthly basis as matters arise. Sarah Scott continues in her voluntary position of special advisor and is instrumental in assisting the staff and Trustees.

The charity employs three part time members of staff (self-employed), a charity manager, administration assistant, and marketing assistant. Since we discontinued the production of our members magazine in Spring/Summer 2023, the magazine editors' hours and responsibilities have been reduced to the marketing assistant role. From April 2024 to January 2025, the marketing assistant carried out the role of acting charity manager (as maternity cover).

We have a limited number of volunteers that cover IT technician and social media content roles. Due to the fact that MCS can be such a life altering, debilitating condition, the charity continues to find it a challenge to recruit active volunteers.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. 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 not appropriate to assume that the company 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 to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Our Aims and Objectives

MCS's mission is to promote awareness of Multiple Chemical Sensitivity (MCS), a chronic, physical illness affecting people of all ages and backgrounds, causing sufferers to have allergic-type (metabolic, IgE), reactions to very low levels of chemicals in everyday products, foods, medicines, and electromagnetic/ microwave radiation.

MCS's vision is of educated healthcare practitioners and improved access to treatment and services for patients with MCS to facilitate recovery. In addition the charity aims to educate and empower sufferers.

MCS - Aware

Trustees' Report

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set. Our team of advisors includes Jonathan Cohen, nutritional advisor and Dr Apelles Econs, medical advisor. We will review and add to our advisors as we find people whose experience will further the aims of the charity.

The focus of our work

Our main objective for the year was to maintain the charity financially so that we could continue to provide support for people affected by environmental illness. The strategies we used to meet these objectives included:

- Improving efficiency of the charity, making the most of resources, time and funds
- 1. Developing our website, originally created in 2012. This involved moving from "Joomla" to a "WordPress" site and included the complex migration of a messaging forum. We have made our information and support accessible via downloadable resources. The site has Donate buttons linked to Paypal.
- 2. Updating our membership options encouraging rolling subscriptions to provide a sustainable funding stream via ongoing memberships.
- 3. Ending production and printing of our quarterly magazine and moving to monthly e-newsletters (printed copies available to postal members).
- Developing relationships with other organisations and services that can support the needs of our subscribers.
- Promoting the work of the charity to access more people with environmental illness, and to raise our profile through our website and increased social media.

Main Areas of Charitable activity

The main area of charitable activity is the provision of information on our website and social media and through answering queries directly via email and post. We have an online forum to answer questions and share tips, a PenPal Community and e-newsletter. These activities and the achievements that flow from our work are described below. We provide:

- **Membership:** Postal, e-membership and overseas membership available. Postal membership includes posted newsletters, helpsheets and information by email or post, access to our Penpal community, Practitioners List and Discounts on useful products.
- **E-newsletter** Free online and via email marketing (Acrymailing) once a month. Sent out by post to postal members twice a year in batches of six. (These members are unable to access online resources due to electro-hypersensitivity and so receive information by post).
- **Social Media:** to share information, relevant news articles, health tips, coping strategies and humour on Facebook and X. We also have Pinterest and Instagram accounts
- **Website:** providing comprehensive free resources, publications and links to research and other groups. There is also a Free forum.

MCS - Aware

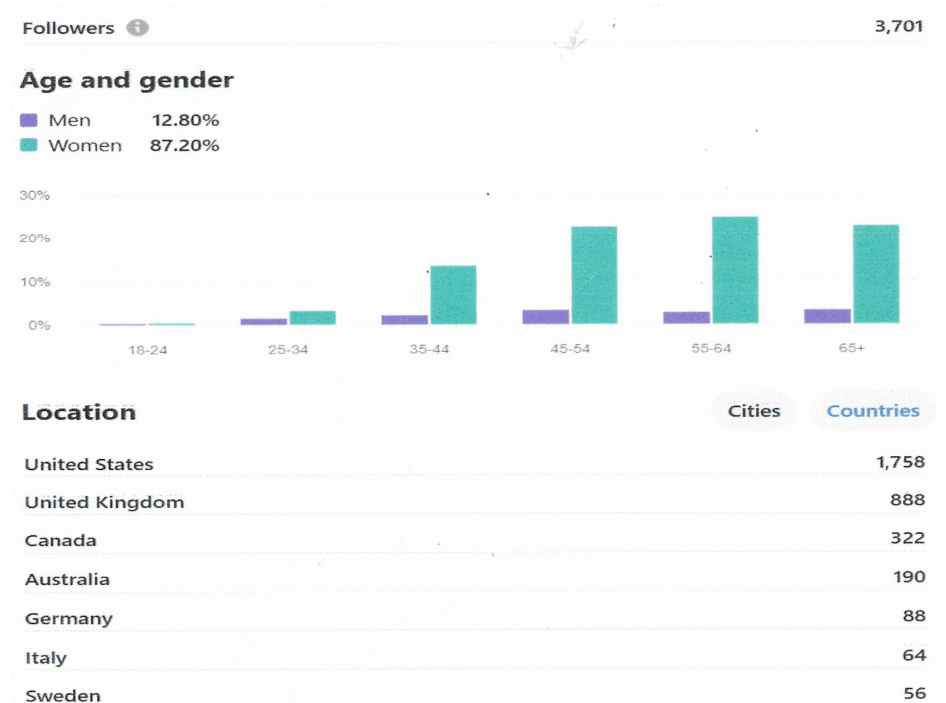
Trustees' Report

How our activities deliver public benefit

Our main activities and those we try to help are described below. All our charitable activities focus on providing information and support to people affected by environmental illness to facilitate coping strategies and recovery and are undertaken to further our charitable purposes for the public benefit. We also aim to raise awareness of the condition amongst the public and medical professionals.

Who used and benefited from our services?

