

OVERCOMING MULTIPLE SCLEROSIS

England & Wales · Charity number 1157579

Details

Status Registered

Legal form Charitable company

Company number [09044459](#)

Registered 2014-06-25

Register [View on the Charity Commission register](#)

Contact

Address Overcoming Multiple Sclerosis
c/o Gravita Oxford LLP
First Floor, Park Central
40/41 Park End Street
Oxford
OX1 1JD

Phone 01844318778

Email contact@overcomingms.org

Website <http://www.overcomingms.org>

Activities

Objects: 4.1 The only objects for which the Charity is established are to relieve people with multiple sclerosis and to promote public health in relation to multiple sclerosis in particular but not exclusively by:4.1.1 Providing information and advice for people with multiple sclerosis to take control of their health;4.1.2 Fostering a community of support for people with multiple sclerosis and their families;4.1.3 Promoting a holistic approach to multiple sclerosis taking account of people's psychological, physical and social needs and utilising the best available treatments;4.1.4 Promoting and undertaking research into self-help techniques for the management of multiple sclerosis insofar as these are not incompatible with advice received from people's doctor or consultant physician; 4.1.5 Supporting and promoting charities funding multiple sclerosis research; and4.1.6 Advocating with and on behalf of people with multiple sclerosis for healthcare services that enable those individuals to control and improve their health.

Activities: Overcoming Multiple Sclerosis promotes a program of diet and lifestyle management that has been shown to improve the health and lives of people with MS. Prof. George Jelinek, who was diagnosed with MS in 1999, developed the rigorously researched OMS Recovery Program more than 15 years ago.Overcoming MS (OMS) was established in the UK in 2012 with the goal of expanding awareness of the program.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,204,378	£983,038	£505,962	13
2023-12-31	£1,016,960	£1,049,439	£284,622	12
2022-12-31	£847,954	£1,007,309	£317,101	10
2021-12-31	£757,131	£715,564	£476,456	9
2020-12-31	£580,653	£827,572	£434,889	6

Trustees

Name	Role	Appointed
Miriam Jordan Keane	Chair	2025-08-18
Dr Mark Andrew Taylor		2025-08-18
Kieran Christopher Bayles		2024-01-05
MARC LOUIS SUGARMAN		2014-05-16
Pauline Hanson		2023-06-23
Penelope Ann Harris		2024-05-14
Samantha Marnie Middlemiss		2023-06-23
Suruchi Saraf		2024-01-05

OVERCOMING MULTIPLE SCLEROSIS

England & Wales - Charity number 1157579

Accounts

Charity registration number 1157579 (England and Wales)

Charity registration number SC050752 (Scotland)

Company registration number 09044459

OVERCOMING MULTIPLE SCLEROSIS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

OVERCOMING MULTIPLE SCLEROSIS LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	L M Bloom M L Sugarman P Hanson S M Middlemiss S Saraf (Appointed 5 January 2024) K C Bayles (Appointed 5 January 2024) P Harris (Appointed 14 May 2024) K Carpenter (Appointed 14 May 2024)
-----------------	---

Charity number (England and Wales)	1157579
---	---------

Charity number (Scotland)	SC050752
--------------------------------------	----------

Company number	09044459
-----------------------	----------

Registered office	c/o Gravita Oxford LLP First Floor, Park Central 40-41 Park End Street Oxford OX1 1JD
--------------------------	---

Auditor	c/o Gravita Oxford LLP First Floor, Park Central 40-41 Park End Street Oxford OX1 1JD
----------------	---

Bankers	Virgin Money UK PLC 177 Bothwell Street Glasgow G2 7ER
----------------	---

OVERCOMING MULTIPLE SCLEROSIS

CONTENTS

	Page
Introduction - Strengthening our commitment	4
Trustees report	5 -17
<ul style="list-style-type: none">• Objectives and activities• Achievements and performance• Income generation• Financial review• Plans for future periods• Structure, governance and management	
Statement of Trustees responsibilities	18
Independent auditor's report	19 - 22
Statement of financial activities	23
Balance sheet	24
Statement of cash flows	25
Notes to the financial statements	26 - 35

OVERCOMING MULTIPLE SCLEROSIS

INTRODUCTION – STRENGTHENING OUR COMMITMENT

Stepping in as interim Chair for Overcoming MS is a true privilege and I'm proud to say that in 2024, we reached significant milestones. Our flagship lifestyle courses, life-changing residential Retreats and our Pathways courses delivered real and measurable results, as presented at the British Society of Lifestyle Medicine (BSLM) and European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) conferences. This year we have focused on developing externally recognised globally-validated measures to measure the impact of our work.

Knowing that attendees on our Pathways courses reported a 34% improvement in overall measures (wellbeing, confidence to follow the Program, ability to talk with family/friends), and that 89% of attendees would recommend Pathways, puts us in a strong position moving forward.

The Live Well Hub, a global platform for people with MS interested in lifestyle continued to grow, fostering connections between people from around the world, and our website supported 390,000 people during the year.

I would like to extend my deepest gratitude to everyone who makes our work possible. To our individual donors, fundraisers, trusts and corporate supporters - without you, our work would not be possible. To our passionate community, our volunteers, partners and collaborators, staff, and Board members – thank you for your dedication and passion. Through our combined efforts, more people can live well with MS.

A handwritten signature in black ink, appearing to be 'PH' followed by a long, sweeping horizontal line that tapers off to the right.

Penny Harris
Interim Chair of the Board of Trustees, Overcoming MS

Date: 25th July 2025

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of Overcoming Multiple Sclerosis (the company) for the year ended 31 December 2024.

The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information including that is published on the charity's website.

OBJECTIVES AND ACTIVITIES

Overcoming MS – bringing hope

Overcoming MS is here to enable everyone with multiple sclerosis (MS) to achieve optimal health and wellbeing through making informed healthy lifestyle choices.

As a world-leading multiple sclerosis healthy lifestyle charity, we help people discover hope, learn about lifestyle, connect with the community, change lifestyle habits and live well for life.

What is MS?

Every five minutes, someone, somewhere in the world is told that they have multiple sclerosis. MS is a neurological condition that affects the central nervous system and causes a range of life-altering symptoms, which are different for everyone, making it difficult to manage. These include problems with balance, vision, extreme fatigue, pain, muscle spasms, problems with thinking and memory, as well as bowel and bladder issues and many more.

Helping people live well with MS

The impact of an MS diagnosis

Being diagnosed with MS can be devastating; in just seconds, the future that you saw for yourself and your loved ones has been shattered. A diagnosis often comes in the prime of your life, when you should be planning your future with confidence, not facing a lifetime of fear and uncertainty. Knowing you have MS can feel incredibly isolating and lonely.

As there is currently no cure for MS, at the point of diagnosis, hope is often lost, being replaced by fear of the unknown. Overcoming MS is here to restore that hope. There is

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

substantial scientific evidence that lifestyle choices, alongside medication, benefit physical and mental health. A high quality diet, such as that recommended as part of the Overcoming MS Program, has been shown to reduce disability progression in people with MS by as much as 50% over 7 ½ years¹.

Our support: helping people live well with MS

Overcoming MS is here to enable everyone with MS to achieve optimal health and wellbeing through making informed healthy lifestyle choices. We empower people with MS to take control of their health and wellbeing and:

- **Discover hope** – become aware that people can live well with MS through making lifestyle choices.
- **Learn about lifestyle** – gain a clear understanding of evidence-based lifestyle changes which support people with MS, through events, webinars, podcasts and other informative content.
- **Connect with a community** – access peer-to-peer support through our welcoming, inclusive and proactive community of likeminded individuals.
- **Change lifestyle habits** – equip people with the confidence, tools and resources to make lifestyle changes, supported by expert guidance.
- **Live well for life** – maintain mental and physical wellbeing, and inspire others to take control of their MS with confidence and optimism.

Having MS is life-altering, but a full and healthy life with MS is possible

The Overcoming MS Program

The Overcoming MS Program, following comprehensive research, is at the centre of our work. The Program covers medication, diet, vitamin D, physical activity, stress management, family health (reducing risk for family members) and changing your life, for life (ensuring permanent lifestyle changes). Research shows that people engaging in four or more healthy lifestyle behaviours had more clinically significant positive outcomes than those engaging in just one or two. These outcomes included a higher mental and physical quality of life, lower fatigue levels, and less disability².

¹ *Simpson-Yap S, Neate SL, Nag N, Probst YC, Yu M, Jelinek GA, Reece JC: Longitudinal associations between quality of diet and disability over 7.5 years in an international sample of people with multiple sclerosis. Eur J Neurol 2023, 30:3200-3211.*

² *Yu M, Neate S, Nag N, Bevans W, Jelinek G, Simpson-Yap S, Davenport RA, Fidao A, Reece J. Baseline engagement with healthy lifestyles and their associations with health outcomes in people with multiple sclerosis enrolled in an online multimodal lifestyle course. Eur J Neurol. 2024 Aug 7:e16429. doi: 10.1111/ene.16429. Epub ahead of print. PMID: 39109838. Accessed Jan 2025*

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

ACHIEVEMENTS AND PERFORMANCE: Giving hope through learning the impact of lifestyle on MS

Challenge:

When diagnosed with MS, people face a future of fear and uncertainty. They feel isolated, overwhelmed and without hope. People with MS must navigate complex and conflicting information on their own, as health professionals globally are stretched and often lack awareness of the benefits of lifestyle changes for people with MS. Many are simply unaware that making informed lifestyle choices would positively impact their quality of life – both now and in the future.

2024 actions:

- **Expanding global reach through digital channels**

Our website, social media, YouTube channels and digital advertising played a vital role in extending our global impact. Through engaging content and interactive platforms, we connected with people worldwide, particularly in the US, UK, Australia, and Canada. By expanding our digital presence, we offered more people hope and guidance on lifestyle choices that support living well with MS.

- 14.2 million Google search impressions
- 287,000 unique website users
- 54,000 social media followers
- 122,000 YouTube views with 76,000 hours watched

- **Pop-Up Tour 2024 – a taster session introducing lifestyle**

Our free-to-attend Pop-Up Tour reached more people so they could connect in-person and thrive in small group settings. Across the UK, including Manchester, Belfast, and Hampshire, attendees engaged with expert voices and explored practical tools—from nutrition to stress management—to help them live well with MS.

- 112 attendees, with an 85% satisfaction score
- Over £1,000 raised in donations
- Attendees reported increased hope, practical knowledge, and stronger community connections

“My favourite part of the Pop-Up was the opportunity to meet others facing similar challenges. This was invaluable.” - Pop-Up attendee 2024

- **Living Well series – informing about the impact of lifestyle on MS**

Our Living Well series includes webinars, podcasts, blogs, research updates, and newsletters, offering expert advice and practical tips to support lifestyle changes.

Our Living Well with MS webinar and podcast series features global experts covering the Overcoming MS pillars, with webinars giving live attendees the opportunity to ask questions directly. Presenters included neurologist Dr Aaron Boster, Dr Michelle

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

O'Donoghue from Harvard Medical School, Dr Phil Startin on stress management, plant-based chef Jack McNulty, and Dr Rob Motl from the University of Illinois.

- 6,649 webinar registrations from 50 countries, plus 3,904 playbacks
- 91% satisfaction score and £1,000 in voluntary donations
- 66,000 podcast downloads from over 100 countries
- 502,000 email opens across newsletters and updates

"Overcoming MS gives me hope and freedom, and I am convinced, after watching this webinar, that you can live a much fuller life with MS." – 2024 Webinar Attendee

- **Raising awareness with healthcare professionals**

We have stepped up our activity in 2024 by attending conferences and events to raise awareness of Overcoming MS with healthcare professionals. Approximately 15,000 people attended healthcare events where we had a presence, including ECTRIMS, the largest international conference covering research and care in MS.

Outcome:

Through our activities, people with MS discovered hope, becoming aware that lifestyle choices can help them live well with MS. Our accessible, evidence-based resources and events gave people the information they need to make informed decisions, and the discovery of a like-minded community inspired people to take action.

ACHIEVEMENTS AND PERFORMANCE: Connecting to like-minded community members

Challenge:

Having a diagnosis of MS can be incredibly isolating and lonely. Managing MS can, in itself, be overwhelming, especially when navigating new routines and treatments. The uncertainty of the future can be incredibly daunting. The benefit of lifestyle change brings hope, but it can be difficult to implement these changes alone. Sometimes you just need to be with people who 'get it', people who understand, share tips and advice and help face a future with positivity.

2024 actions:

- **Live Well Hub – our global lifestyle community**

The Live Well Hub, our app and digital platform that enables people to connect to a supportive, like-minded community, doubled its reach by the end of 2024, attracting members from around the world. The Hub offers a positive space for sharing tips, ideas, and experiences about lifestyle changes and MS. Livestreams, new content and courses drove engagement, including the *Jelinek Journals*, where Professor Jelinek shared his post-diagnosis experiences.

- Membership grew to 5,559 members globally.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

- 522 people attended livestream events.
- Almost 90,000 contributions to the Live Well Hub in the last 12 months.
- **Circles – a global network of support**

Our Circles offer small, peer-to-peer support groups led by volunteer Ambassadors – people with MS dedicated to helping others. Individuals connect, share, and support one another, fostering close, meaningful connections. Groups form around geographic locations or shared interests, such as family support, progressive MS, or healthcare professionals living with MS, and help individuals feel less isolated and more empowered.

 - Over 100 volunteer Ambassadors led 124 Circles across 28 countries.
 - 3,244 Circle members actively participated on the Live Well Hub.

“Overcoming MS has been so helpful for me, as someone who was newly diagnosed this year. It’s wonderful to be able to connect with so many people all over the world and their enthusiasm gives me so much optimism for the future!” – Circle Member

- **Volunteers making a difference:**

Our dedicated volunteers are essential to our work. While Ambassadors lead Circles, others support initiatives like the Communications Advisory Group, trusteeship, video editing, webinar panels, and podcast hosting. Volunteers also played key roles in local events like the Manchester Mindfulness event and the Hampshire Pop-Up and contributed to strategic projects like the NHS mapping project in Manchester. Their voices strengthened advocacy efforts during MS Awareness Week and inspired others through webinar panels and campaigns.

 - 131 volunteers dedicated time and skills.
 - Volunteers contributed an average of 4 hours per month, totalling 6,288 hours annually.

“I look for opportunities to use my skills to help, like in my Ambassador role... I am so grateful I found you.” – Ambassador

Outcome:

Our supportive community plays a crucial role in helping individuals feel less alone, more empowered, and better equipped to make and sustain lifestyle choices that impact their quality of life. Individuals in the community share, learn, and inspire one another, fostering belonging and optimism, and overcoming challenges.

ACHIEVEMENTS AND PERFORMANCE: Making lifestyle change happen

Challenge:

People with MS can struggle to make lifestyle changes, even when they understand the

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

benefits. But making and maintaining these changes can be difficult without the right tools and encouragement, particularly alongside work, family life, and whilst managing the impact of symptoms or progressive disability. Shifting long-held habits and adapting to new routines while managing the emotional impact of MS can be overwhelming.

2024 actions:

- **6 Months to Overcoming MS – self-paced learning**

Launched in January 2024, the *6 Months to Overcoming MS* course offers flexible, self-paced learning through the Live Well Hub. Participants can focus on specific pillars of diet, vitamin D, physical activity, or stress management—or follow the complete Overcoming MS Program. Designed by expert facilitators and tested by the community, it offers step-by-step guidance for adopting healthy habits that last.

- 1,087 members signed up during 2024

“It’s deceptive in its simplicity because it gives you all the tools.” 6 months to Overcoming MS participant

- **Pathway to Overcoming MS – guided understanding of self-management for MS**

The *Pathway to Overcoming MS* course is an 8-week online programme that helps people deepen their understanding of lifestyle choices and self-management for MS. Co-designed with people living with MS, it takes a holistic approach, covering nutrition, medication, physical activity, stress management, and behaviour change. Led by experts with lived experience of MS, the course offers expert teaching, group consultations and peer support.

- 70 participants
- 34% increase in wellbeing, confidence, and ability to talk about MS
- 89% would recommend the course

“I wanted all the tools to take control of my health, and this course helped me fill my toolbox to live my best life.”

- **Residential Retreats – immersive small group experience**

Our residential Retreats combine six weeks of online preparation with a three-day in-person Retreat. Facilitated by experts with lived MS experience, the Retreats offer an in-depth, supportive environment to help participants make long-term lifestyle changes. In 2024, our impact was recognised by the British Society of Lifestyle Medicine (BSLM) Conference, where our abstract *“Hybrid Retreat Model Supports Health Improvement in Multiple Sclerosis”* was accepted for poster presentation.

- 38 attendees at the 2024 Ammerdown UK Retreat
- Mental health improved by 49%, physical health by 54%
- NPS score of +100, with all attendees recommending the Retreat

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

*"A life-changing experience. The power of connection, of belonging, being seen...
Not just transformative for knowledge, but also the way we live." – Ellen, Retreat
participant 2024*

Outcome:

Through structured courses, Retreats, and flexible self-paced learning, people with MS gained the tools, knowledge, and confidence to make lasting lifestyle changes. Our approach supported individuals in adopting healthy habits that improve their quality of life, with the flexibility to choose the format and lifestyle changes that best suit their needs.

ACHIEVEMENTS AND PERFORMANCE: Developing our expertise and impact

Expanding knowledge and expertise is fundamental to improving the lives of people with MS. Education provides individuals with the confidence and tools to make informed lifestyle choices, enhancing both mental and physical well-being. By strengthening our expert network and collaborating with healthcare professionals and partners, we ensure that evidence-based approaches to MS management are widely understood and accessible. Through local service support and professional education, we are not only empowering individuals but also shaping the future of MS care. Increasing expertise at every level—from those living with MS to healthcare providers—enhances the effectiveness and reach of the Overcoming MS Program, creating lasting change.

Impact on people with MS

- **Through education**

We revisited the impact measurement of our support services, implementing externally recognised validated questions, enabling us to demonstrate real impact. Reports from six cohorts of our courses using self-reported measures showed positive, measurable outcomes:

- 36% increase in both mental and physical wellbeing, demonstrating the value of practical education in a supportive space
- 44% increase in confidence to understand and act on lifestyle guidance
- 38% increase in confidence to discuss lifestyle with family and friends.

- **Through extending our expert network**

We expanded our team of Facilitators from 5 to 10, with a further 5 in training. These unique roles bring professional expertise in areas which underpin the Program, for example social care, psychology or coaching, as well as having lived experience of MS. This increased capacity enables us to expand our reach and offer life-changing support to more people.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

"Training as a Facilitator is important to me because it's an opportunity to give something back to the Overcoming MS community and charity because the Program has transformed my life in so many positive ways." Yas Neves

- **Through local service support**

We collaborated with healthcare professionals and other organisations to help meet local needs:

- Bristol: supporting access to physical activity, through partnerships with local providers.
- Stoke: piloting outreach to engage diverse communities and address barriers to engagement.
- Greater Manchester: improving self-management resources for healthcare professionals and people with MS.
- London: contributing to a patient information day at Royal Free Hospital.

Impact on healthcare professionals

- **Through education**

To support healthcare education, we:

- Developed healthcare resources on lifestyle and MS management
- Submitted an article to British Journal of Neuroscience Nursing
- Presented research at ECTRIMS and the BSLM annual conference on wellness outcomes after following an Overcoming MS course (Pathways and Retreats).

Impact through partnerships

- **We worked with a variety of partners:**

- With UK MS charities on a joint MS Awareness Week campaign.
- With the Neuroepidemiology Unit (NEU), Melbourne, Australia to gather clinically validated data on quality of life outcomes.
- With education provider Neurology Academy, as voluntary sector partner, and endorsing several of their MS-specific courses.
- With Neurological Alliance as an engaged member.
- We endorsed the 'Brain health: time matters in multiple sclerosis' report.
- We formed a Healthcare Professional Advisory Group, to identify strategic opportunities in reaching and partnering with MS healthcare professionals.

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) *FOR THE YEAR ENDED 31 DECEMBER 2024*

INCOME GENERATION

None of the transformational work described on the preceding pages would be possible without the generosity of our incredible supporters. From soapbox races to skydives, birthday fundraisers to bake sales, our brilliant community continues to amaze and astound us with their ingenuity, dedication and indefatigability. We're also hugely grateful to the trusts, foundations and corporate partners who support our work and all those wonderful individuals who contribute through major gifts, regular gifts, legacy pledges, gifts in memory and responses to our appeals. Their continuing commitment enables all that we do to help people with MS to live well.

In 2024, we were delighted to maintain our high level of direct investment in our charitable activities, with 76p in every £1 spent going on the products and services we offer to our community. Likewise, our own fundraising team delivered a highly effective fundraising operation, with £5 raised for every £1 spent on fundraising activities.

Our total income was £1,204,379 fundraised from donations, community, grants and through pro-bono services. In 2023 our total income was £1,016,960

As a small charity, we will continue to work hard with our funders and supporters to expand our programme of support and help more people with MS live a full and healthy life.

We are grateful to all our funders, our individual fundraisers and everyone who has supported us. We would like to thank the National Lottery Community Fund and The 29th May 1961 Charitable Trust for their support and The Bloom Foundation for their ongoing contribution. We have made a strategic commitment to reducing our dependence on The Bloom Foundation as our core funder over the next few years and to diversifying our income generation through a balanced portfolio of different income streams, which has already begun to bear fruit.

Expenditure

Our total expenditure in 2024 was £983,038 and in 2023 was £1,049,439. Over 50% of our expenditure was spent on delivering and expanding our program of support.

Gifts-in-kind

We received gift-in-kind design and brand support from JMA Creative to the value of £7,745. We also received £87,658 from the Google Grant, and pro bono HR/legal support and staff training with estimated values of £20,000 and £6,309 respectively.

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

FINANCIAL REVIEW

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing these financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal funding

During the year, income was received from three main sources: donations, grants, and events.

The financial statements depart from accounting standards and the Charities SORP (FRS102) in that the first tranche of the 2024 grant from The Bloom Foundation provided under a funding agreement dated 15th December 2023 is recognised as income in the year to give a true and fair view.

The charity is regulated by the Fundraising Regulator and adheres to the Fundraising Code of Practice. There has been no failure to comply with the scheme and no complaints were received either directly or indirectly through any party in 2024.

c. Reserves policy

The reserves policy requires that unrestricted reserves of not less than three months' total costs be maintained to meet the charity's commitments at any time. The Trustees consider that the charity's reserves are consistent with this policy.

At the end of 2024, the charity held total reserves of £505,962 (2023: £284,622) comprising:

Unrestricted:	£ 405,684	(2023: £ 278,303)
Designated:	£ 80,000	(2023: 0)
Restricted:	£ 20,278	(2023: £ 6,319)

d. Energy consumption

The Trustees consider there is no requirement for any disclosure pursuant to SI2018/1155 as the charity's energy consumption is minimal.

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) *FOR THE YEAR ENDED 31 DECEMBER 2024*

PLANS FOR FUTURE PERIODS

We have worked with our community to establish our focus for 2024 - 2026.

- We will raise awareness of the importance of healthy lifestyle and the Overcoming MS Program so that as many people as possible understand that there is hope after an MS diagnosis.
 - By engaging healthcare professionals to advocate healthy lifestyle to their patients.
 - By investing in our digital functionality and content so we can reach more people across the globe.

- We will deliver world class information, tools and support to empower the community with confidence and knowledge so people can follow, understand and share the Program, wherever they are, wherever they start.
 - By enhancing our existing products and services and expanding access to all.
 - By working closely with our community and our experts to deliver the support people need.

- We will build the credibility and authoritativeness of Overcoming MS – both the charity and the Program – so that we can increase our reach and impact.
 - By clearly communicating the existing evidence base and researching new developments.
 - By influencing and working in partnerships to share our expertise and learn from others.

- We will grow a collaborative, knowledgeable, passionate and sustainable team so that we can increase our responsiveness to the needs of our community.
 - By developing our staff and volunteers.
 - By building our team of Facilitators to increase our capacity and impact.

- We will develop our financial growth so that we can increase our independence.
 - By increasing fundraising via diversified activity.
 - By generating income through other sources while reducing our cost base.

OVERCOMING MULTIPLE SCLEROSIS TRUSTEES REPORT (INCLUDING DIRECTORS REPORT) FOR THE YEAR ENDED 31 DECEMBER 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

A G Bloom	(Resigned 10 June 2024)
L M Bloom	
A D Humzah	(Resigned 25 November 2024)
M L Sugarman	
P Hanson	
S M Middlemiss	
O A Ilenda	(Appointed 5 January, resigned 25 November 2024)
S Saraf	(Appointed 5 January 2024)
K C Bayles	(Appointed 5 January 2024)
P Harris	(Appointed 14 May 2024)
K Carpenter	(Appointed 14 May 2024)

The charity continues to expand its Board of Trustees; four new Trustees joined in 2024. Due to the resignation of our Chair at the end of his term, we are recruiting a new Chair during 2025. Trustees are provided with Charity Commission and other guidance as to their duties and responsibilities both during and after recruitment.

a) Constitution

The charity is registered as a company limited by guarantee and is constituted under a Memorandum of Association dated 14 May 2014. It is registered with the Charity Commission for England and Wales, number 1157579 and with the Office of the Scottish Charity Regulator, number SC050752.

In 2014, the company took over activities from a predecessor charitable trust, also named Overcoming Multiple Sclerosis. The principal objective of the company is to provide relief to people diagnosed with multiple sclerosis.

b) Method of appointment or election of trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

c) Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud, error, and the consequences of providing healthcare-related information. The charity has put in place a robust risk management framework and a corporate risk register that enables the identification, management, and monitoring of risk at operational and strategic levels. At every meeting, the Board of Trustees scrutinises risks that Overcoming MS faces.

OVERCOMING MULTIPLE SCLEROSIS
TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)
FOR THE YEAR ENDED 31 DECEMBER 2024

In the opinion of the Trustees, a key material risk facing the charity is the challenging global fundraising environment due to post-pandemic adjustment, as well as implications from the war in Ukraine and UK economic crisis, which may delay achieving financial sustainability. We have revisited the fundraising strategy and appointed a new Head of Income Generation to help mitigate this risk.

d) Organisational structure and decision making

Regular formal meetings of the Board of Trustees take place to provide support and guidance to the Chief Executive, who is employed to manage the operational activities of the charity. The Trustees maintain oversight of governance, costs and management and approve all strategic plans for the development of the charity.

The Trustees have delegated the day-to-day management of the charity to its Chief Executive Officer, Alex Holden who joined the charity in March 2023, and the Senior Leadership Team.

In the US and Australia, the charity has established independent charitable entities. The CEO of Overcoming MS is a Director of these respective charitable entities, alongside local Directors in both countries. All charitable entities are aligned with the same authorised purposes and charitable goals.

e) Public benefit

The Trustees confirm that they have complied with the duty in Section 4 Part 1 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity.


Auditor

In accordance with the company's articles, a resolution proposing that Gravita Audit Oxford LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.



.....

Suruchi Saraf FCCA, MSc, DChA
Treasurer

Date: 25th July 2025

OVERCOMING MULTIPLE SCLEROSIS STATEMENT OF TRUSTEES RESPONSIBILITIES

The Trustees, who are also the directors of Overcoming Multiple Sclerosis for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees, on 25th July 2025 and signed on their behalf by:



Suruchi Saraf FCCA, MSc, DChA
Treasurer, Overcoming MS

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

Opinion

We have audited the financial statements of Overcoming Multiple Sclerosis (the charitable company) for the year ended 31 December 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable companies ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

OVERCOMING MULTIPLE SCLEROSIS INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 require us to report to you if, in our opinion:

- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees responsibilities, the Trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the charitable companies ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having an effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and other management, and from our knowledge and experience;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence where applicable; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

OVERCOMING MULTIPLE SCLEROSIS INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;
- reviewing relevant correspondence.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)
For and on behalf of Gravita Audit Oxford LLP, Statutory Auditor
Chartered Accountants
First Floor, Park Central
40-41 Park End Street
Oxford
OX1 1JD
Date:.....22/8/25.....

OVERCOMING MULTIPLE SCLEROSIS
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2024

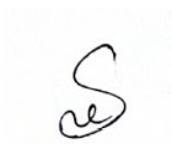
		Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total	Restated unrestricted funds general	Restricted funds	Restated Total
	Notes	2024 £	2024 £	2024 £	2024 £	2023 £	2023 £	2023 £
Income and endowments from:								
Donations and legacies	3	1,125,555	-	49,575	1,175,130	974,266	11,400	985,666
Investments	4	4,510	-	-	4,150	3,015	-	3,015
Other income	5	24,738	-	-	24,738	28,279	-	28,279
Total income		<u>1,154,803</u>	<u>-</u>	<u>49,575</u>	<u>1,204,378</u>	<u>1,005,560</u>	<u>11,400</u>	<u>1,016,960</u>
Expenditure on:								
Raising funds	6	245,974	-	-	245,974	232,328	-	232,328
Charitable activities	7	701,894	-	35,170	737,064	799,030	18,081	817,111
Total expenditure		<u>947,868</u>	<u>-</u>	<u>35,170</u>	<u>983,038</u>	<u>1,031,358</u>	<u>18,081</u>	<u>1,049,439</u>
Net income/(expenditure)		206,935	-	14,405	221,340	(25,798)	(6,681)	(32,479)
Transfers between funds		(79,554)	80,000	(446)	-	6,741	(6,741)	-
Net movement in funds	9	<u>127,381</u>	<u>80,000</u>	<u>13,959</u>	<u>221,340</u>	<u>(19,057)</u>	<u>(13,422)</u>	<u>(32,479)</u>
Reconciliation of funds:								
Fund balances at 1 January 2024		<u>278,303</u>	<u>-</u>	<u>6,319</u>	<u>284,622</u>	<u>297,360</u>	<u>19,741</u>	<u>317,101</u>
Fund balances at 31 December 2024		<u>405,684</u>	<u>80,000</u>	<u>20,278</u>	<u>505,962</u>	<u>278,303</u>	<u>6,319</u>	<u>284,622</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities. The prior year expenditure on raising funds and charitable activities has been restated in order to remain consistent with the current year policy of allocating support costs against fundraising based on staff time on these activities. The net effect on the SoFA is £Nil.

**OVERCOMING MULTIPLE SCLEROSIS
BALANCE SHEET
AS AT 31 DECEMBER 2024**

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Intangible assets	13		34,642		11,100
Tangible assets	14		10,101		12,523
			<u>44,743</u>		<u>23,623</u>
Current assets		69,487		27,061	
Debtors	15	<u>446,382</u>		<u>300,189</u>	
Cash at bank and in hand		515,869		327,250	
Creditors: amounts falling due within one year	16	<u>(54,650)</u>		<u>(66,251)</u>	
Net current assets			<u>461,219</u>		<u>260,999</u>
Total assets less current liabilities			<u>505,962</u>		<u>284,622</u>
The funds of the charity					
Restricted income funds	20		20,278		6,319
Unrestricted funds – general			405,684		278,303
Unrestricted funds – designated reserves	19		80,000		-
			<u>505,962</u>		<u>284,622</u>

The financial statements were approved by the Trustees on 25th July 2025.