While our main paid membership audience is in the UK, we do have a few overseas subscribers and an increasing number of enquiries and emails from overseas. We include links to services and help-groups in other countries to provide information for these people on our website and in our e-newsletter. The impact of our work goes far beyond those we help directly and includes reducing the distress suffered by the families and friends of sufferers, as well as informing and educating health practitioners.



In terms of reach, the MCS-Aware Facebook page (www.facebook.com/mcsaware) currently has 3.7k followers, the demographics can be seen above.

Therefore, while our paid membership is relatively low, our reach via Facebook is significant and the USA is the country with the strongest engagement via that platform. In May 2025, when preparing this report, our social media in the last 28 days has reached 9288 views.

Equal access to our services is important to us. We provide information by post on chlorine-free paper, and information online and by email to ensure access for a variety of disabilities. As many people with EI have restricted incomes, we ensure that a good proportion of our key information is available free online, including our e-newsletter and forum.

MCS - Aware

Trustees' Report

Affiliations

We have established good working links with several other organisations and are officially affiliated to the 25% ME Group, the British Society for Ecological Medicine (BSEM), Foods Matter, ES-UK, Pesticide Action Network and LightAware. In the past we have also worked closely with the Stevenage Fibromyalgia Group. We collaborate with The Environmental Health Association of Quebec and The Environmental Health Association of Canada.

Professional Membership

We renewed membership of the Benefits and Work Organisation so we can provide our members with up-to-date resources for benefits and welfare applications. We remain affiliated to the North Herts Centre for Voluntary Services to benefit from their advice on grant applications and volunteers.

Financial Review

Funding Sources

Our main income is through subscriptions and donations from members. This covers the ongoing costs of printing and postage of mailings to subscribers, along with general admin work to maintain the charity and its core services.

Donations

A total of £39,623.11 (£30,000 from Annabel Lucas legacy) was received throughout the year from individual donors. In addition, we received subscription fees, be it from members, friends and family of members, or members of the public.

In October 2023, Phil Davis donated £3000 to the charity and The Roger and Jean Jefcoate Trust donated £1000 in January 2024. Alison Neilson-Dow bequeathed us £2000 in her will and in February 2024, Patricia Murphy donated £1000 to the charity.

We received payment of £30,000 from the estate of Annabel Lucas, a former member. We are due a second payment of approximately £20,000 when the administration of the estate is complete and one trustee has been liaising with the legal team involved. However, for many legal reasons and delays due to the complexity of the estate, we are yet to receive this second payment.

Gift Aid

On 18th September 2024 we received £2,609.55 from the HMRC for Gift Aid, representing the Gift Aid due to the charity for the years 20/21, 21/22 and 22/23.

Activities Review

The charity continues to be based in its office in Hitchin which is rented on a quarterly basis. The office has been furnished using second-hand and donated furniture, and provides a useful hub in which staff, volunteers and trustees can work and meet. Some of the furniture from the previous office has been sold this year.

The resources page on our website was populated in 2024 with our most requested helpsheets. We began looking at the article section on the website and how we could post members stories to make it more relatable.

We have been working on updating help sheets and the website, re-organising cloud storage for our resources, and maintaining core services for members.

The manager has been completing a financial review of rental and subscription costs to the charity with the objective of saving some money in these areas.

MCS - Aware

Trustees' Report

Notable achievements this year

- The MCS Forum was made accessible to non-members via our website.
- Membership, also available through our website, was updated to include 3 monthly payable options.
- A new template was created for our e-newsletter that commenced in January 2024.
- Membership material was updated e.g. our Practitioners List was updated with help from Dr Jenny Goodman's website
- IT and admin systems were set up and updated i.e. a new office printer was purchased; an online account was set up with the charity commission and a comprehensive password manager bank was set up.
- QuickBooks Accounts was set up and linked to our bank accounts.
- An event on writing funding applications, hosted by Roger Jefcoate, was attended in Milton Keynes in August 2024 by two of our part-time staff.
- Our founder and ex CEO, Nicki Greenham, represented the charity in an MCS taskforce, put together to look at key resource studies on testing for MCS.
- Sourcing and financing bid writers 'Integrated Fundraising Team' through The Roger and Jean Jefcoate Trust, who are contracted with us for six days work.

Volunteers

We are grateful to have several volunteers involved with the charity. The charity would like to have more volunteers, especially with web page support. Sarah Scott remains vital to the smooth running of the charity in her capacity of Special Advisor.

Plans for 2024-25

Our main priority continues to be securing funding for running costs and projects. It is vital the charity increases its reliable income stream, in order to continue over and above the irregular income received from one-off donations. We plan to receive an interim report from Integrated Fundraising Team and a final report to include details of the grants and trusts applied to on our behalf.

We want to make more information freely available on the website

Future priorities when funding becomes available key projects include:

- Further collate research and data to present to authorities to support recognition of MCS/EHS as a chronic, physical illness.
- Publicise the existing issues and facilitate better access to safer accommodation and holiday lets for people with Environmental Illness.
- Continuing to support existing members whilst trying to attract new members and volunteers to help get MCS recognised.
- Produce guidelines for GPs
- Collaborate with other organisations in the UK and abroad with similar aims

MCS - Aware
Trustees' Report

The annual report was approved by the trustees of the charity on 20 June 2025 and signed on its behalf by:

.....
P E de Biasio
Trustee

MCS - Aware

Independent Examiner's Report to the trustees of MCS - Aware ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2024.

Responsibilities and basis of report

As the charity's 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 charity'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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the accounts present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

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:

1. accounting records were not kept in respect of MCS - Aware as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. 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
4. 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.

.....
S C Matejtschuk

20 June 2025

MCS - Aware

Statement of Financial Activities for the Year Ended 30 September 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Appeals, donations and legacies	3	42,233	-	42,233
Other trading activities	4	3,578	-	3,578
Investment income	5	1,868	-	1,868
Total income		47,679	-	47,679
Expenditure on:				
Raising funds	6	(33)	-	(33)
Charitable activities	7	(20,085)	-	(20,085)
Total expenditure		(20,118)	-	(20,118)
Net income		27,561	-	27,561
Net movement in funds		27,561	-	27,561
Reconciliation of funds				
Total funds brought forward		3,330	755	4,085
Total funds carried forward	17	30,891	755	31,646
	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Appeals, donations and legacies	3	9,605	-	9,605
Other trading activities	4	4,277	-	4,277
Investment income	5	778	-	778
Total income		14,660	-	14,660
Expenditure on:				
Raising funds	6	(48)	-	(48)
Charitable activities	7	(24,085)	-	(24,085)
Total expenditure		(24,133)	-	(24,133)
Net expenditure		(9,473)	-	(9,473)
Net movement in funds		(9,473)	-	(9,473)
Reconciliation of funds				
Total funds brought forward		12,803	755	13,558
Total funds carried forward	17	3,330	755	4,085

The funds breakdown for 2023 is shown in note 17.

The notes on pages 12 to 18 form an integral part of these financial statements.

MCS - Aware

(Registration number: 07772408) Balance Sheet as at 30 September 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	12	98	131
Current assets			
Stocks	13	245	245
Debtors	14	547	547
Investments		21,190	178
Cash at bank and in hand	15	<u>10,246</u>	<u>3,624</u>
		32,228	4,594
Creditors: Amounts falling due within one year	16	<u>(680)</u>	<u>(640)</u>
Net current assets		<u>31,548</u>	<u>3,954</u>
Net assets		<u>31,646</u>	<u>4,085</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		755	755
Unrestricted income funds			
Unrestricted funds		<u>30,891</u>	<u>3,330</u>
Total funds	17	<u>31,646</u>	<u>4,085</u>

The financial statements on pages 10 to 18 were approved by the trustees, and authorised for issue on 20 June 2025 and signed on their behalf by:

.....
P E de Biasio
Trustee

The notes on pages 12 to 18 form an integral part of these financial statements.

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

1 Charity status

The charity is limited by guarantee, incorporated in England, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

The address of its registered office is:

Suite 15 Intech House

Wilbury Way

Hitchin

Herts

SG4 0TW

These financial statements were authorised for issue by the trustees on 20 June 2025.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

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

Statement of compliance

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 (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

MCS - Aware meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Gift aid

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £100 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Current asset investments

Current asset investments are included at the lower of cost and net realisable value / market value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

3 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	39,623	39,623
Other income from donations and legacies	<u>2,610</u>	<u>2,610</u>
Total for 2024	<u><u>42,233</u></u>	<u><u>42,233</u></u>
Total for 2023	<u><u>9,605</u></u>	<u><u>9,605</u></u>

4 Income from other trading activities

	Unrestricted General £	Total 2024 £	Total 2023 £
Trading income;			
Sales of goods and services	117	117	5
Commission income;			
Commission income	484	484	657
Advertising Income	-	-	190
Membership subscriptions	<u>2,977</u>	<u>2,977</u>	<u>3,425</u>
	<u><u>3,578</u></u>	<u><u>3,578</u></u>	<u><u>4,277</u></u>
		Unrestricted funds General £	Total funds £
Trading income;			
Sales of goods and services		117	117
Events income;			
Other events income		484	484
Membership subscriptions		<u>2,977</u>	<u>2,977</u>
Total for 2024		<u><u>3,578</u></u>	<u><u>3,578</u></u>
Total for 2023		<u><u>4,277</u></u>	<u><u>4,277</u></u>

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

5 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income; Interest receivable on bank deposits	855	855
Total for 2024	855	855
Total for 2023	778	778

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Depreciation, amortisation and other similar costs		33	33
Total for 2024		33	33
Total for 2023		48	48
			Total costs £

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total 2024 £	Total 2023 £
Governance costs	8	20,085	20,085	24,085

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Staff costs		
Other staff costs	14,540	14,540
Independent examiner fees		
Other fees paid to examiners	680	680
Other governance costs	<u>4,865</u>	<u>4,865</u>
Total for 2024	<u><u>20,085</u></u>	<u><u>20,085</u></u>
Total for 2023	<u><u>24,085</u></u>	<u><u>24,085</u></u>

9 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2024 £	2023 £
Depreciation of fixed assets	<u><u>33</u></u>	<u><u>44</u></u>

10 Trustees remuneration and expenses

11 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Other staff costs	<u><u>14,540</u></u>	<u><u>18,104</u></u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No	2023 No
Administration and support staff	<u><u>2</u></u>	<u><u>1</u></u>

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 October 2023	1,800	1,800
At 30 September 2024	1,800	1,800
Depreciation		
At 1 October 2023	1,669	1,669
Charge for the year	33	33
At 30 September 2024	1,702	1,702
Net book value		
At 30 September 2024	98	98
At 30 September 2023	131	131

13 Stock

	2024 £	2023 £
Stocks	245	245

14 Debtors

	2024 £	2023 £
Prepayments	547	547

15 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	10,246	3,624

16 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals	680	640

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2024

17 Funds

	Balance at 1 October 2023 £	Incoming resources £	Resources expended £	Balance at 30 September 2024 £
Unrestricted funds				
General	3,330	47,679	(20,118)	30,891
Restricted funds	<u>755</u>	<u>-</u>	<u>-</u>	<u>755</u>
Total funds	<u><u>4,085</u></u>	<u><u>47,679</u></u>	<u><u>(20,118)</u></u>	<u><u>31,646</u></u>
	Balance at 1 October 2022 £	Incoming resources £	Resources expended £	Balance at 30 September 2023 £
Unrestricted funds				
General	12,803	14,660	(24,133)	3,330
Restricted funds	<u>755</u>	<u>-</u>	<u>-</u>	<u>755</u>
Total funds	<u><u>13,558</u></u>	<u><u>14,660</u></u>	<u><u>(24,133)</u></u>	<u><u>4,085</u></u>