.....
S Saraf FCCA, MSc, DChA
Treasurer

OVERCOMING MULTIPLE SCLEROSIS
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Cash flows from operating activities					
Cash generated from operations	24		171,593		78,269
Investing activities					
Purchase of intangible assets		(29,112)		(11,100)	
Purchase of tangible fixed assets		(798)		(5,372)	
Investment income received		4,510		3,015	
Net cash used in investing activities			(25,400)		(13,457)
Net cash generated from financing activities			-		-
Net increase in cash and cash equivalents			146,193		64,812
Cash and cash equivalents at beginning of year			300,189		235,377
Case and cash equivalents at end of year			446,382		300,189

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1. Accounting policies

Charity information

Overcoming Multiple Sclerosis is a charitable company limited by guarantee incorporated in England and Wales. The registered office is c/o Gravita Oxford LLP, First Floor, Park Central, 40-41 Park End Street, Oxford, OX1 1JD.

1.1. Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.5. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated in full to support costs.

1.6. Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website & CRM Integration	4 year straight line method
---------------------------	-----------------------------

1.7. Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% reducing balance
-----------	----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8. Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible 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).

1.9. Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10. Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest.

Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.11. Employee benefits

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

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

1.12. Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

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, appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments. 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.

The specific judgements/estimates relate to appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments.

3. Income from donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	413,765	-	413,735	216,266	-	216,266
Grants	711,820	49,575	761,395	758,000	11,400	769,400
	<u>1,125,555</u>	<u>49,575</u>	<u>1,175,130</u>	<u>974,266</u>	<u>11,400</u>	<u>985,666</u>

4. Income from investments

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Interest receivable	4,510	3,015
	<u>4,510</u>	<u>3,015</u>

**OVERCOMING MULTIPLE SCLEROSIS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

5. Other income

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Client events	24,703	27,712
Book royalties	35	567
	<u>24,738</u>	<u>28,279</u>

6. Expenditure on raising funds

	Unrestricted funds	Restated Unrestricted funds
	2024	2023
	£	£
Fundraising and publicity		
Other fundraising costs	23,481	38,482
Staff costs	122,862	85,349
Support costs	99,631	108,497
	<u>245,974</u>	<u>232,328</u>

Total restricted income included in the above is £nil (2023: £nil)

The prior year expenditure on support costs for raising funds has been restated in order to remain consistent with the current year policy of allocating support costs against fundraising based on staff time on these activities. The change is an increase of £108,497.

7. Expenditure on charitable activities

	Charitable expenditure	Charitable expenditure
	2024	2023
	£	£
Direct costs		
Staff costs	305,743	290,127
Digital technology investment	37,373	131,370
Other donor related activities	149,287	130,246
Contractors and consultancy	6,503	12,726
	<u>498,906</u>	<u>564,469</u>
Share of support and governance costs (see note 8)		Restated
Support	229,938	240,512
Governance	8,220	12,130
	<u>737,064</u>	<u>817,111</u>
Analysis by fund		
Unrestricted funds - general	701,894	799,030
Restricted funds	35,170	18,081
	<u>737,064</u>	<u>817,111</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

The prior year expenditure on support costs for raising funds has been restated in order to remain consistent with the current year policy of allocating support costs against fundraising based on staff time on these activities. The change is a decrease of £108,497.

8. Support costs allocated to activities

	2024 £	2023 £
Staff costs	72,359	92,487
Depreciation	8,790	3,556
Website and publicity costs	31,636	40,420
Internet and IT costs	80,634	68,313
Bank and credit card charges	1,506	1,506
Printing, postage and stationary	2,315	2,548
Subscriptions	2,108	1,521
Professional fees	63,915	50,593
Rent and rates	5,616	6,261
Travel costs	25,191	27,933
Office expenses	35,499	48,402
Exchange (gain)/loss	-	5,469
Governance costs	8,220	12,130
	<u>337,789</u>	<u>361,139</u>
Analysed between:		Restated
Fundraising	99,631	108,497
Charitable expenditure	238,158	252,642
	<u>337,789</u>	<u>361,139</u>

The prior year expenditure on support costs for raising funds has been restated in order to remain consistent with the current year policy of allocating support costs against fundraising based on staff time on these activities. The net change is £Nil.

9. Net movement in funds

	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	8,220	12,130
Depreciation of owned tangible fixed assets	3,220	3,556
Amortisation of intangible assets	5,570	-
	<u>17,010</u>	<u>18,216</u>

10. Trustees

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

Five trustees (2023: two) received expenses totalling £1,380 (2023: £325) during the year for travel.

11. Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	13	12
	2024	2023
Employment costs	£	£
Wages and salaries	447,701	422,588
Social security costs	47,382	36,533
Other pension costs	8,881	8,842
	<u>500,964</u>	<u>467,963</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2024 Number	2023 Number
In the band £60,001 - £70,000	-	1
In the band £80,001 - £90,000	<u>1</u>	<u>-</u>

Remuneration of key management personnel

The remuneration of key management personnel during the year was £92,244 (2023: £65,285)

	2024 £	2023 £
Aggregate compensation	<u>92,244</u>	<u>65,285</u>

12. Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

13. Intangible fixed assets

Cost	Website & CRM Integration £
At 1 January 2024	11,100
Additions - internally developed	<u>29,112</u>
At 31 December 2024	<u>40,212</u>
Amortisation and impairment	
At 1 January 2024	-
Amortisation charged for the year	<u>5,570</u>
At 31 December 2024	<u>5,570</u>
Carrying amount	
At 31 December 2024	<u>34,642</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

At 31 December 2023 11,100

14. Tangible fixed assets

	Computers
	£
Cost	
At 1 January 2024	19,661
Additions	<u>798</u>
At 31 December 2024	<u>20,459</u>
 Depreciation and impairment	
At 1 January 2024	7,138
Depreciation charged in the year	<u>3,220</u>
At 31 December 2024	<u>10,358</u>
 Carrying amount	
At 31 December 2024	<u>10,101</u>
 At 31 December 2023	<u><u>12,523</u></u>

15. Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	25,747	17,400
Prepayments and accrued income	43,740	9,661
	<u>69,487</u>	<u>27,061</u>

16. Creditors: amounts falling due within one year

	Notes	2024	2023
		£	£
Other taxation and social security		10,301	12,059
Deferred income	17	22,349	1,338
Other creditors		3,497	1,855
Accruals		<u>18,503</u>	<u>50,999</u>
		<u>54,650</u>	<u>66,251</u>

17. Deferred income

	2024	2023
	£	£
Other deferred income	<u>22,349</u>	<u>1,338</u>

Income has been deferred where attendees have paid fees for events that occur in future periods.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Deferred income is included in the financial statements as follows:

	2024 £	2023 £
Deferred income is included within:		
Current liabilities	22,349	1,338
Movements in the year:		
Deferred income at 1 January 2024	1,338	2,654
Released from previous periods	(1,338)	(2,654)
Resources deferred in the year	22,349	1,338
Deferred income at 31 December 2024	<u>22,349</u>	<u>1,338</u>

18. Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	8,881	8,842

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

19. Unrestricted funds – designated reserves

These are unrestricted funds which are material to the Charity's activities.

	At 1 January 2024	Transfers	At 31 December 2024
		£	£
One day lifestyle event	-	20,000	20,000
Community survey	-	5,000	5,000
Audience insight	-	10,000	10,000
Website references	-	15,000	15,000
Research fund	-	10,000	10,000
Retreats research and testing	-	10,000	10,000
Major donor prospecting	-	10,000	10,000
	<u>-</u>	<u>80,000</u>	<u>80,000</u>

20. Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
Materials	-	500	(391)	-	109
HCP	-	19,475	(19,475)	-	-
Webinars	-	9,500	(9,500)	-	-
Bursaries for events	6,319	-	(2,400)	-	3,919
Pop-up events	-	3,850	(3,404)	(446)	-
Train-the-trainer	-	16,250	-	-	16,250
	<u>6,319</u>	<u>49,575</u>	<u>(35,170)</u>	<u>(446)</u>	<u>20,278</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Fund descriptions:

Materials – equipment to be used at pop-up events

HCP – to develop engagement with health care professionals

Webinars – to fund online interactive presentations

Bursaries – to provide financial assistance for qualifying attendees at retreats.

Pop-up events – local community events

Train the trainer – to provide education, material and support to facilitators

Previous year:	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
Gawler books	6,741	-	-	(6,741)	-
Bursaries for events	7,000	-	(681)	-	6,319
Trustee recruitment	6,000	11,400	(17,400)	-	-
	<u>19,741</u>	<u>11,400</u>	<u>(18,081)</u>	<u>(6,741)</u>	<u>6,319</u>

Fund descriptions:

The Gawler books donation was to fund Overcoming MS books delivered to the Gawler foundation in Australia.

This restriction has now been removed and the balance transferred to unrestricted reserves.

Bursaries – to provide financial assistance for qualifying attendees at retreats.

Trustee recruitment was to fund Trustee recruitment.

21. Analysis of net assets between funds

	Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total
	2024	2024	2024	2024
	£	£	£	£
At 31 December 2024:				
Intangible fixed assets	34,642	-	-	34,642
Tangible assets	10,101	-	-	10,101
Current assets/(liabilities)	350,941	90,000	20,278	461,219
	<u>395,684</u>	<u>90,000</u>	<u>20,278</u>	<u>505,962</u>
	Unrestricted funds general	Unrestricted funds designated reserves	Restricted funds	Total
	2023	2023	2023	2023
	£	£	£	£
At 31 December 2023:				
Intangible fixed assets	11,100	-	-	11,100
Tangible assets	12,523	-	-	12,523
Current assets/(liabilities)	254,680	-	6,319	260,999
	<u>278,303</u>	<u>-</u>	<u>6,319</u>	<u>284,622</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

22. Related party transactions

In the year pro bono legal advice valued at £20,000 (2023: £5,000) was received from a company in which one of the Trustees is a shareholder.

Aggregate unrestricted donations of £1,200 (2023: £1,200) were received from related parties.

23. Analysis of changes in net funds

The Charity had no material debt during the year.

24. Cash generated from operations

	2024	2023
	£	£
Surplus/(deficit) for the year	221,340	(32,479)
Adjustments for:		
Investment income recognised in statement of financial activities	(4,510)	(3,015)
Amortisation and impairment of intangible assets	5,570	-
Depreciation and impairment of tangible fixed assets	3,320	3,556
Movements in working capital:		
(Increase)/decrease in stocks	-	4,533
(Increase)/decrease in debtors	(42,426)	108,209
(Decrease) in creditors	(32,612)	(1,219)
Increase/(decrease) in deferred income	21,011	(1,316)
	<u>171,593</u>	<u>78,269</u>
Cash generated from operations	<u><u>171,593</u></u>	<u><u>78,269</u></u>

OVERCOMING MULTIPLE SCLEROSIS

England & Wales - Charity number 1157579

Accounts

Charity registration number 1157579 (England and Wales)

Charity registration number SC050752 (Scotland)

Company registration number 09044459 (England and Wales)

**OVERCOMING MULTIPLE SCLEROSIS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

OVERCOMING MULTIPLE SCLEROSIS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

A G Bloom
L M Bloom
A D Humzah
M L Sugarman
P Hanson (Appointed 23 June 2023)
S M Middlemiss (Appointed 23 June 2023)
O A Ilenda (Appointed 5 January 2024)
S Saraf (Appointed 5 January 2024)
K C Bayles (Appointed 5 January 2024)
P Harris (Appointed 14 May 2024)
K Carpenter (Appointed 14 May 2024)

Charity number (England and Wales) 1157579

Charity number (Scotland) SC050752

Company number 09044459

Registered office
C/O Critchleys LLP
Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

Auditor
Critchleys Audit LLP
Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

OVERCOMING MULTIPLE SCLEROSIS

CONTENTS

	Page
Introduction - Strengthening our commitment	1
Trustees report	2 - 11
Statement of Trustees responsibilities	12
Independent auditor's report	13 - 16
Statement of financial activities	17
Balance sheet	18
Statement of cash flows	19
Notes to the financial statements	20 - 30

OVERCOMING MULTIPLE SCLEROSIS

INTRODUCTION - STRENGTHENING OUR COMMITMENT

FOR THE YEAR ENDED 31 DECEMBER 2023

As we moved into our second decade, Overcoming MS continued to grow and further serve our community. We strengthened our commitment to our vision of a world in which living a full and healthy life with MS is possible for all.

This year saw us expanding our services to the MS community, including the return of our life-changing residential retreats and the launch of new Pop-Up events where people with MS can meet, share insights and learn from guest speakers as well as each other. We recruited new expert Facilitators, built our capacity to further enhance our support provision and launched our new global community service, the Live Well Hub.

In addition, we were delighted to welcome further research into how the Overcoming MS Program helps people improve their MS symptoms and long-term prognosis, offering hope and optimism to all those impacted by multiple sclerosis¹.

Working together with other organisations is essential and I would like to thank the MS Society, who we collaborated with for the 'Hope Reborn' campaign, and all the UK MS charities for MS Awareness Week 2023. It is heartening that so many different organisations are prepared to come together for the benefit of those affected by MS.

2023 was also a very positive year for the Overcoming MS team. Our new Chief Executive, Alex Holden, provided strong leadership and led an excellent strategic review; and new trustees also joined us, broadening the Board of Trustees' composition and expertise. I would like to take this opportunity to thank all our Board members, old and new, and Caroline Clarke in particular, for her dedication across many years of service. She has now stepped down from the Board of Trustees due to her new role as NHS London Regional Director, but we are fortunate that she will remain an Emeritus Director of the charity, along with Overcoming MS Program founder Professor George Jelinek.

I would also like to extend my sincere thanks to everyone who supported us in 2023 – partners, collaborators, Trusts and Foundations, individual donors and fundraisers, our dedicated staff team, community, Board and volunteers. All of you are helping us make a positive impact on the lives of people with MS.



Dowshan Humzah
Chair of the Board of trustees, Overcoming MS

Date: 28.05.2024

¹Simpson-Yap S, Neate SL, Nag N, Probst YC, Yu M, Jelinek GA, Reece JC: Longitudinal associations between quality of diet and disability over 7.5 years in an international sample of people with multiple sclerosis. Eur J Neurol 2023, 30:3200-3211.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of Overcoming Multiple Sclerosis (the company) for the year ended 31 December 2023.

The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

The company also operates under the names Overcoming MS and OMS.

Objectives and activities

Overcoming MS – bringing hope

Overcoming MS is here to enable everyone with MS to achieve optimal health and wellbeing through making informed healthy lifestyle choices.

As the world's leading multiple sclerosis healthy lifestyle charity, we:

- **INFORM:** Ensure people are aware and fully informed about the Overcoming MS Program.
- **SUPPORT:** Giving people the confidence to follow the Overcoming MS Program through our range of events, webinars and content, plus facilitating peer to peer support through our accessible and responsive community.
- **EMPOWER:** Helping people with MS feel more hopeful, optimistic, and confident, knowing they can take control of their MS and lead a full and healthy life.
- **COLLABORATE:** Influence and work with the broader MS community, healthcare professionals and other experts to increase our reach and our impact.

The Overcoming MS Program

The information we share is based on the Overcoming MS Program, following the comprehensive research and subsequent book publication by Professor George Jelinek, *Overcoming Multiple Sclerosis*. The Program covers diet, vitamin D, physical activity, stress management, medication, family health (risk reduction for family members) and changing your life, for life (i.e. ensuring long-term lifestyle changes).

A high-quality diet, such as that recommended as part of the Overcoming MS Program, has been shown to reduce disability progression in people with MS by as much as 50% over 7 ½ years.¹

Help us share this vital information to help more people live well with MS.

¹Simpson-Yap S, Neate SL, Nag N, Probst YC, Yu M, Jelinek GA, Reece JC: Longitudinal associations between quality of diet and disability over 7.5 years in an international sample of people with multiple sclerosis. *Eur J Neurol* 2023, 30:3200-321

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Achievements and performance: Inform

We use a range of channels to ensure people are aware and fully informed about the Overcoming MS Program as an evidence-based way to help self-manage MS through lifestyle choices. This content also serves to support and inspire our community.

Web, email and social media

To help inform people about the importance of lifestyle choices to live well with MS, in 2023 we reached a record 382,000 people from over 150 countries with our web content, with 1.1 million page views. We have over 22,000 people subscribed to regularly receive our email content and hear how to live well with MS.

"[When managing a stressful period] the first thing I did was the month of meditation from the website. I think that was my saving grace."

Podcast

We continued creating regular content with our most ambitious **podcast** season to date with 38 new episodes, achieving 118,000 podcast downloads from over 100 countries. Topics covered the pillars of the Program plus topics like menopause and MS, MS and creativity, and a conversation with an MS nurse who has multiple sclerosis.

"Fantastic podcast! Feel very connected to others with MS, and it really helps to maintain motivation. I am very grateful for this wonderful, supportive resource."

Webinar

Season 4 of our webinar series, 'Finding Hope with Overcoming MS', covered topics such as mindfulness for stress management, the latest MS research and 'Ask the expert'. 3,800 people from 61 countries registered, with over 8,000 playbacks and our webinars achieved an overall satisfaction score of 96%.

"The webinars are so informative. I have received more information in 90 minutes than I have in a long while. They are very useful for me as a husband with a wife who has MS, I appreciated the honesty and directness."

Events: Pop-Ups

We delivered four Pop-Up events across the UK in direct response to a need for more face-to-face interaction expressed by the community, with presentations from experts with lived experience of MS and the Program. We visited Edinburgh, Guildford, Buxton and Bristol, attracting 144 attendees and achieving an overall satisfaction score of 80%.

"I went to the Buxton Pop-Up, and it was a massively important event for me. Only diagnosed with PPMS in September 2022, I found Overcoming MS in February 2023. Podcasts let me hear the voices of people living with MS, but this Pop-Up let me meet people for real. The range of people – ages, symptoms, stories, treatments was great. It helped me know that Overcoming MS is a believable way of life."

Achievements and performance: Support

We provide direct support to enable people with MS to follow a healthy lifestyle as well as facilitating peer to peer support through our accessible and responsive community.

Circle groups

In 2023, we had 99 local Circles of supportive community members across 26 countries, with 3,086 Circle members. The Circles are led by our 107 volunteer Ambassadors - 75% of whom rated themselves as extremely passionate and committed. *See below for stats by area.*

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Our volunteers

We had 127 volunteers supporting the work of Overcoming MS contributing on average 4.75 hours every month. Volunteer roles include Ambassadors, Communications Advisory group, trustees, content contributors and a Podcast producer.

The volunteers' survey of 2023 found that over 90% of volunteers scored their understanding of the Program at 4+ out of 5 compared to 76% of the general Overcoming MS community. The Overcoming MS Program achieved a Net Promoter Score (NPS) of 77 amongst volunteers compared to 48 within the general community, demonstrating they are our strongest advocates. 66% of volunteers reported a score of 4+ out of 5 for how supported they felt in 2023, compared to 43% in 2022 and 27% in 2021.

Ambassador support

We delivered safeguarding, mindfulness and healthy boundaries training including a livestream delivered by community members. The overall satisfaction score for safeguarding training was 89%, and 88% confidence level to approach a safeguarding issue.

Live Well Hub app launch

Launched in July 2023, our Live Well Hub is a global, online community where people with multiple sclerosis can hear direct from experts, find out about events, and get lifestyle tips, ideas and support. By the end of 2023, we had 2,000 members registered on the Hub, supporting connections and conversations across our global community.

Social media

We also engaged regularly with our 58,000 followers across our social media platforms, including Facebook, Instagram, X (formerly Twitter), Pinterest and LinkedIn, including responding to direct messages.

Circle stats by area in 2023

Total active Circles: 99

Total active Circles by region:

United Kingdom: 30	Europe: 29	North and South America: 18	The Middle East: 1	Thematic Circles: 11
<ul style="list-style-type: none"> • England - 24 • Northern Ireland - 2 • Scotland - 3 • Wales - 1 	<ul style="list-style-type: none"> • Belgium – 2 • Czech Republic – 1 • Denmark – 1 • Germany – 11 • Greece – 1 • Ireland – 2 • Italy – 2 • Netherlands – 3 • Portugal – 1 • Slovakia – 1 • Spain – 2 • Sweden – 1 • Switzerland - 1 	<ul style="list-style-type: none"> • Canada – 3 • USA – 13 • Brazil – 1 • Colombia - 1 	<ul style="list-style-type: none"> • Israel - 1 <p>Australia and Asia: 10</p> <ul style="list-style-type: none"> • Australia – 4 • Hong Kong – 1 • India – 1 • New Zealand - 4 	

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Achievements and performance: Empower

We help people with MS feel more hopeful, optimistic, and empowered, knowing they can take control of their MS and lead a more full and healthy life. Although this empowerment is delivered by sharing the Overcoming MS Program through all our activities, particular activities have a specific focus on empowering our community.

Course: Pathways

Twenty-five participants attended the second Pathways course, an interactive six-week online course with expert Facilitators to support participants in their understanding of the Overcoming MS Program. Evaluation showed a 100% improvement in overall measures (wellbeing, confidence to follow the Program, ability to talk with family and friends), while 100% of participants said they would recommend Pathways to others.

Award-winning Pathways evaluation

Following the mixed-methods research carried out on the effectiveness of our pilot Pathway course, we were able to evidence the success of delivering peer to peer self-management support in following the Overcoming MS Program. We submitted an abstract in response to the British Society for Lifestyle Medicine's call for lifestyle medicine projects and were invited to submit both oral and poster presentations, winning an award for the oral presentation given by Dr Jonathan White, demonstrating the quality of the course.

Events: Retreats

2023 saw a return to residential retreats. Forty participants attended a three-day residential retreat in the UK, which aimed to help participants with MS who are keen to make lifestyle changes to support their physical and mental well-being. Retreats enable participants to gain a better understanding of the Overcoming MS Program and form connections with others. A new hybrid approach included a four-week online introduction, delivered by Overcoming MS Facilitators. Results from the retreat showed an 81% improvement in mental health and well-being, and 97% of respondents said their original goals for the retreat had been met.

"The retreat exceeded my expectations. Everyone was so warm, welcoming and understanding. It was liberating to be totally immersed in an environment where everyone understood what I was going through, and where everything was geared to my needs. Being amongst so many people with positive outlooks will help me feel motivated."

Campaigns to inspire

We worked on several campaigns to empower our community and others with MS. This included 'Hope Reborn' – a powerful video set to music in partnership with Fabio D'Andrea, featuring actress Rose Leslie and members of the community. We ran campaigns for MS Awareness Week, for World MS Day and Volunteers' Week.

We created a new video campaign with our community, 'I am Overcoming MS', empowering people to share their stories, tell others how lifestyle changes have helped them, and showing how everyone's experience with MS is different. We also worked with supporter Andy McKenna, who created a powerful video with our medical advisor, Dr Jonathan White for his series, Evolution Stories.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Raising our profile – empowering others

We attended key external conferences and events to widen our network and knowledge base. These included the MS Trust conference, the Primary Care show, Veg Med, presented at BSLM (British Society for Lifestyle and Medicine), Manchester Mindfulness Festival and ECTRIMS / ACTRIMS.

Achievements and performance: Collaborate

We influence and collaborate with our community, the broader MS community, healthcare professionals and experts to increase our reach and impact.

Co-designing with our community

We seek new ways to co-design with our community, keeping them at the centre of our thinking:

- We have people with MS on our board and in our staff team
- We work closely with our Communications Advisory Group, who all have MS
- The community is involved in the recruitment of new team members
- Regular surveys are distributed and feedback is sought from our community, which has shaped the direction of the 2024-26 strategy
- We have held focus groups to develop our healthcare professional strategy, to produce bite-sized information leaflets, and to develop content for MS Awareness Week in the UK
- Our Train the Trainer programme and retreat planning for 2024 was shaped based on community feedback.

Collaborating with MS charities and other organisations

Overcoming MS is a member of the MS Charities CEO and Policy and Evidence working groups, campaigning alongside other UK-based MS charities. We worked with other UK charities on a shared MS Awareness Week campaign and with the MS Society on 'Hope Reborn.'

Joint policy paper

Overcoming MS worked with other UK-based MS charities to present a joint policy positioning paper to Parliament on MS and mental health. It was informed by the experiences of people with MS which was published as part of Mental Health Awareness month. We also attended a roundtable discussion with Ministers. We are part of the Neurological Alliance (CEO Group and Policy Group) and BSLM.

Healthcare professional engagement

A new Healthcare Professional (HCP) Engagement Strategy for 2024-2026 was developed and a new HCP Advisory group was formalised. New content and resources were developed, including a dedicated HCP webpage, HCP Circle, and a specific Circle for HCPs living with MS.

Facilitators

We launched a new Train the Trainer programme to expand our pool of expertise and create centres of excellence. Seven new trainees joined the mentoring programme and, as part of their training, they delivered webinars, presented at Pop-Ups and attended the retreat with a formal assessment at the end of the training.

Expert content

As well as working with our Facilitators, we work with a number of experts for the creation of our content, including those with expertise across our Program pillars: diet and vitamin D, physical activity, stress management, medication, and behavioural change.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Community insight

Community survey

We ran our Community Survey in 2023 with 773 responses received, as a follow up to the baseline results from 2021.

Growth over the last two years includes:

- 54% discussing healthy lifestyle choices with HCPs in 2023 up from 38% in 2021
- An increase of 8% in feeling confident in their understanding of the Program and empowered to make the right choice for them (from 38% to 46%)
- An overall quality rating of 4.1 of their experience in contacting Overcoming MS
- Our community also rate the quality of our resources as a 4.2 out of 5 and our products and services as 3.85.

Top 3 motivations for connecting with the charity:

- How to manage MS (73%)
- Healthy lifestyle (71%)
- Evidence base (64%)

Top 3 community recommendations for how we can improve our support:

- Short, easy to read content (50%)
- Quick reference information (37%)
- Information guides (31%)

Income generation

Last year we were thrilled to have the continued support of our community. In October we introduced our inaugural abseil, an MS inclusive event, championed by our President and Founder, Linda Bloom, raising almost £50,000.

In November we were delighted to receive the support of Tim Cobb of Cobb PR who organised a luncheon and auction in Brighton. £25,000 was raised by an incredibly generous audience.

Throughout the year we celebrated all of our fundraisers from skydivers and marathon runners, to crafters and cake bakers. As a charity that receives no statutory funding, we remain forever grateful to our funders and community who so generously donate and fundraise on our behalf. With their support, we can continue to deliver our services to those living with a diagnosis of MS.

Income

Our total 2023 income was £1,016,960, fundraised from donations, community, grants and through pro-bono services. In 2022 our total income was £847,954.

As a small charity, we will continue to work hard with our funders and supporters to expand our programme of support and help more people with MS live a full and healthy life.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

We are grateful to all our funders, our individual fundraisers, and everyone who supported us. We would like to thank The Happy Charitable Trust for their support and The Bloom Foundation for their ongoing contribution. We have made a strategic commitment to reducing our dependence on The Bloom Foundation as our core funder over the next few years and to diversifying our income generation through a wider number of Trusts and alternative income sources. In 2023 we have started to put some foundations in place to achieve this.

Expenditure

Our total expenditure in 2023 was £1,049,439 and in 2022 was £1,007,309. Over 50% of our expenditure was spent on delivering and expanding our programme of support.

Gift-in-kind

We received gift-in-kind design and brand support from JMA Creative to the value of £1,000. We also received £85,000 from the Google Grant and pro bono HR and legal support with an estimated value of £5,000.

We are regulated by the Fundraising Regulator and adhere to the Fundraising Code of Practice. We did not receive any complaints about our fundraising activities in 2023 or previously in 2022.

Financial review

a. Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing these financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal funding

During the year, income was received from three main sources: donations, grants, and events.

The charity is regulated by the Fundraising Regulator and adheres to the Fundraising Code of Practice. There has been no failure to comply with the scheme and no complaints were received either directly or indirectly through any party in 2023.

c. Reserves policy

The reserves policy requires reserves to be maintained at a level of not less than three months' overhead expenditures. The trustees consider that the charity's reserves are consistent with this policy.

At the end of 2023, the charity held total reserves of £284,622 (2022: £317,101) comprising:

Unrestricted:	£278,303	(2022: £297,360)
Restricted:	£ 6,319	(2022: £ 19,741)

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

Plans for future periods

We have worked with our community to establish our focus for the next three years.

- **We will raise awareness of the importance of healthy lifestyle and the Overcoming MS Program** so that as many people as possible understand that there is hope after an MS diagnosis.
 - By engaging healthcare professionals to advocate healthy lifestyle to their patients
 - By investing in our digital functionality and content so we can reach more people across the globe.
- **We will deliver world class information, tools and support to empower the community with confidence and knowledge** so people can follow, understand and share the Program, wherever they are, wherever they start.
 - By enhancing our existing products and services and expanding access to all
 - By working closely with our community and our experts to deliver the support people need.
- **We will build the credibility and authoritativeness of Overcoming MS** – both the charity and the Program - so that we can increase our reach and impact.
 - By clearly communicating the existing evidence base and researching new developments
 - By influencing and working in partnerships to share our expertise and learn from others.
- **We will grow a collaborative, knowledgeable, passionate and sustainable team** so that we can increase our responsiveness to the needs of our community.
 - By developing our staff and volunteers
 - By building our team of Facilitators to increase our capacity and impact.
- **We will develop our financial growth** so that we can increase our independence.
 - By increasing fundraising via diversified activity
 - By generating income through other sources while reducing our cost base.

Structure, governance and management

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

A G Bloom

L M Bloom

Caroline Clarke

(Resigned 5 July 2023)

A D Humzah

M L Sugarman

P Hanson

(Appointed 23 June 2023)

S M Middlemiss

(Appointed 23 June 2023)

O A Ilenda

(Appointed 5 January 2024)

S Saraf

(Appointed 5 January 2024)

K C Bayles

(Appointed 5 January 2024)

P Harris

(Appointed 14 May 2024)

K Carpenter

(Appointed 14 May 2024)

A Thomson

(Appointed 23 June 2023 and resigned 1 November 2023)

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

From April 2022 the charity operated under an interim CEO. After an exhaustive search a permanent CEO was appointed and joined the charity in March 2023. The charity continues to expand its Board of Trustees; two new trustees joined in 2023 and three more in 2024 each bringing their own sets of skills and experience to the Board.

a Constitution

The charity is registered as a company limited by guarantee and is constituted under a Memorandum of Association dated 14 May 2014. It is registered with the Charity Commission for England and Wales, number 1157579 and with the Office of the Scottish Charity Regulator, number SC050752.

In 2014, the company took over activities from a predecessor charitable trust, also named Overcoming Multiple Sclerosis. The principal objective of the company is to provide relief to people diagnosed with multiple sclerosis.

b Method of appointment or election of trustees

The management of the company is the responsibility of the trustees who are elected and co-opted under the terms of the Articles of Association.

c. Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud, error, and the consequences of providing healthcare-related information. The charity has put in place a robust risk management framework and a corporate risk register that enables the identification, management, and monitoring of risk at operational and strategic levels. At every meeting, the Board of Trustees scrutinises risks that Overcoming MS faces.

In the opinion of the trustees, a key material risk facing the charity is the challenging global fundraising environment due to post-pandemic adjustment, as well as implications from the war in Ukraine and UK economic crisis, which may delay achieving financial sustainability. We have revisited the fundraising strategy and appointed a new Head of Fundraising to help mitigate this risk.

d. Organisational structure and decision making

Regular formal meetings of the Board of Trustees take place to provide support and guidance to the Chief Executive, who is employed to manage the operational activities of the charity. The trustees maintain oversight of governance, costs and management and approve all strategic plans for the development of the charity.

In the US and Australia, the charity has established independent charitable entities. The CEO of Overcoming MS is a Director of these respective charitable entities, alongside local Directors in both countries. All charitable entities are aligned with the same authorised purposes and charitable goals.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Auditor

In accordance with the company's articles, a resolution proposing that Critchleys Audit LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.