MCS - Aware

Statement of Financial Activities by fund for the Year Ended 30 September 2024

Unrestricted Funds

	Total Unrestricted Funds 2024 £	Total Unrestricted Funds 2023 £
Income and Endowments from:		
Appeals, donations and legacies	42,233	9,605
Other trading activities	3,578	4,277
Investment income	1,868	778
Total income	<u>47,679</u>	<u>14,660</u>
Expenditure on:		
Raising funds	(33)	(48)
Charitable activities	<u>(20,085)</u>	<u>(24,085)</u>
Total expenditure	<u>(20,118)</u>	<u>(24,133)</u>
Net income/(expenditure)	<u>27,561</u>	<u>(9,473)</u>
Net movement in funds	27,561	(9,473)
Reconciliation of funds		
Total funds brought forward	<u>3,330</u>	<u>12,803</u>
Total funds carried forward	<u><u>30,891</u></u>	<u><u>3,330</u></u>

MCS - Aware

Statement of Financial Activities by fund for the Year Ended 30 September 2024

Restricted Funds

	Total Restricted Funds 2024 £	Total Restricted Funds 2023 £
Income and Endowments from:		
Expenditure on:		
Net income/(expenditure)	-	-
Reconciliation of funds		
Total funds brought forward	<u>755</u>	<u>755</u>
Total funds carried forward	<u><u>755</u></u>	<u><u>755</u></u>

MCS - Aware

Detailed Statement of Financial Activities for the Year Ended 30 September 2024

	Total 2024 £	Total 2023 £
Income and Endowments from:		
Appeals, donations and legacies (analysed below)	42,233	9,605
Other trading activities (analysed below)	3,578	4,277
Investment income (analysed below)	1,868	778
Total income	47,679	14,660
Expenditure on:		
Raising funds (analysed below)	(33)	(48)
Charitable activities (analysed below)	(20,085)	(24,085)
Total expenditure	(20,118)	(24,133)
Net income/(expenditure)	27,561	(9,473)
Net movement in funds	27,561	(9,473)
Reconciliation of funds		
Total funds brought forward	4,085	13,558
Total funds carried forward	31,646	4,085

MCS - Aware

Detailed Statement of Financial Activities for the Year Ended 30 September 2024

	Total 2024 £	Total 2023 £
<i>Appeals, donations and legacies</i>		
Appeals and donations	39,623	9,605
Gift Aid tax reclaimed	2,610	-
	<u>42,233</u>	<u>9,605</u>
<i>Other trading activities</i>		
Subscriptions	2,977	3,425
Sales of purchased goods	117	5
Commissions received	484	657
Advertising revenue	-	190
	<u>3,578</u>	<u>4,277</u>
<i>Investment income</i>		
Interest on cash deposits	1,013	-
Interest on cash deposits	855	778
	<u>1,868</u>	<u>778</u>
<i>Raising funds</i>		
Opening stock	(245)	(249)
Closing stock	245	245
Depreciation of office equipment	(33)	(44)
	<u>(33)</u>	<u>(48)</u>
<i>Charitable activities</i>		
Subcontract admin staff	(14,540)	(18,104)
Office Rent	(1,906)	(2,121)
Internet and website	(901)	(526)
Printing, postage and stationery	(1,203)	(791)
Professional books and subscriptions	(354)	(357)
Sundry expenses	(304)	(453)
Advertising	(19)	(1,020)
Accountancy fees	(680)	(580)
Professional indemnity insurance	(96)	(96)
Legal and professional fees	-	(13)
Paypal charges	(82)	(24)
	<u>(20,085)</u>	<u>(24,085)</u>

This page does not form part of the statutory financial statements.

Accounts

Company registration number: 07772408

Charity registration number: 1152139

MCS - Aware

(A company limited by share capital)

Annual Report and Financial Statements

for the Year Ended 30 September 2021

MCS - Aware

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 16
Independent Examiner's Report	21

MCS - Aware

Reference and Administrative Details

Trustees	P E de Biasio S Williams
Charity Registration Number	1152139
Company Registration Number	07772408
Registered Office	The charity is incorporated in England. 8a Intech House Wilbury Way Hitchin Herts SG4 0TW
Independent Examiner	SCM Accountancy Services Ltd 39 Silver Birch Avenue Stotfold Hitchin Herts SG5 4AS

MCS - Aware

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 30 September 2021.

Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:	P E de Biasio
	S Williams

Objectives and Activities

Public benefit

All our charitable activities focus on providing information and support to people affected by environmental illness to facilitate their coping strategies and recovery and are undertaken to further our charitable purposes for the public benefit. We also attend public events to promote awareness that a healthy environment can contribute to better health.

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Structure, Governance and Management

Governing Document

MCS-Aware is a charitable company limited by guarantee, incorporated on 13th September 2011 and registered as a charity on 22nd May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, full members (Trustees/ Directors) are required to contribute an amount not exceeding £10. The support group was founded June 2005 under the name 'Chemical Free', before being renamed 'MCS-Aware' in 2011.

Recruitment and appointment of management committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as full members. Under the requirements of the Memorandum and Articles of Association the trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All trustees give their time voluntarily and no trustees received any remuneration during the year. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

Trustee induction and training

Most trustees are already familiar with the practical work of the charity having had experience of environmental illness either personally or through friends and family. We have developed a Trustee Information Pack and Admin Protocol which clearly outlines the running of the charity. People may apply, or the trustees and the CEO may invite people to become trustees if their background is relevant to the work of the charity. Trustees may appoint any other person as they see fit to a position of full membership, provided this is agreed by unanimous resolution of existing trustees.

MCS - Aware

Trustees' Report

Organisational structure

Trustees formally meet twice a year: in spring and with an AGM in the autumn and are responsible for the strategic direction and policy of the charity. More informally the Trustees communicate on at least a monthly basis as matters arise. Sarah Scott continues in her voluntary position of special advisor and is instrumental in assisting the staff and Trustees.

Salaried Staff: Since 2018-19 the charity employed two paid members of part-time (self-employed) staff (totalling 2.5 days per week), with Helen Blacker carrying out the role of General Office Manager, and Sarah Weston helping with admin and fundraising. Sarah Weston continues in the same role. In December 2019, Helen retired from her role as manager, but remains with MCS-Aware in a reduced role as magazine editor. The charity appointed Alicia Hurrell (self-employed and part-time) in February 2021 to the position of Charity Manager.

We have a small number of volunteers covering additional admin tasks and social media. We would like to have more volunteers to assist with fundraising, accounting and IT maintenance.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. 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 not appropriate to assume that the company 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 to enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Our Aims and Objectives

Our charity's purposes as set out in the objects contained in the company's memorandum of association are:

"To advance the education and preserve the health of the public by promoting the causes, research and treatments of Environmental Illness (EI) including Multiple Chemical Sensitivity (MCS) and related conditions by the provision of training, advice, services and support."

Our long-term aim is to get MCS recognised by the UK Government as a chronic, physical illness. Our aims fully reflect the purposes for which the charity was set up.

MCS - Aware

Trustees' Report

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This report looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set. Our team of advisors includes Jonathan Cohen, nutritional advisor and Dr Apelles Econs, medical advisor. Sadly, Gillian McCarthy, our scientific advisor, passed away in February 2021. We will review and add to our advisors as we find people whose experience will further the aims of the charity.

The focus of our work

Our main objectives for the year continued to be to publicise the charity and provide support for people affected by environmental illness. The strategies we used to meet these objectives included:

- ☐ Providing a range of help-sheets, leaflets and online information to inform people affected by environmental illness about coping strategies and pathways to recovery.
- ☐ Developing the structure of the charity to improve efficiency.
- ☐ Developing relationships with other organisations and services that can support the needs of our subscribers.
- ☐ Promoting the work of the charity to access more people with environmental illness, and to raise our profile.

Main Areas of Charitable activity

The main area of charitable activity is the provision of information through answering queries directly and through information on our website, social media and support group. This includes an online forum to answer questions and share tips, a PenPal Community, e-newsletter, three magazines per annum and website shop. When funds allow we also attend public events to promote the work of the charity. These activities and the achievements that flow from our work are described below. We provide:

- ☐ **Website:** free resources, publications and links to research, and other groups. Free forum.
- ☐ **E-newsletter:** free by subscription. Issued online every 3 weeks.
- ☐ **Social Media:** health tips, coping strategies and humour daily on Twitter and Facebook. We also have a Pinterest page.
- ☐ **MCS-Aware Magazine:** published on chlorine-free paper by post, and by email. Issued three times a year by paid subscription.
- ☐ **Membership:** paid subscription includes a copy of the magazine, help-sheets and information by email or post. PenPal Community, and discounts on useful products.
- ☐ **Shop:** online and by catalogue selling back issues of magazines, notecards, and other sundries useful for environmental illness.

How our activities deliver public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on providing information and support to people affected by environmental illness to facilitate coping strategies and recovery and are undertaken to further our charitable purposes for the public benefit. We also attend public events to promote awareness that a healthy environment can contribute to better health.

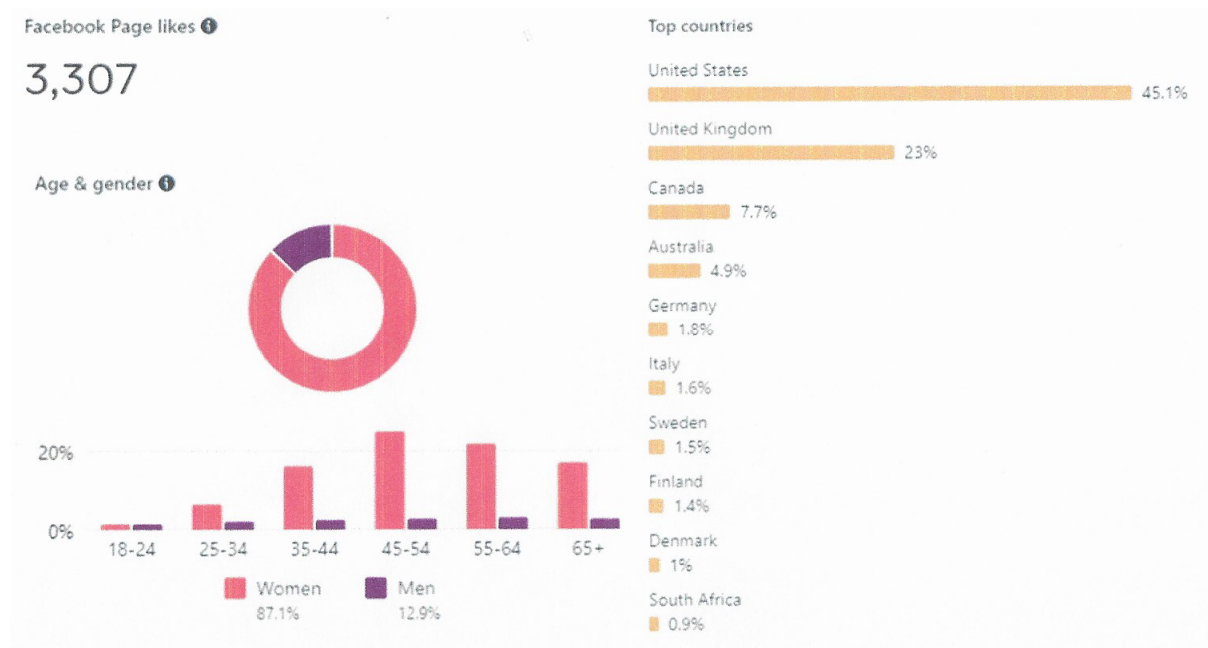
MCS - Aware

Trustees' Report

Who used and benefited from our services?