.....
M L Sugarman

Trustee

Date: 28th May 2024

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees, who are also the directors of Overcoming Multiple Sclerosis for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees, on 28.05.24 and signed on their behalf by:



Dowshan Humzah
Chair of the Board of Trustees, Overcoming MS

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Opinion

We have audited the financial statements of Overcoming Multiple Sclerosis (the charitable company) for the year ended 31 December 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable companies ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 require us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not obtained all the information and explanations that we considered necessary for the purpose of our audit; and
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees responsibilities, the Trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the charitable companies ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having an effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and other management, and from our knowledge and experience;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence where applicable; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;
- reviewing relevant correspondence.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body, and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)
for and on behalf of Critchleys Audit LLP

03/06/2024
.....

Chartered Accountants
Statutory Auditor

Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income and endowments from:							
Donations and legacies	3	974,266	11,400	985,666	839,978	7,000	846,978
Investments	4	3,015	-	3,015	933	-	933
Other income	5	28,279	-	28,279	43	-	43
Total income		1,005,560	11,400	1,016,960	840,954	7,000	847,954
Expenditure on:							
Raising funds	6	123,831	-	123,831	134,827	1,000	135,827
Charitable activities	7	907,527	18,081	925,608	871,482	-	871,482
Total expenditure		1,031,358	18,081	1,049,439	1,006,309	1,000	1,007,309
Net expenditure		(25,798)	(6,681)	(32,479)	(165,355)	6,000	(159,355)
Transfers between funds		6,741	(6,741)	-	-	-	-
Net movement in funds		(19,057)	(13,422)	(32,479)	(165,355)	6,000	(159,355)
Reconciliation of funds:							
Fund balances at 1 January 2023		297,360	19,741	317,101	462,715	13,741	476,456
Fund balances at 31 December 2023		278,303	6,319	284,622	297,360	19,741	317,101

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

OVERCOMING MULTIPLE SCLEROSIS

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Intangible assets	12		11,100		-
Tangible assets	13		12,523		10,707
			<u>23,623</u>		<u>10,707</u>
Current assets					
Stocks	14	-		4,533	
Debtors	15	27,061		135,270	
Cash at bank and in hand		300,189		235,377	
		<u>327,250</u>		<u>375,180</u>	
Creditors: amounts falling due within one year	16	66,251		68,786	
		<u>327,250</u>		<u>375,180</u>	
Net current assets			260,999		306,394
Total assets less current liabilities			<u>284,622</u>		<u>317,101</u>
The funds of the Charity					
Restricted income funds	17		6,319		19,741
Unrestricted funds			278,303		297,360
			<u>284,622</u>		<u>317,101</u>

The financial statements were approved by the Trustees on ~~28.05.2024~~.



.....
M L Sugarman
Trustee

Company registration number 09044459 (England and Wales)

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	21		78,269		(160,801)
Investing activities					
Purchase of intangible assets		(11,100)		-	
Purchase of tangible fixed assets		(5,372)		(7,401)	
Investment income received		3,015		933	
Net cash used in investing activities			(13,457)		(6,468)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			64,812		(167,269)
Cash and cash equivalents at beginning of year			235,377		402,646
Cash and cash equivalents at end of year			300,189		235,377

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

Overcoming Multiple Sclerosis is a private company limited by guarantee incorporated in England and Wales. The registered office is C/O Critchleys LLP, Beaver House, 23-38 Hythe Bridge Street, Oxford, OX1 2EP.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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)" (effective 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are 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.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated in full to support costs.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	4 year straight line method
---------	-----------------------------

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	25% reducing balance
-----------	----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible 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).

1.9 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.11 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.12 Employee benefits

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

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

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

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, appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments. 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.

The specific judgements/estimates relate to appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

3 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	216,266	-	216,266	235,302	-	235,302
Grants	758,000	11,400	769,400	604,676	7,000	611,676
	<u>974,266</u>	<u>11,400</u>	<u>985,666</u>	<u>839,978</u>	<u>7,000</u>	<u>846,978</u>

4 Income from investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest	3,015	933
	<u>3,015</u>	<u>933</u>

5 Other income

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Client Events	27,712	-
Book royalties	567	43
	<u>28,279</u>	<u>43</u>

6 Raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fundraising and publicity				
Other fundraising costs	38,482	13,376	1,000	14,376
Staff costs	85,349	121,451	-	121,451
	<u>123,831</u>	<u>134,827</u>	<u>1,000</u>	<u>135,827</u>

Total restricted income included in the above is £nil (2022 £1,000)

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

7 Expenditure on charitable activities

	Charitable expenditure 2023 £	Charitable expenditure 2022 £
Direct costs		
Staff costs	290,127	236,631
Digital technology investment	131,370	145,274
Other donor related activities	130,246	123,245
Contractors and consultancy	12,726	-
	<u>564,469</u>	<u>505,150</u>
Share of support and governance costs (see note 8)		
Support	349,009	359,612
Governance	12,130	6,720
	<u>925,608</u>	<u>871,482</u>
Analysis by fund		
Unrestricted funds	907,527	871,482
Restricted funds	18,081	-
	<u>925,608</u>	<u>871,482</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

8 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	92,487	-	92,487	203,071	-	203,071
Depreciation and loss on disposal of fixed assets	3,556	-	3,556	11,972	-	11,972
Website and publicity costs	40,420	-	40,420	25,852	-	25,852
Internet and IT costs	68,313	-	68,313	22,263	-	22,263
Bank and credit card charges	1,506	-	1,506	1,390	-	1,390
Printing, postage and stationary	2,548	-	2,548	3,122	-	3,122
Subscriptions	1,521	-	1,521	748	-	748
Professional fees	50,593	-	50,593	22,700	-	22,700
Rent and rates	6,261	-	6,261	6,478	-	6,478
Travel costs	27,933	-	27,933	23,171	-	23,171
Office expenses	48,402	-	48,402	43,075	-	43,075
Exchange (gain)/ loss	5,469	-	5,469	(4,230)	-	(4,230)
Audit fees	-	12,130	12,130	-	6,720	6,720
	<u>349,009</u>	<u>12,130</u>	<u>361,139</u>	<u>359,612</u>	<u>6,720</u>	<u>366,332</u>
Analysed between Charitable activities	<u>349,009</u>	<u>12,130</u>	<u>361,139</u>	<u>359,612</u>	<u>6,720</u>	<u>366,332</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

Two trustees (2022: None) received expenses totalling £325 (2020: £Nil) during the year.

10 Employees

The average monthly number of employees during the year was:

2023	2022
Number	Number
12	10
<u>12</u>	<u>10</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

10 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	422,588	524,079
Social security costs	36,533	29,658
Other pension costs	8,842	7,416
	<u>467,963</u>	<u>561,153</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
In the band £60,001 - £70,000	1	-
In the band £70,001 - £80,000	-	1
	<u>1</u>	<u>1</u>

Remuneration of key management personnel

The remuneration of key management personnel during the year was £65,285 (2022: 70,759)

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

12 Intangible fixed assets

	Website £
Cost	
At 1 January 2023	-
Additions - separately acquired	11,100
	<u>11,100</u>
At 31 December 2023	11,100
Amortisation and impairment	
At 1 January 2023 and 31 December 2023	-
	<u>-</u>
Carrying amount	
At 31 December 2023	11,100
	<u>11,100</u>
At 31 December 2022	-
	<u>-</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

13 Tangible fixed assets

Computers
£

Cost

At 1 January 2023

14,289

Additions

5,372

At 31 December 2023

19,661

Depreciation and impairment

At 1 January 2023

3,582

Depreciation charged in the year

3,556

At 31 December 2023

7,138

Carrying amount

At 31 December 2023

12,523

At 31 December 2022

10,707

14 Stocks

2023

£

2022

£

Books for free distribution

-

4,533

15 Debtors

2023

£

2022

£

Amounts falling due within one year:

Other debtors

17,400

128,940

Prepayments and accrued income

9,661

6,330

27,061

135,270

16 Creditors: amounts falling due within one year

2023

£

2022

£

Other taxation and social security

12,059

6,427

Deferred income

1,338

2,654

Other creditors

1,855

3,968

Accruals

50,999

55,737

66,251

68,786

Notes

OVERCOMING MULTIPLE SCLEROSIS
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2023

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	Balance at 1 January 2022		Movement in funds		Balance at 1 January 2023		Movement in funds		Transfers		Balance at 31 December 2023	
	£	£	£	£	£	£	£	£	£	£	£	£
Gawler books	6,741	-	-	-	6,741	-	-	-	(6,741)	-	-	-
Bursaries for events	7,000	-	-	-	7,000	-	(681)	-	-	-	6,319	-
Doris Field Charitable Trust	-	1,000	(1,000)	-	-	-	-	-	-	-	-	-
Trustee recruitment	-	6,000	-	-	6,000	11,400	(17,400)	-	-	-	-	-
	<u>13,741</u>	<u>7,000</u>	<u>(1,000)</u>	<u>(1,000)</u>	<u>19,741</u>	<u>11,400</u>	<u>(18,081)</u>	<u>(6,741)</u>	<u>(6,741)</u>	<u>6,319</u>	<u>6,319</u>	<u>6,319</u>

Fund descriptions:

The Gawler books donation is to fund OMS books delivered to the Gawler foundation in Australia. This restriction has now been removed and the balance transferred to unrestricted reserves.

The bursaries donations were used to fund the admission to OMS events for qualifying individuals.

The Doris Field Charitable Trust is to fund podcasts.

Trustee recruitment is to fund Trustee recruitment.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

18 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 December 2023 are represented by:			
Intangible fixed assets	11,100	-	11,100
Tangible assets	12,523	-	12,523
Current assets/(liabilities)	254,680	6,319	260,999
	<u>278,303</u>	<u>6,319</u>	<u>284,622</u>
	<u>278,303</u>	<u>6,319</u>	<u>284,622</u>

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 December 2022 are represented by:			
Tangible assets	10,707	-	10,707
Current assets/(liabilities)	286,653	19,741	306,394
	<u>297,360</u>	<u>19,741</u>	<u>317,101</u>
	<u>297,360</u>	<u>19,741</u>	<u>317,101</u>

19 Related party transactions

At the balance sheet date, the charity was owed £Nil (2022: £112,940) by OMS Australia, a related charity. This balance related to funds raised in Australia on behalf of the UK charity and expenses paid by the Australian charity on behalf of the UK charity.

At the balance sheet date, the charity owes £Nil (2022: £1,888) to OMS USA, a related charity. This balance related to expenses paid by OMS USA on behalf of the UK charity.

In the year pro bono legal advice valued at £5,000 (2022: £10,000) was received from a company in which one of the Trustees is a shareholder.

20 Analysis of changes in net funds

The Charity had no material debt during the year.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

21 Cash generated from operations	2023 £	2022 £
Deficit for the year	(32,479)	(159,355)
Adjustments for:		
Investment income recognised in statement of financial activities	(3,015)	(933)
(Gain)/loss on disposal of tangible fixed assets	-	9,306
Depreciation and impairment of tangible fixed assets	3,556	2,666
Movements in working capital:		
Decrease/(increase) in stocks	4,533	(782)
Decrease/(increase) in debtors	108,209	(8,905)
(Decrease)/increase in creditors	(1,219)	8,795
(Decrease) in deferred income	(1,316)	(11,593)
Cash generated from/(absorbed by) operations	<u>78,269</u>	<u>(160,801)</u>

OVERCOMING MULTIPLE SCLEROSIS

England & Wales - Charity number 1157579

Accounts

Charity registration number 1157579 (England and Wales)

Charity registration number SC050752 (Scotland)

Company registration number 09044459 (England and Wales)

OVERCOMING MULTIPLE SCLEROSIS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

AMENDED

OVERCOMING MULTIPLE SCLEROSIS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	A G Bloom L M Bloom C J M Clarke A D Humzah M L Sugarman
Charity number (England and Wales)	1157579
Charity number (Scotland)	SC050752
Company number	09044459
Registered office	C/O Critchleys LLP Beaver House 23-38 Hythe Bridge Street Oxford Oxford shire OX1 2EP
Auditor	Critchleys Audit LLP Beaver House 23-38 Hythe Bridge Street Oxford OX1 2EP

OVERCOMING MULTIPLE SCLEROSIS

CONTENTS

	Page
Chair's statement	4
President's statement	5
Trustees' report	6 - 16
Statement of Trustees' responsibilities	17
Independent auditor's report	18 - 21
Statement of financial activities	22
Balance sheet	23
Statement of cash flows	24
Notes to the financial statements	25 - 34

OVERCOMING MULTIPLE SCLEROSIS

CHAIR'S STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

Chair's statement

Becoming Chair of Overcoming MS as we reached the special milestone of our 10th anniversary really brought home to me what an extraordinary difference the charity has made to thousands of people worldwide in the past decade.

Our purpose is to enable everyone with MS to achieve optimal wellness by making informed lifestyle choices that enable them to take control of their health and wellbeing. We focus on the growing scientific evidence that people can take daily practical steps to help improve their MS, offering greater hope and optimism.

At the same time, we continuously seek to further improve our services to the MS community, expand our partnerships with other related organisations, and better inform and influence the wider MS landscape.

During 2022 we restarted face-to-face events, launched several new programmes and saw record numbers of people reaching out to us for support.

In a post-pandemic world of further challenged circumstances for global health services, we designed a tailor-made information hub targeted at healthcare professionals, written by healthcare professionals, to enable them to help their patients more easily.

We firmly believe that collaboration across all sectors is important, and more so for us across health and charity sectors. We partnered with other MS charities to provide evidence on the impact of MS on people's mental health.

I would like to thank Stephen Richards for the significant contribution he made to Overcoming MS as interim CEO during our 10th anniversary year. I am also incredibly grateful to everyone who has supported us in this important year – from trusts and foundations, individual donors and fundraisers, our dedicated staff team, community and volunteers including our Board members.

We have ambitious plans for 2023 and a lot of important work to do as we welcome our new Chief Executive, Alex Holden. I look forward to sharing further successes with you through the year.



Dowshan Humzah
Chair of the Board
Overcoming Multiple Sclerosis

OVERCOMING MULTIPLE SCLEROSIS

PRESIDENT'S STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

President's statement

I am so proud of everything we have achieved at Overcoming MS, having now reached the milestone of our 10th anniversary. I want to express my thanks to our Trustees, our long-standing facilitators, and our staff and volunteers for making our vision possible with such passion and dedication.

And of course, my overwhelming gratitude is to our community – people with MS, or those who have a close connection with MS. You bring the Overcoming MS Program to life, you share your experiences and support for others within the community, share tips, advice, recipes, thoughts and are there to listen to each other. You are Overcoming MS, and I look forward to our future together.



Linda Bloom
President
Overcoming Multiple Sclerosis

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of Overcoming Multiple Sclerosis (the company) for the year ended 31 December 2022.

The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

The company also operates under the names Overcoming MS and OMS.

Objectives and activities

Operating context

A diagnosis of multiple sclerosis (MS) can bring profound emotional and economic impacts upon individuals and families living with MS. Over 2.8 million people with MS worldwide - and more than 100,000 newly diagnosed each year - can feel left to face an uncertain future, including increasing pain, fatigue, depression, loss of mobility, and shortened life expectancy.

Multiple sclerosis is one of the most expensive long-term conditions to treat for healthcare systems globally. While existing medical treatment options are widely available in developed countries, these can be limited for those with progressive forms of MS - and even more so for those in developing countries or from more challenged communities.

Global MS rates are increasing, and it is estimated that 75% of an individual's MS risk is attributable to lifestyle factors. Yet despite MS being largely a lifestyle disease, lifestyle changes are not routinely recommended by healthcare professionals at diagnosis or as part of mainstream treatment for MS.

Policies and objectives

In setting objectives and planning for activities, the Trustees have considered general guidance published by the Charity Commission relating to public benefit.