While our main paid membership audience is in the UK, we have increasing numbers of overseas subscribers. We include links to services and help-groups in other countries to provide information for these people on our website and in our magazine and e-newsletter. The impact of our work goes far beyond those we help directly and includes reducing the distress suffered by the families and friends of sufferers, as well as informing and educating health practitioners.

In terms of reach the MCS-Aware Facebook (www.facebook.com/mcsaware) currently has 3,307 page likes, the demographics can be seen below.



(data correct as of 08/06/2022)

Therefore while our paid membership is relatively low, our reach via Facebook is significant and the USA is the country with the strongest engagement via that platform.

Equal access to our services is important to us. We provide information by post on chlorine-free paper, and information online and by email to ensure access for a variety of disabilities. As many people with EI have restricted incomes we ensure that a good proportion of our key information is available free online, including our e-newsletter and forum.

Affiliations

We have established good working links with several other organisations and are officially affiliated to the 25% ME Group, the British Society for Ecological Medicine (BSEM), Foods Matter and the Sheep Dip Sufferers group. We are now working closely with the local Stevenage Fibromyalgia Group. We have become affiliated with The Aerotoxic Association who provide help for pilots and people who have become ill through contaminated aircraft air and have joined forces with the UK Freedom from Fluoride Alliance.

MCS - Aware

Trustees' Report

Professional Membership

We renewed membership the Benefits and Work Organisation so we can provide our members with up-to-date resources for benefits and welfare applications. We remain affiliated to the North Herts Centre for Voluntary Services to benefit from their advice on grant applications and volunteers.

Financial Review

Funding Sources

Our main income is through subscriptions and donations from members. This covers the ongoing costs of printing and postage of mailings to subscribers, along with general admin work to maintain the charity and its core services.

Donations

A total of £35,218 (2020 £16,048) was received throughout the year from individual donors, in addition to subscription fees, be it from members, friends and family of members, or members of the public.

This includes ongoing donations via standing order from the '100' Appeal (see below), and a generous donation of £4,000 from Roger and Jean Jefcoate Trust in August 2021. In October 2020 we learnt that we had received £25,000 from the estate of Sue Kerley. This was incredibly generous.

We have invested £15,000 in Charifund to provide us with a small annual income on the investment, the first investment was made in April 2020.

We have been alerted to a gift left to us from the estate of Annabel Lucas. We have been advised that probate took place in March 2020. One trustee has been liaising with the Ms Lucas' legal team. We have been advised the amount would be significant however for many legal reasons, and significant delays due to Covid, we have not been advised of the amount to be expected or when payment will be.

Gift Aid

In October 2021 (after the year-end) we received £1,651.64 from the HMRC for Gift Aid, representing the Gift Aid due to the charity for the years 17/18, 18/19 and 19/20.

Fundraising

The Charity's '100' Appeal remained active during 2020 and 2021, encouraging members and their friends and families to help attract small donations by monthly standing order from the public, with approximately £1,000 pa committed on an ongoing basis.

Computer Investment

Computers donated to MCS-Aware by the charity Computers 4 Africa for use in the office continue to be used by staff and are much appreciated. Some of the computers are showing signs of ageing and would ideally need replacing.

Activities Review

The charity continues to be based in its office in Hitchin, which is rented on a quarterly basis. The office has been furnished using second-hand and donated furniture, and provides a useful hub in which staff, volunteers and trustees can work and meet. The charity is considering whether retaining the physical office is financially viable.

MCS - Aware

Trustees' Report

Due to the Covid 19 pandemic, and from Spring 2020 onwards, staff have mostly been working from home, visiting the office to collect post etc., as restrictions allow, and have done a good job of providing continuity of service during difficult times. The staff now combine working from home and using the office as required.

We have continued to apply for various funds and grants throughout the year, to ensure continued funding, and have been working on updating help sheets and the website, re-organising Dropbox files, and maintaining core services for members.

Notable achievements this year

Subscriptions were updated in 2019, moving from 'magazine only' and 'support group' options, to just the one flat rate membership subscription, meaning that all members will receive three magazines a year (including Christmas), and have access to the full range of membership services. This was done to simplify the subscription process and payment options, especially for new members, and we have also encouraged subscribers to set up standing orders where possible, to minimise ongoing administration regarding renewal.

Volunteers

We are grateful to have various volunteers involved with the charity, including Anna to help with accounts, Kaye with social media (in particular Facebook) and Bridget with fundraising applications. Sarah Scott remains vital to the smooth running of the charity and has been helping out with proof-reading the magazine and general admin. Sarah Scott has also helped with guiding Alicia in her new role as MCS-Aware Manager.

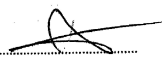
Plans for 2021-22

Our main priority continues to be securing funding for running costs and projects. When funding becomes available key projects include:

- It is vital the charity increases the reliable income in order to continue successfully.
- Explore ways to generate long term funding, along with the possibility of a fundraising manager.
- Further collate research and data to present to authorities to support recognition of MCS/EHS as a chronic, physical illness.
- Publicise the existing issues and facilitate better access to safer accommodation for people with Environmental Illness.
- Continuing to support existing members whilst trying to attract new members and volunteers to help get MCS recognised.

Prepared by Trustee, Ms Sarah Williams June 2022

The annual report was approved by the trustees of the Charity on 22 June 2022 and signed on their behalf by


Mr P E de Biasio

Trustee

MCS - Aware

Statement of Financial Activities for the Year Ended 30 September 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £
Income and Endowments from:				
Appeals, donations and legacies	3	35,218	-	35,218
Other trading activities	4	3,956	-	3,956
Investment income	5	522	-	522
Total income		39,696	-	39,696
Expenditure on:				
Raising funds	6	(161)	-	(161)
Charitable activities	7	(24,148)	-	(24,148)
Total expenditure		(24,309)	-	(24,309)
Net income		15,387	-	15,387
Net movement in funds		15,387	-	15,387
Reconciliation of funds				
Total funds brought forward		13,591	755	14,346
Total funds carried forward	17	28,978	755	29,733
	Note	Unrestricted funds £	Restricted funds £	Total 2020 £
Income and Endowments from:				
Appeals, donations and legacies	3	16,048	-	16,048
Other trading activities	4	3,767	-	3,767
Investment income	5	133	-	133
Total income		19,948	-	19,948
Expenditure on:				
Raising funds	6	(103)	-	(103)
Charitable activities	7	(16,196)	-	(16,196)
Total expenditure		(16,299)	-	(16,299)
Net income		3,649	-	3,649
Net movement in funds		3,649	-	3,649
Reconciliation of funds				
Total funds brought forward		9,940	755	10,695
Total funds carried forward	17	13,589	755	14,344

The funds breakdown for 2020 is shown in note 17.

The notes on pages 10 to 16 form an integral part of these financial statements.

MCS - Aware

(Registration number: 07772408) Balance Sheet as at 30 September 2021

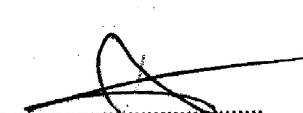
	Note	2021 £	2020 £
Fixed assets			
Tangible assets	12	233	309
Current assets			
Stocks	13	249	334
Debtors	14	829	792
Investments		15,000	5,000
Cash at bank and in hand	15	13,982	8,429
		<u>30,060</u>	<u>14,555</u>
Creditors: Amounts falling due within one year	16	<u>(560)</u>	<u>(520)</u>
Net current assets		<u>29,500</u>	<u>14,035</u>
Net assets		<u>29,733</u>	<u>14,344</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		755	755
Unrestricted income funds			
Unrestricted funds		<u>28,978</u>	<u>13,589</u>
Total funds	17	<u>29,733</u>	<u>14,344</u>

For the financial year ending 30 September 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity 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 on pages 9 to 15 were approved by the Trustees and authorised for issue on 22 June 2022 and signed on their behalf by


.....
Mr P E de Biasio

Trustee

The notes on pages 10 to 16 form an integral part of these financial statements.

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

1 Charity status

The charity is limited by share capital, incorporated in England.

The address of its registered office is:

8a Intech House
Wilbury Way
Hitchin
Herts
SG4 0TW

These financial statements were authorised for issue by the trustees on 22 June 2022.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

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

Statement of compliance

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 (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

MCS - Aware meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £100 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Furniture and Equipment	25% per annum reducing balance basis

Current asset investments

Current asset investments are included at the lower of cost and net realisable value / market value.

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

Foreign exchange

Transactions in foreign currencies are recorded at the rate of exchange at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies at the balance sheet date are reported at the rates of exchange prevailing at that date.

The results of overseas operations are translated at the average rates of exchange during the period and their balance sheets at the rates ruling at the balance sheet date. Exchange differences arising on translation of the opening net assets and results of overseas operations are reported in other comprehensive income and accumulated in equity (attributed to non-controlling interests as appropriate).

Other exchange differences are recognised in the Statement of Financial Activities in the period in which they arise except for:

- 1) exchange differences on transactions entered into to hedge certain foreign currency risks (see above);
- 2) exchange differences arising on gains or losses on non-monetary items which are recognised in other comprehensive income; and
- 3) in the case of the consolidated financial statements, exchange differences on monetary items receivable from or payable to a foreign operation for which settlement is neither planned nor likely to occur (therefore forming part of the net investment in the foreign operation), which are recognised in other comprehensive income and reported under equity.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	35,218	35,218
Total for 2021	35,218	35,218
Total for 2020	16,048	16,048

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

4 Income from other trading activities

	Unrestricted General £	Total 2021 £	Total 2020 £
Trading income;			
Sales of goods and services	107	107	-
Commission income;			
Commission income	610	610	400
Advertising Income	916	916	994
Membership subscriptions	2,323	2,323	2,373
	<u>3,956</u>	<u>3,956</u>	<u>3,767</u>
		Unrestricted funds General £	Total funds £
Trading income;			
Sales of goods and services		107	107
Events income;			
Other events income		610	610
Sponsorship income		916	916
Membership subscriptions		<u>2,323</u>	<u>2,323</u>
Total for 2021		<u>3,956</u>	<u>3,956</u>
Total for 2020		<u>3,767</u>	<u>3,767</u>

5 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	<u>522</u>	<u>522</u>
Total for 2021	<u>522</u>	<u>522</u>
Total for 2020	<u>133</u>	<u>133</u>

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Costs of goods sold		85	85
Depreciation, amortisation and other similar costs		76	76
Total for 2021		<u>161</u>	<u>161</u>
Total for 2020		<u>103</u>	<u>103</u>
			Total costs £

7 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total 2021 £	Total 2020 £
Governance costs	8	<u>24,148</u>	<u>24,148</u>	<u>16,196</u>

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Staff costs		
Other staff costs	15,399	15,399
Independent examiner fees		
Other fees paid to examiners	600	600
Other governance costs	8,149	8,149
Total for 2021	<u>24,148</u>	<u>24,148</u>
Total for 2020	<u>16,196</u>	<u>16,196</u>