The principal objectives of the charity are to relieve people with multiple sclerosis of their symptoms and to promote public health in relation to multiple sclerosis through a number of measures, including:

- Providing information and advice for people with MS to take control of their health.
- Fostering a community of support for people with MS and their families.
- Promoting an integrated approach to MS considering an individual's psychological, physical and social needs, and using the best available treatments.
- Promoting and undertaking research into self-help techniques for the management of MS as far as these are compatible with advice received from an individual's doctors or consultant physician.
- Supporting and promoting charities funding MS research.
- Advocating with and on behalf of people with MS for healthcare services that enable those individuals to control and improve their health.
- Collaborating with partners to provide maximum benefit and clarity for people with MS.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Vision and strategy

We progress with the core elements of the strategy that was launched in March 2021. The original strategy document, "*Find realistic hope and a full life, find OMS: The OMS Strategy 2021-23*" can be downloaded at www.overcomingms.org/community/find-realistic-hope-and-full-life-find-oms. As strategy is dynamic and our community's needs evolve, there have been some changes to the 2021-2023 strategy and plans. Led by our new Chief Executive, a new strategy will be created during 2023.

Overcoming MS is the world's leading multiple sclerosis healthy lifestyle charity. We are unique in our evidence-based focus upon MS self-management, formulated as a holistic, practical Program.

Our vision is for a world in which living a full and healthy life with MS is possible.

Our purpose is to enable everyone with MS to achieve optimal health by taking control of their health and wellbeing, through making informed lifestyle choices.

Overcoming MS informs, supports and empowers people with multiple sclerosis to self-manage their condition day to day.

- **Inform:** Ensure that people are aware and fully informed about the Overcoming MS Program as an evidence-based way to help self-manage MS through lifestyle choices.
- **Support:** Facilitate a supportive, accessible, and responsive community to allow people with diverse MS needs to adopt the Overcoming MS Program, meeting them wherever they are in their journey.
- **Empower:** Help people with MS to feel more hopeful, optimistic, and empowered, knowing they can take control of their MS and lead a more full and healthy life. We influence policymakers and campaign to raise awareness of the importance and benefits of MS self-management.
- **Collaborate:** We influence and work together with the broader MS community, including family, friends, and Health Care Professionals, to enable them to understand the benefits of self-management and lifestyle choices for people with MS via the Overcoming MS Program.

The Overcoming MS Program

Our advice and information centres upon a practical framework of MS self-management known as the Overcoming MS Program. It promotes a comprehensive and holistic approach to MS self-management, with clear evidence-based actions to help support physical and mental health. It focuses on lifestyle and environmental areas shown to influence MS progression, which include diet, stress, and a lack of Vitamin D.

The Overcoming MS Program is a product of pioneering work by Professor George Jelinek and the Neuroepidemiology Unit (NEU) of the Melbourne School of Population and Global Health, University of Melbourne, Australia. Its evidence is broad-based and incorporates over 1,000 research studies from some of the world's leading medical journals.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Achievements and performance

Principal activities and achievements

During 2022, Overcoming MS continued to pursue its purpose and objectives as detailed above. Key activities and achievements are listed below.

1. Inform

We continued to ensure that our content (from sharing personal stories to practical advice to social media) is more diverse and more inclusive of the global MS community. We further developed our range of content, including webinars, videos and podcasts, with significant community involvement and input. As a result, our increased range of content to help inform people living with MS has been well-received, with positive feedback and strong engagement.

1.1. Podcast

Our 'Living Well with MS' podcast is one of our key channels for keeping our community informed through interviews with a range of experts and community members. Overcoming MS volunteer Geoff Allix has hosted the podcast since it launched in 2019. 2022 saw the successful completion of our 4th podcast season with a growing number of listeners worldwide.

In 2022:

- There were 117,000 unique downloads
- 34 new episodes with 100% iTunes 4- and 5-star ratings
- An average of 2,308 downloads per new episode created during the year
- Our earlier seasons continue to be downloaded, with our inaugural episode with Professor George Jelinek now at over 10,000 downloads
- Our total downloads exceeded 300,000, which was a great milestone

To mark our 10th anniversary year, in September 2022 we invited Professor George Jelinek, the founder of the Overcoming MS Program, to take part in a special series of short podcasts. These podcasts were downloaded over 4,000 times across the globe.

As part of our commitment to inclusion, we continue to produce transcriptions of past episodes with the support of our fantastic volunteers.

1.2. Webinars

Our webinars continue to provide in depth information for community members keen to understand the importance of lifestyle. In 2022 we returned with Season 3 of the *Finding Hope with Overcoming MS* webinar, delivering 14 webinars. We drew on the experience and expertise of several people from within the MS Community including the founder of the Overcoming MS Program, Professor George Jelinek, award winning Neurologist Dr Aaron Boster from the Boster Center for MS in the USA and Circle Member and author Nigel Bartram to showcase his book - 'MS a funny thing'.

- 5,077 people registered for our webinars
- We reached 40 countries
- We delivered over 14hrs of webinar content with over 4,000 playbacks
- We achieved an overall quality score of 91%

The session on Diet and Evidence hosted by Overcoming MS Facilitator Dr Jonathan White with guest speaker Dr Steve Simpson-Yap, a Senior Researcher from the Neuroepidemiology Unit in Melbourne, saw a record-breaking 902 people registering for the webinar.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

1.3. Website and digital

Overcoming MS provides practical digital resources to help people follow the healthy lifestyle in the Overcoming MS Program.

To ensure we provide new and engaging content to our community, in 2022 we continued to work with members of the community on the creation of content (such as blogs, meditations, recipes, and exercise videos). We shared our podcasts and webinars on the website, as well as sharing findings from the latest research papers about the impact of lifestyle on MS.

During 2022, we rolled out a significant update to the website, combined with changes such as making the site more accessible on mobile phones, even more important as over two thirds of our audience visit our site via mobile, and ensuring we had an increase in the diversity of abilities present on the website. We also updated the website messaging in line with new brand messaging, to make the site more accessible and relevant to healthcare professionals.

We continued to expand our YouTube channel with useful content, with most the popular videos including those covering diet, meditation, personal Overcoming MS stories and the Beginner's Guide to Overcoming MS, enabling those new to the charity to learn how lifestyle changes can help them.

- We reached 379,000 global website users in 2022
- 1,156,000 website pages were viewed
- We achieved 62,500 YouTube views
- 22,000 people have subscribed to our e-newsletter, which shares tips about living well with MS as well as our latest recipe, podcast and blog content.

2. Support

2.1. Circles

Overcoming MS Circles are community groups providing support to people with MS and following the Overcoming MS Program across the globe. Circles are facilitated by volunteer Ambassadors who help people stay connected, especially at a time when they may feel most anxious and isolated. In 2022 there were 108 Ambassadors (100 in 2021).

Overcoming MS launched this grassroots support service in 2018 with 20 Circles. By the end of 2022, there were 98 active Circles (94 in 2021) providing support to an estimated 2,754 people living with MS (1,964 people in 2021) in 28 countries (29 countries in 2021).

Our priority for community engagement remains based on Ambassador feedback. We plan to build capacity within the team and Circles to support our Overcoming MS community better.

Region	Circles	Country
United Kingdom	31	England (24), Scotland (4), Northern Ireland (2), Wales (1)
Europe	28	Germany (10), Netherlands (3), Italy (2), Belgium (2), Spain (2), Czech Republic (1), Denmark (1), Greece (1), Portugal (1), Ireland (1), Slovakia (1), Sweden (1), Switzerland (1), Turkey (1)
Africa and the Middle East	1	Israel (1)
Australasia and Asia	15	Australia (8), New Zealand (4), India (1), Taiwan (1), Hong Kong (1)
North and South America	19	USA (13), Canada (4), Brazil (1), Columbia (1)
Thematic Circle	4	Living Well with Progressive MS (1), Global Circle (1), Family Life and MS (1), Pathway to Overcoming MS (1)

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

2.2. Digital support

As a small international charity, through a focus on digital, we aim to have as wide a footprint and impact as economically possible.

In 2022, we recruited a Digital Content Manager and Digital Engagement Manager, replacing existing roles but restructuring the team to provide a greater breadth of skillset. We benefit from volunteer support with hosting our podcast, editing our videos and a number of other tasks. With volunteer support, we have proceeded with the creation of transcripts for our past podcast episodes, to make these as accessible as possible.

The team responds to queries from our community across social media channels, email, and web comments from those following the Overcoming MS Program.

2.3. Live events and courses

2022 saw the long-awaited return to in-person events, following a 2-year hiatus due to Covid restrictions.

- **Delamore Arts Festival** – Overcoming MS were the chosen charity partner at an event organised by an Ambassador from a UK Circle supported by the 30 Circle members and raising £11,000 for the charity.
- **British Society of Lifestyle Medicine (BSLM) Conference** – Facilitator Dr Jonathan White presented to the 1,000 strong crowd, with our team running a stall and networking with the public and healthcare professionals.
- **Manchester Mindfulness Festival** – Overcoming MS funded tickets for community members and showcased MS Nurse, Sue Tibbles' mindfulness research study sponsored by Overcoming MS.
- Other community events attended included the **Clacton Community Fair** and **Leamington Eco Festival**.

As part of Volunteers' Week in the UK, we held an exclusive online event featuring personal stories from our community, with an invitation featuring the design work and art of an Ambassador.

To support our Ambassadors in their role, we piloted a new Safeguarding training module delivered in partnership with HR Fit for Purpose. This will be rolled out in 2023. We also ran Ambassador check-in sessions every 6 weeks with over 65 Ambassadors attending and delivered 3 self-development sessions with Healthy HR with 149 Circle members signing up.

Course: Pathways to Overcoming MS

A pilot of a four-week online course was delivered by our expert Overcoming MS Facilitators to 25 participants across the globe including Australia and Canada, focusing on increasing people's confidence, knowledge and understanding of the Overcoming MS Program.

Evaluations showed 100% would recommend the course to family and friends and 43% of respondents scored themselves as having the highest level of confidence to follow the Overcoming MS Program post course vs 0% pre-course. As a result, we have developed our plans to deliver 2 cohorts of the course in 2023.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

3. Empower

3.1. Surveys and insight

We repeated our Ambassador survey which saw an increase in how supported our Ambassadors feel, with 82% feeling very informed in their role. In addition, we recruited members of the community to participate in a focus group, enabling us to get feedback and insight from the community in developing and shaping new projects.

We also ran our MS Conversations survey, focusing on emotional and practical support needs of the community. Over 50% of respondents struggled to have a conversation about their MS and said that talking to employers, colleagues and family were the biggest challenge. Support with how to talk about their MS was most needed in relation to talking with healthcare professionals.

Following feedback from our community, we piloted two new community app platforms in partnership with 12 members of the Overcoming MS community. These community members were actively involved in the design and development stages of the trial and their feedback has enabled us to shape the 'Living Well hub' which is launching in 2023. The hub will provide a positive user experience enabling Circle members to easily connect with each other, receive the latest tips and advice and have their questions answered about making lifestyle changes.

3.2. Reach Out project

To find out more about Circles with lower numbers we carried out a small research project, interviewing Ambassadors to understand some of their experiences. We identified five main themes from the interviews, which included the need for translatable resources and peer support.

4. Collaborate

4.1. Partnership with the Neuroepidemiology Unit at the University of Melbourne

We provided £9,830 in funding to the NEU at the University of Melbourne, who are running research into the importance of lifestyle for MS. Our funding provided open access to 3 new research studies, enabling more people to access their findings about the difference that lifestyle can make to people with multiple sclerosis.

4.2. Gift-in-Kind partnerships

In 2022, Overcoming MS also received pro-bono design support provided by JMA Creative in Melbourne, Australia. The estimated value amounted to £20,831, and Star Lizard provided HR and legal support with an estimated value of £10,000.

4.3. Partnerships delivering new products and services

MS Charities Working Group

Working with 5 other MS Charities – MS Society, MS Trust, MS-UK, Shift.MS and MS National Therapy Centres – on policy and campaigns, we helped to influence the long-term outcomes for people with MS, informed by the experiences of people with MS. Our goal is to advocate for better recognition, treatment and access to support for all people living with MS.

Hope Reborn

We were delighted to work with musician and video producer Fabio D'Andrea and the MS Society on the production of a short film. The film, Hope Reborn, aimed to raise awareness of some of the challenges experienced by those with multiple sclerosis while also sharing the idea which is central to Overcoming MS, that there is hope after a diagnosis.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Starring actress Rose Leslie, Ambassador for the MS Society and well-known for her roles in Downton Abbey and Game of Thrones, the film also featured members of the Overcoming MS and MS Society community. The film is due to launch in 2023.

Hello Self Family Support Programme

Building upon the knowledge that 52% of survey respondents (MS Conversations 2022) struggled to discuss their MS with family members and knowing the impact that a person's MS can have on the wider family / carers around them. We worked in partnership with Hello Self to deliver online group and one-to-one psychological support to 12 family members / carers of people living with MS. 80% of respondents felt more confident in obtaining information and support from Overcoming MS. 100% of respondents would recommend the Family Support programme to other people supporting somebody living with MS.

We also offered our community a diverse range of movement, exercise and yoga resources on the Overcoming MS website. Overcoming MS achieved this through partnerships with Dr Gretchen Hawley and Taming the Walrus. Dr Gretchen is an MS specialist and physical therapist in the USA, who has appeared twice on the Living Well with MS podcast. Taming the Walrus is a yoga company for people with long-term chronic conditions and is led by former retreat facilitator Veronique Gauthier-Simmons.

The charity continued to engage with healthcare professionals, including neurologists and MS nurses, with our MS Academy collaboration.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing these financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal funding

During the year, income was received from three main sources: donations, grants, and events.

The charity is regulated by the Fundraising Regulator and adheres to the Fundraising Code of Practice. There has been no failure to comply with the scheme and no complaints were received either directly or indirectly through any party in 2022.

c. Reserves policy

The level of reserves at the beginning of the year was deemed by the Trustees to be excessive and the policy was amended to require reserves to be maintained at a level of not less than three months' overhead expenditures. After the planned deficit in 2022 the Trustees consider that the charity's reserves are consistent with this policy.

At the end of 2022, the charity held total reserves of £317,101 (2021: £476,456) comprising:

Unrestricted:	£297,360	(2021: £310,722)
Restricted:	£ 19,741	(2021: £ 13,741)
Designated	£ 0	(2021: £151,993)

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Plans for future periods

Our plans for 2023

- **Inform**
 - **UK Pop up tour**, reinvigorating our face-to-face connections with our Circles and others around the UK and inspiring them with engaging expert talks.
 - **New Pathways courses**, taking the outstanding feedback from the 2022 pilot, to help even more members of the community make progress with the program through collaborative live training.
 - **Six months to Overcoming MS course**, providing entry-level, step-by-step guidance for those wanting to build up to following the Overcoming MS Program.
- **Support**
 - **New digital platform**, our new innovative and integrated digital tool to enable our Circles to easily connect and support each other, as strongly requested by our community.
 - **'Train the Trainer'** to extend our capacity to provide information, courses and support, through training additional expert facilitators with lived experience.
- **Empower**
 - **Retreats**, restarting our flagship, in-depth, in-person events which have been shown to provide a unique and empowering experience for attendees, committed to lifestyle change.
 - **'I am Overcoming MS' community campaign**, inspiring others by sharing stories to show the diverse ways that people can feel empowered despite their different experiences of MS.
- **Collaborate**
 - **Launch 'Hope Reborn'** in collaboration with MS Society, Fabio D'Andrea and Rose Leslie, sharing the message that there is hope after an MS diagnosis.
 - **Partner with UK MS charities** to increase the impact of our campaigns, reach and strength of voice by working together towards shared outcomes.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

Structure, governance and management

The charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

A G Bloom	
L M Bloom	
A L Boster	(Resigned 24 February 2022)
C J M Clarke	
A D Humzah	
M L Sugarman	
H B R Leahy	(Resigned 2 February 2022)
A R Marwick	(Resigned 2 February 2022)

From April 2022 the charity operated with an interim CEO. After an exhaustive search a permanent CEO was appointed and joins the charity in March 2023. The charity continues to expand its Board of Trustees and at least three new Trustees will join in 2023 bringing their own sets of skills and diverse experiences to the Board.

a. Constitution

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 14 May 2014. The company is constituted under a Memorandum of Association dated 14 May 2014 and is a registered charity, number 1157579.

In 2014, the company took over activities from a predecessor charitable trust, also named Overcoming Multiple Sclerosis. The principal objective of the company is to provide relief to people diagnosed with multiple sclerosis.

b. Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

c. Organisational structure and decision making

Regular formal meetings of the Board of Trustees take place to provide support and guidance to the Chief Executive, who is employed to manage the operational activities of the charity. The Trustees maintain oversight of governance, costs and management and approve all strategic plans for the development of the charity.

In the US and Australia, the charity has established independent charitable entities. The President of Overcoming MS is a Director of these respective charitable entities, alongside local Directors in both countries. All charitable entities are aligned with the same authorised purposes and charitable goals.

d. Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud, error, and the consequences of providing healthcare-related information.

The charity has put in place a robust risk management framework and a corporate risk register that enables the identification, management, and monitoring of risk at operational and strategic levels. At every meeting, the Board of Trustees scrutinises risks that Overcoming MS faces.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 DECEMBER 2022

In the opinion of the Trustees, a key material risk facing the charity is the challenging global fundraising environment due to post-pandemic adjustment, as well as implications from the war in Ukraine and UK economic crisis, which may delay achieving financial sustainability. We have revisited the fundraising strategy and appointed a new Head of Fundraising to help mitigate this risk.

Auditor

In accordance with the company's articles, a resolution proposing that Critchleys Audit LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.



.....
M L Sugarman
Trustee

Date: 20 September 2023
.....

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees, who are also the directors of Overcoming Multiple Sclerosis for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees, on 20 September 2023 and signed on their behalf by:



Dowshan Humzah
Chair of the Board
Overcoming Multiple Sclerosis

OVERCOMING MULTIPLE SCLEROSIS



INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Opinion

We have audited the financial statements of Overcoming Multiple Sclerosis (the charitable company) for the year ended 31 December 2022 which comprise the statement of financial activities, balance sheet, statement of cash flows the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable companies ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 require us to report to you if, in our opinion:

- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees responsibilities, the Trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the charitable companies ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having an effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

- directors and other management, and from our knowledge and experience;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company;
 - we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence where applicable; and
 - identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;
- reviewing relevant correspondence.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [https:// www.frc.org.uk/auditorsresponsibilities](https://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body, and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)
for and on behalf of Critchleys Audit LLP

23 September 2023
.....

Chartered Accountants
Statutory Auditor

Beaver House
23-38 Hythe
Bridge Street
Oxford
OX1 2EP

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Income and endowments from:</u>							
Donations	3	839,978	7,000	846,978	731,773	24,860	756,633
Investments	4	933	-	933	440	-	440
Other income	5	43	-	43	58	-	58
Total income		840,954	7,000	847,954	732,271	24,860	757,131
<u>Expenditure on:</u>							
Raising funds	6	134,827	1,000	135,827	72,607	-	72,607
Charitable activities	7	871,482	-	871,482	618,097	24,860	642,957
Total resources expended		1,006,309	1,000	1,007,309	690,704	24,860	715,564
Net (expenditure)/income for the year/ Net movement in funds							
		(165,355)	6,000	(159,355)	41,567	-	41,567
Fund balances at 1 January 2022		462,715	13,741	476,456	421,148	13,741	434,889
Fund balances at 31 December 2022		297,360	19,741	317,101	462,715	13,741	476,456

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

OVERCOMING MULTIPLE SCLEROSIS

BALANCE SHEET AS AT 31 DECEMBER 2022

	Notes	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	11		10,707		15,278
Current assets					
Stocks	12	4,533		3,751	
Debtors	13	135,270		126,365	
Cash at bank and in hand		235,377		402,646	
			375,180		532,762
Creditors: amounts falling due within one year	14	(68,786)		(71,584)	
Net current assets			306,394		461,178
Total assets less current liabilities			317,101		476,456
Income funds					
Restricted funds	15		19,741		13,741
<u>Unrestricted funds</u>					
Designated funds	16	-		151,993	
General unrestricted funds		297,360		310,722	
			297,360		462,715
			317,101		476,456

The financial statements were approved by the Trustees on 20 September 2023



M L Sugarman
Trustee

Company registration number 09044459

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	19		(160,801)		33,749
Investing activities					
Purchase of tangible fixed assets		(7,401)		(1,771)	
Investment income received		933		440	
Net cash used in investing activities			(6,468)		(1,331)
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(167,269)		32,418
Cash and cash equivalents at beginning of year			402,646		370,228
Cash and cash equivalents at end of year			235,377		402,646

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. Accounting policies

Charity information

Overcoming Multiple Sclerosis is a private company limited by guarantee incorporated in England and Wales. The registered office is C/O Critchleys LLP, Beaver House, 23-38 Hythe Bridge Street, Oxford, Oxfordshire, OX1 2EP.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are 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.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated in full to support costs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

Fixtures and fittings	25% reducing balance
Computers	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

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).

1.8 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1.11 Employee benefits

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

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

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, appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments. 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.

The specific judgements/estimates relate to appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments.

3. Donations

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	235,302	-	235,302	106,773	-	106,773
Grants	604,676	7,000	611,676	625,000	24,860	649,860
	<u>839,978</u>	<u>7,000</u>	<u>846,978</u>	<u>731,773</u>	<u>24,860</u>	<u>756,633</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

4. Investments

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Interest receivable	933	440
	<u> </u>	<u> </u>

5. Other income

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Book royalties	43	58

6. Raising funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2022 £	2022 £	2022 £	2021 £
<u>Fundraising and publicity</u>				
Other fundraising costs	13,376	1,000	14,376	8,290
Staff costs	121,451	-	121,451	64,317
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	<u>134,827</u>	<u>1,000</u>	<u>135,827</u>	<u>72,607</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

7 Charitable activities

	Charitable expenditure 2022 £	Charitable expenditure 2021 £
Staff costs	236,631	197,180
Digital technology investment	145,274	202,638
Other donor related activities	123,245	24,860
	<u>505,150</u>	<u>424,678</u>
Share of support costs (see note 8)	359,612	212,039
Share of governance costs (see note 8)	6,720	6,240
	<u>871,482</u>	<u>642,957</u>
Analysis by fund		
Unrestricted funds	871,482	618,097
Restricted funds	-	24,860
	<u>871,482</u>	<u>642,957</u>

8 Support costs

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021 £
Staff costs	203,071	-	203,071	72,650	-	72,650
Depreciation and loss on disposal of fixed assets	11,972	-	11,972	4,674	-	4,674
Website and publicity costs	25,852	-	25,852	3,324	-	3,324
Internet and IT costs	22,263	-	22,263	38,876	-	38,876
Bank and credit card charges	1,390	-	1,390	992	-	992
Printing, postage and stationary	3,122	-	3,122	512	-	512
Subscriptions	748	-	748	934	-	934
Professional fees	22,700	-	22,700	37,525	-	37,525
Rent and rates	6,478	-	6,478	21,135	-	21,135
Travel costs	23,171	-	23,171	2,175	-	2,175
Office expenses	43,075	-	43,075	27,077	-	27,077
Exchange (gain)/ loss	(4,230)	-	(4,230)	2,165	-	2,165
Audit fees	-	6,720	6,720	-	6,240	6,240
	<u>359,612</u>	<u>6,720</u>	<u>366,332</u>	<u>212,039</u>	<u>6,240</u>	<u>218,279</u>
Analysed between charitable activities	<u>359,612</u>	<u>6,720</u>	<u>366,332</u>	<u>212,039</u>	<u>6,240</u>	<u>218,279</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

9. Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10. Employees

The average monthly number of employees during the year was:

2022 number	2021 number
10	9

Employment costs

	2022 £	2021 £
Wages and salaries	524,079	301,870
Social security costs	29,658	27,474
Other pension costs	7,416	4,803
	<u>561,153</u>	<u>334,147</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2022 number	2021 number
In the band £100,001 - £110,000	-	1
In the band £70,001 - £80,000	1	-
	<u>1</u>	<u>-</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

11 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 January 2022	10,951	37,900	48,851
Additions	-	7,401	7,401
Disposals	(10,951)	(31,012)	(41,963)
	-	14,289	14,289
Depreciation and impairment			
At 1 January 2022	8,599	24,974	33,573
Depreciation charged in the year	98	2,568	2,666
Eliminated in respect of disposals	(8,697)	(23,960)	(32,657)
	-	3,582	3,582
Carrying amount			
At 31 December 2022	-	10,707	10,707
At 31 December 2021	2,352	12,926	15,278

12 Stocks

	2022 £	2021 £
Books for free distribution	4,533	3,751

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

13 Debtors

	2022	2021
Amounts falling due within one year:	£	£
Other debtors	128,940	113,407
Prepayments and accrued income	6,330	12,958
	<u>135,270</u>	<u>126,365</u>

14 Creditors: amounts falling due within one year

	2022	2021
Notes	£	£
Other taxation and social security	6,427	50
Deferred income	2,654	14,247
Other creditors	3,968	5,481
Accruals	55,737	51,806
	<u>68,786</u>	<u>71,584</u>

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			
	Balance at	Incoming	Resources	Balance at	Incoming	Resources	Balance at
	1 January 2021	resources	expended	1 January 2022	resources	expended	31 December 2022
	£	£	£	£	£	£	£
Gawler books Rank Foundation	6,741	-	-	6,741	-	-	6,741
Bursaries for events	-	24,860	(24,860)	-	-	-	-
Doris Field Charitable Trust	7,000	-	-	7,000	-	-	7,000
Trustee recruitment	-	-	-	-	1,000	(1,000)	-
	-	-	-	-	6,000	-	6,000
	<u>13,741</u>	<u>24,860</u>	<u>(24,860)</u>	<u>13,741</u>	<u>7,000</u>	<u>(1,000)</u>	<u>19,741</u>

Fund descriptions:

The Gawler books donation is to fund OMS books delivered to the Gawler Foundation in Australia.

The bursaries donations is to fund the admission to OMS events for qualifying individuals.

The Rank Foundation donation was to fund the phase 2 development of the website.

The Doris Field Charitable Trust is to fund podcasts.

Trustee recruitment is to fund Trustee recruitment.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

16 Designated funds

The income funds of the charity included the following designated funds which were set aside for projects in the year, during the year the designated fund balance was transferred to unrestricted funds.

Balance at 1 January 2021	Transfers	Balance at 1 January 2022	Transfers	Balance at 31 December 2022
£	£	£	£	£
154,666	(2,673)	151,993	(151,993)	-
<u>154,666</u>	<u>(2,673)</u>	<u>151,993</u>	<u>(151,993)</u>	<u>-</u>

17 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:						
Tangible assets	10,707	-	10,707	15,278	-	15,278
Current assets/(liabilities)	286,653	19,741	306,394	447,437	13,741	461,178
	<u>297,360</u>	<u>19,741</u>	<u>317,101</u>	<u>462,715</u>	<u>13,741</u>	<u>476,456</u>

18 Related party transactions

At the balance sheet date, the charity was owed £112,940 (2021: £108,492) by OMS Australia, a related charity. This balance relates to funds raised in Australia on behalf of the UK charity and expenses paid by the Australian charity on behalf of the UK charity.

At the balance sheet date, the charity owes £1,888 (2021: £1,858) to OMS USA, a related charity. This balance relates to expenses paid by OMS USA on behalf of the UK charity.

In 2022, Overcoming MS received free advertising under the Google Ads Grant programme to the value of £90,000. The charity also received pro-bono design support provided by JMA Creative in Melbourne, Australia. The estimated value amounted to £20,831, and Star Lizard provided HR and legal support with an estimated value of £10,000.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

19	Cash generated from operations	2022 £	2021 £
	(Deficit)/surplus for the year	(159,355)	41,567
	Adjustments for:		
	Investment income recognised in statement of financial activities	(933)	(440)
	Loss on disposal of tangible fixed assets	9,306	-
	Depreciation and impairment of tangible fixed assets	2,666	4,674
	Movements in working capital:		
	(Increase) in stocks	(782)	(353)
	(Increase) in debtors	(8,905)	(3,198)
	Increase/(decrease) in creditors	8,795	(20,413)
	(Decrease)/increase in deferred income	(11,593)	11,912
	Cash (absorbed by)/generated from operations	<u>(160,801)</u>	<u>33,749</u>
20	Analysis of changes in net funds The charity had no debt during the year.		

OVERCOMING MULTIPLE SCLEROSIS

England & Wales - Charity number 1157579

Accounts

Charity Registration No. 1157579

Charity registration number SC050752 (Scotland)

Company Registration No. 09044459 (England and Wales)

OVERCOMING MULTIPLE SCLEROSIS
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

OVERCOMING MULTIPLE SCLEROSIS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	A G Bloom L M Bloom C J M Clarke A D Humzah M L Sugarman	(Appointed 15 November 2021)
Charity number (England and Wales)	1157579	
Charity number (Scotland)	SC050752	
Company number	09044459	
Registered office	C/O Critchleys LLP Beaver House 23-38 Hythe Bridge Street Oxford Oxfordshire England OX1 2EP	
Auditor	Critchleys Audit LLP Beaver House 23-38 Hythe Bridge Street Oxford Oxfordshire OX1 2EP	

OVERCOMING MULTIPLE SCLEROSIS

CONTENTS

	Page
President's statement	1
Chair's statement	2
Trustees report	3 - 13
Statement of Trustees responsibilities	14
Independent auditor's report	15 - 18
Statement of financial activities	19
Balance sheet	20
Statement of cash flows	21
Notes to the financial statements	22 - 31

OVERCOMING MULTIPLE SCLEROSIS

PRESIDENT'S STATEMENT

FOR THE YEAR ENDED 31 DECEMBER 2021

President's Statement

2021 was a challenging year. A year that truly tested the strength of spirit of both our global MS community as well as our own charity team who - despite the devastating effects of the Covid-19 pandemic - remained dedicated and determined to deliver the most effective support and realistic hope to every person with MS. Many healthcare charities, including Overcoming MS, faced elevated levels of demand for their services as healthcare systems globally struggled to keep up with the additional burden that the pandemic created.

Against this difficult backdrop, I am particularly proud of what the charity achieved during the year, beginning in spring with the launch of our new three-year strategy, which firmly places the MS community at the heart of everything we do. As we have invested more into our community support services, the numbers speak for themselves with increasing demand and rising participation across our digital platforms particularly.

Despite such testing times globally, our Board remains determined to continue to drive impact and growth so that even more people with MS can be empowered by the Overcoming MS programme and the strength of the community that underpins it.

For me personally, after much thought, and having served as Chair of the Board of Trustees of Overcoming MS since founding the charity almost 10 years ago, I decided it was time to hand over the baton and was delighted to see the appointment of our new Chair, Dowshan Humzah, who took up the role in January 2022.

Looking back over 2021, I also wanted to take this opportunity to thank all the Overcoming MS team and our committed group of volunteers for their incredibly hard work and dedication during a particularly challenging year. I am proud that as an organisation we remain resilient and more determined than ever to empower and bring hope to the MS community. As we mark our 10th anniversary year in 2022, I look forward to continuing to support Overcoming MS in my new role as President.

Linda Michelle Bloom
President, Overcoming MS

OVERCOMING MULTIPLE SCLEROSIS

CHAIR'S STATEMENT

FOR THE YEAR ENDED 31 DECEMBER 2021

Chair's Statement

As the new Chair of Overcoming MS, I would like to begin by thanking and paying tribute to Linda Bloom who founded Overcoming MS given her own lived experience. She has shown tremendous passion and energy over the past decade in building and sharing the Overcoming MS programme with as many people with MS as possible - offering hope and optimism that they too can live a full and healthy life.