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

9 Net incoming/outgoing resources

Net incoming resources for the year include:

	2021 £	2020 £
Depreciation of fixed assets	76	103

10 Trustees remuneration and expenses

11 Staff costs

The aggregate payroll costs were as follows:

	2021 £	2020 £
Staff costs during the year were:		
Other staff costs	15,399	8,742

12 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 October 2020	1,800	1,800
At 30 September 2021	1,800	1,800
Depreciation		
At 1 October 2020	1,491	1,491
Charge for the year	76	76
At 30 September 2021	1,567	1,567
Net book value		
At 30 September 2021	233	233
At 30 September 2020	309	309

13 Stock

	2021 £	2020 £
Stocks	249	334

MCS - Aware

Notes to the Financial Statements for the Year Ended 30 September 2021

14 Debtors

	2021 £	2020 £
Prepayments	<u>829</u>	<u>792</u>

15 Cash and cash equivalents

	2021 £	2020 £
Cash at bank	<u>13,982</u>	<u>8,429</u>

16 Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals	<u>560</u>	<u>520</u>

17 Funds

	Balance at 1 October 2020 £	Incoming resources £	Resources expended £	Balance at 30 September 2021 £
Unrestricted funds				
General	13,591	39,696	(24,309)	28,978
Restricted funds	<u>755</u>	<u>-</u>	<u>-</u>	<u>755</u>
Total funds	<u>14,346</u>	<u>39,696</u>	<u>(24,309)</u>	<u>29,733</u>
	Balance at 1 October 2019 £	Incoming resources £	Resources expended £	Balance at 30 September 2020 £
Unrestricted funds				
General	9,940	19,948	(16,299)	13,589
Restricted funds	<u>755</u>	<u>-</u>	<u>-</u>	<u>755</u>
Total funds	<u>10,695</u>	<u>19,948</u>	<u>(16,299)</u>	<u>14,344</u>

MCS - Aware

Statement of Financial Activities by fund for the Year Ended 30 September 2021

Unrestricted Funds

	Total Unrestricted Funds 2021 £	Total Unrestricted Funds 2020 £
Income and Endowments from:		
Appeals, donations and legacies	35,218	16,048
Other trading activities	3,956	3,767
Investment income	522	133
Total income	<u>39,696</u>	<u>19,948</u>
Expenditure on:		
Raising funds	(161)	(103)
Charitable activities	<u>(24,148)</u>	<u>(16,196)</u>
Total expenditure	<u>(24,309)</u>	<u>(16,299)</u>
Net income	<u>15,387</u>	<u>3,649</u>
Net movement in funds	15,387	3,649
Reconciliation of funds		
Total funds brought forward	<u>13,591</u>	<u>9,940</u>
Total funds carried forward	<u><u>28,978</u></u>	<u><u>13,589</u></u>

MCS - Aware

Statement of Financial Activities by fund for the Year Ended 30 September 2021

Restricted Funds

	Total Restricted Funds 2021 £	Total Restricted Funds 2020 £
Income and Endowments from:		
Expenditure on:		
Net income/(expenditure)	-	-
Reconciliation of funds		
Total funds brought forward	<u>755</u>	<u>755</u>
Total funds carried forward	<u><u>755</u></u>	<u><u>755</u></u>

MCS - Aware

Detailed Statement of Financial Activities for the Year Ended 30 September 2021

	Total 2021 £	Total 2020 £
Income and Endowments from:		
Appeals, donations and legacies (analysed below)	35,218	16,048
Other trading activities (analysed below)	3,956	3,767
Investment income (analysed below)	522	133
Total income	39,696	19,948
Expenditure on:		
Raising funds (analysed below)	(161)	(103)
Charitable activities (analysed below)	(24,148)	(16,196)
Total expenditure	(24,309)	(16,299)
Net income	15,387	3,649
Net movement in funds	15,387	3,649
Reconciliation of funds		
Total funds brought forward	14,346	10,695
Total funds carried forward	29,733	14,344

MCS - Aware

Detailed Statement of Financial Activities for the Year Ended 30 September 2021

	Total 2021 £	Total 2020 £
<i>Appeals, donations and legacies</i>		
Appeals and donations	35,218	16,048
	<u>35,218</u>	<u>16,048</u>
<i>Other trading activities</i>		
Subscriptions	2,323	2,373
Sales of purchased goods	107	-
Commissions received	610	400
Advertising revenue	916	994
	<u>3,956</u>	<u>3,767</u>
<i>Investment income</i>		
Interest on cash deposits	522	133
	<u>522</u>	<u>133</u>
<i>Raising funds</i>		
Opening stock	(334)	-
Closing stock	249	-
Depreciation of office equipment	(76)	(103)
	<u>(161)</u>	<u>(103)</u>
<i>Charitable activities</i>		
Subcontract admin staff	(15,399)	(8,742)
Office Rent	(4,025)	(4,025)
Internet and website	(861)	(407)
Printing, postage and stationery	(2,461)	(1,597)
Professional books and subscriptions	(101)	(203)
Sundry expenses	(127)	-
Travel and subsistence	-	(15)
Accountancy fees	(600)	(520)
Professional indemnity insurance	(527)	(558)
Legal and professional fees	-	(13)
Paypal charges	(47)	(116)
	<u>(24,148)</u>	<u>(16,196)</u>

MCS - Aware

Independent Examiner's Report to the trustees of MCS - Aware ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2021.

Responsibilities and basis of report

As the charity's 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 MCS - Aware 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 charity'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:

1. accounting records were not kept in respect of MCS - Aware as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. 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
4. 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.



.....

39 Silver Birch Avenue
Stotfold
Hitchin
Herts
SG5 4AS

22 June 2022