The impact Linda has had on both the organisation and more importantly on those with MS who have followed the OMS programme has been enormous. We are delighted that she agreed to become President of Overcoming MS and I am thrilled to be working with her.

The timing of our 10th anniversary in 2022 is serendipitous given our dynamic strategy and desire for transformative growth. As we progress through 2022, our priorities are to further strengthen the operating model, better support our employees and volunteers, and work collaboratively across the multiple sclerosis and broader neurology space to deliver to our community following the Overcoming MS programme - and wider still to all those affected by MS.

Alongside existing clinical good practice and recommended medication, lifestyle interventions such as Overcoming MS are increasingly available in clinical practice for other serious auto-immune and lifestyle-driven conditions such as Type 2 diabetes and heart disease. It is time the same happens for multiple sclerosis and Overcoming MS has a significant role to play in supporting healthcare professionals to provide practical ways for people to better manage their MS. The beauty of Overcoming MS is how it offers simple, practical ways for people with MS to take control – working alongside their treatments and clinicians.

As Chair of Overcoming MS, I am committed to ensuring that we always strive to better serve our community and grow it with practical support, continuing to offer hope and optimism.

Dowshan Humzah

Chair of the Board of trustees, Overcoming MS

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of Overcoming Multiple Sclerosis (the company) for the year ended 31 December 2021.

The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Ireland (FRS 102) (effective 1 January 2015).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

The company also operates under the names Overcoming MS and OMS.

Objectives and activities

a. Operating Context

A diagnosis of multiple sclerosis (MS) can bring profound emotional and economic impacts upon individuals and families living with MS. Over 2.8 million people with MS worldwide – and more than 100,000 newly diagnosed each year – can feel left to face an uncertain future, including increasing pain, fatigue, depression, loss of mobility, and shortened life expectancy.

Multiple sclerosis is one of the most expensive long-term conditions to treat for healthcare systems globally. While existing medical treatment options are widely available in developed countries, these can be limited for those with progressive forms of MS - and even more so for those in developing countries or from more challenged and deprived communities.

Global MS rates are increasing, and it is estimated that 75% of an individual's MS risk is attributable to lifestyle factors. Yet despite MS being largely a lifestyle disease, lifestyle changes are not routinely recommended by healthcare professionals at diagnosis or as part of mainstream treatment for MS.

b. Policies and Objectives

In setting objectives and planning for activities, the Trustees have considered general guidance published by the Charity Commission relating to public benefit.

The principal objectives of the charity are to relieve people with multiple sclerosis of their symptoms and to promote public health in relation to multiple sclerosis through a number of measures, including:

- providing information and advice for people with MS to take control of their health.
- fostering a community of support for people with MS and their families.
- promoting an integrated approach to MS considering an individual's psychological, physical and social needs, and using the best available treatments.
- promoting and undertaking research into self-help techniques for the management of MS as far as these are compatible with advice received from an individual's doctors or consultant physician.
- supporting and promoting charities funding MS research.
- advocating with and on behalf of people with MS for healthcare services that enable those individuals to control and improve their health.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

c. Vision and Strategy

Overcoming MS undertook a stakeholder consultation as part of a strategic review in 2020. The Board of Trustees approved Overcoming MS's new strategic direction in December 2020 and the new strategy was launched in March 2021. The full strategy document, "Find realistic hope and a full life, find OMS: The OMS Strategy 2021-23" can be downloaded at www.overcomingms.org/community/find-realistic-hope-and-full-life-find-oms. It outlines the charity's refreshed strategic objectives and three-year plan in more detail.

Who we are:

Overcoming MS is the world's leading multiple sclerosis healthy lifestyle charity. We are unique in our evidence-based focus upon MS self-management, formulated as a holistic, practical programme.

Our vision is for a world in which living a full and healthy life with MS is possible.

Our purpose is to enable everyone with MS to achieve optimal health by taking control of their health and wellbeing, through making informed lifestyle choices.

What we do:

Overcoming MS informs, supports and empowers people with multiple sclerosis to self-manage their condition day-to-day.

- **Inform:** We ensure people affected by MS are fully informed about evidence-based ways to help self-manage MS.
- **Support:** We help people living with MS to feel supported through our work, including OMS Circles, our growing global network of volunteer-led support groups.
- **Empower:** We advocate for and with people living with MS to demonstrate how self-management and lifestyle choices are a vital part of living a full life. We influence policymakers and campaign to raise awareness of the importance and benefits of MS self-management.
- **Collaborate:** We support and contribute to the growing body of evidence around lifestyle choices and self-management of MS to help influence and create change amongst healthcare professionals and policymakers. We work in partnerships to create genuine and sustainable benefits for people living with MS.

The Overcoming MS Programme:

Our advice and information centres upon a practical framework of MS self-management known as the Overcoming MS programme. It promotes a comprehensive and holistic approach to MS self-management, with clear evidence-based actions to help support physical and mental health. It focuses on lifestyle and environmental areas shown to influence MS progression, which include diet, stress, and a lack of Vitamin D.

The Overcoming MS programme is a product of pioneering work by Professor George Jelinek and the Neuroepidemiology Unit (NEU) of the Melbourne School of Population and Global Health, University of Melbourne, Australia. Its evidence is broad-based and incorporates over 1,000 research studies from some of the world's leading medical journals.

d. Principal Activities and Achievements

During 2021, Overcoming MS continued to pursue its objectives as detailed above, and key activities and achievements are listed below.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1. Inform

We increased our efforts to ensure that our content (from blogs to practical advice to social media) is more diverse and inclusive of the global MS community. We developed our range of content, including webinars and podcasts, with significant community involvement and input. As a result, our increased range of content to help inform people living with MS has been well-received, with positive anecdotal feedback and strong engagement rates.

1.1 Podcast

The Living Well with MS is Overcoming MS's podcast. It aims to be informative and inspiring to help people with MS make healthier lifestyle choices. Overcoming MS volunteer Geoff Allix has hosted the podcast since it launched in 2019. It has a growing number of listeners worldwide.

Overcoming MS produced 33 podcast episodes in total over 2021. This included 14 full-length (30-40 minutes) Living Well with MS episodes, interviewing scientists, neurologists, fitness specialists and nutritionists. As with all our programmes, the podcast topics were developed with community input and engagement, to ensure they reflected and responded to the needs of people with MS.

We also continued the Coffee Break series (a shorter format of 30-minute episodes), which began in response to the Covid-19 pandemic in 2020. Overcoming MS produced 14 Coffee Break episodes. These are conversations between Geoff and other people with MS, sharing experiences of their daily life with MS and of following the Overcoming MS programme.

In addition, Overcoming MS launched and trialled a short series Ask Jack with professional cook Jack McNulty. Over five episodes, Jack covered various aspects of healthy cooking and eating, in accordance with the Overcoming MS dietary recommendations, and answered questions from the community.

Living Well with MS is well rated on Apple Podcasts with 93% rating it 5/5. It is ranked within the top 20% of all podcasts by listenership. During 2021, there were 57,864 unique downloads over 33 episodes (2020*:73,656 over 29 episodes) with an average of 1,753 unique downloads per episode (2020*: 2,539).

*Downloads boosted in 2020 with paid social media promotion.

1.2 Webinars

Pre-Covid-19, Overcoming MS's activities focussed upon popular face-to-face events providing information and support. Events included the charity's annual UK conference, a series of one-day workshops and quarterly week-long residential retreats. International retreat locations ranged according to need, resource, and demand.

Face-to-face events in 2021 continued to be on hiatus due to the ongoing pandemic. The charity built upon the success of the five webinar episodes (streamed live during the first lockdown in spring 2020) by launching our second season of interactive webinar series, Finding Hope with OMS, in June 2021.

In 2021, Overcoming MS produced six live webinars with expert speakers and included interactive Q&As. The charity's expert facilitators (including a NHS doctor, a nutritional therapist and a chartered clinical psychologist), who would typically help to run Overcoming MS's traditional events, continued to play a vital role in this digital offering.

- 978 people attended from 36 countries worldwide (In 2020, 434 attended in total from 55 countries).
- The sessions had 2,451 replays in 2021 (over 2,000 replays in 2020).
- Overcoming MS answered 258 questions (245 in 2020) from people keen to understand healthier choices with MS.
- 94% (96% 2020) rated the quality of information as high or very high.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1.3 Website and digital

Overcoming MS provides practical digital resources to help people follow the healthy lifestyle that can help improve their condition. Wherever possible, Overcoming MS develops content with its volunteer community including blogs, recipes, meditations, and exercise guides.

In 2021, the charity increased our efforts to ensure that content (from blogs and practical advice to social media) is more diverse and inclusive of the global MS community. The charity's broader range of content was developed with significant community involvement and input – and it has been well-received, with positive anecdotal feedback and strong engagement rates.

The Overcoming MS team continued to produce regular e-newsletters for almost 23,000 subscribers worldwide (19,500 in 2020), sharing news and content. The newsletter was redesigned during 2021 to increase its impact.

Overcoming MS website users averaged 31.7k every month over 2021, and there were 104.8k web page views per month during the year. We are creating a staggered review programme to identify when pages were last updated, particularly those with medical information.

1.4 Free book scheme

The Overcoming MS book by Professor George Jelinek is a valuable and popular guide for people with MS.

The charity began 2021 with an outsourced and more cost-effective fulfilment system. As a result, Overcoming MS distributed 1,322 free books in the UK and Ireland in 2021, an increase from 1,007 in 2020.

2. Support

2.1 Circles

Overcoming MS Circles are community groups providing support to people with MS and following the Overcoming MS programme across the globe. Circles are facilitated by one or two volunteer Ambassadors who help people stay connected, especially at a time when they may feel most anxious and isolated.

Overcoming MS launched this grassroots support service in 2018 with 20 Circles. By the end of 2021, there were 94 active Circles (81 in 2020) providing support to an estimated 1,964 people living with MS (2,100 people in 2020) in 29 countries (24 countries in 2020).

Despite this growth in the number of Circles, it continued to be a challenging year for engagement within Circles given the global pandemic and social restrictions. Our priority for community engagement overall in 2022 will be based on Ambassador feedback. We plan to build capacity within the team and Circles to support our Overcoming MS community better.

Region	Circles	Country
United Kingdom	28	England (22), Scotland (3), Northern Ireland (2), Wales (1)
Europe	28	Germany (10), Netherlands (3), Italy (2), Belgium (2), Spain (2), Czech Republic, Denmark, Greece, Portugal, Ireland, Slovakia, Sweden, Switzerland, Turkey (1)
Africa and the Middle East	3	Israel, South Africa, Nigeria (1)
Australasia and Asia	15	Australia (8), New Zealand (5), India (1), Taiwan (1)
North and South America	18	USA (12), Canada (4), Brazil (1), Columbia (1)
Thematic Circle	2	Living Well with Progressive MS, Global Circle (1)

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

2.2 Digital Support

As a small international charity, through a focus on digital, we aim to have as wide a footprint and impact as economically as possible.

In 2021, we increased our digital team's head count to three members of staff, with a new Head of Digital and Digital Engagement Manager recruited. We conducted an accessibility audit and completed all suggested improvements to ensure our website aligns with best practices, including:

- our pledge that all our video content will be published with subtitles going forward. Lorna, our volunteer video editor, subtitled over 25 videos for Overcoming MS in 2021.
- all our podcast episodes since September 2021 (currently 14 episodes) are now published with a transcript. This allows the content also to be accessed by those with hearing difficulties.
- our website now meets the standard AA Web Content Accessibility Guidelines. For example, it is now easier to navigate for users with screen readers.

We launched our new digital platform, Circles Online, to facilitate secure online community engagement. Of the 1,964 Circles members, 1,301 are registered in the 111 Online Circles.

The team responds to queries across social media channels, email, and web comments from those following the Overcoming MS programme. We responded to an increased number of enquiries from the Overcoming MS community, wanting to learn more about the programme and how to adopt lifestyle changes in their daily lives. In 2021, we dealt with around 400 enquiries.

3. Empower

3.1 Community engagement

Overcoming MS's first global community engagement survey had a high participation rate, with 1,361 people answering a detailed online questionnaire. The charity now has a better understanding of the Overcoming MS community, who they are, their needs and expectations.

The survey also provided essential baselines for measuring and improving impact.

It confirmed that the charity plays a significant role in empowering people to take control of their MS, leading to a tangible impact on their quality of life:

- 68% of respondents feel very empowered or empowered by Overcoming MS.
- 78% would be very likely or likely to recommend Overcoming MS to their friends and family.
- 58% feel more informed.
- 50% have hope that they can lead a full and healthy life.
- 58% strongly agree or agree that the quality of their life has improved.

While these results are positive, there is plenty to focus on in 2022. The charity will repeat the survey regularly to better inform plans and activities.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

3.2 Policy

Overcoming MS continued to work successfully with the MS Academy which provides innovative MS education for health and allied health professionals. In addition, the charity participated in a new piece of collaborative research, Wellbeing Gap - No One Size MS Service Fits All, analysing factors including socioeconomic status and deprivation, co-morbidities and emergency admissions. The research compared four NHS England Integrated Care Systems to determine the wellbeing gaps for patients living with MS in England. The research findings were presented at the European Committee for Treatment & Research in Multiple Sclerosis (EMTRIMS) event in October 2021.

Overcoming MS is a member of the Neurological Alliance, a campaigning coalition of more than 80 organisations working together to improve the quality of care for people living with a neurological condition in England. Overcoming MS actively participated in consultation exercises run by the Alliance, contributing to the development of policy to improve neurological services. Caroline Clarke, Overcoming MS Trustee, delivered a keynote speech at the Alliance's Annual General Meeting.

3.3 Campaigning

As part of our strategic review in 2020, Overcoming MS identified the need to increase our influencing activity with policymakers to champion the importance of lifestyle interventions in MS clinical practice. In 2021, we began scoping our campaigning potential and future plans. We anticipate that Overcoming MS's model of advocacy will work on three levels, each of which is interlinked:

- **Self-Advocacy:** people with MS advocating for themselves, based on their lived experience of MS and the Overcoming MS programme.
- **Peer Advocacy:** people with MS supporting and advocating for each other.
- **Collective Advocacy:** Overcoming MS working as an organisation and community to influence healthcare professionals and systems.

We anticipate working closely with a variety of MS stakeholders to help us achieve our aims. This will include empowering local communities to work together at a grassroots level, as well as strategically with health and allied health professionals, to advocate the benefits of the Overcoming MS programme.

4. Collaborate

4.1 Partnership with the Neuroepidemiology Unit at the University of Melbourne

Overcoming MS's partnership with the Neuroepidemiology Unit at the University of Melbourne (NEU) continued, with the NEU piloting an online course in partnership, based on the Overcoming MS programme. The Multiple Sclerosis Online Course (MSOC) was trialled by the NEU in 2021.

Also in 2021, the charity provided £6,962 to ensure open access for three NEU research papers, an increase from two papers and £4,599 funding in 2020.

- £2,476: Published in the journal Quality of Life Research, "Greater mastery is associated with lower depression risk in a large international cohort of people with multiple sclerosis over 2.5 years."
- £2,278: Published in the journal Multiple Sclerosis and Related Disorders, "Sociodemographic and clinical characteristics of diet adherence and relationship with diet quality in an international cohort of people with multiple sclerosis."
- £2,208: Published in the journal Health Expectations, "Experiences of and attitudes to lifestyle modification for management of multiple sclerosis: a qualitative analysis of free text survey data."

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

4.2 Gift-in-Kind Partnerships

In 2021, Overcoming MS also received significant pro-bono design support provided by JMA Creative in Melbourne, Australia. The estimated value amounted to £50,000, and Starlizard provided HR and legal support with an estimated value of £10,000.

4.3 Partnerships delivering new products and services

Overcoming MS completed a pilot scheme in partnership with HelloSelf in 2021 with positive reported outcomes for participants. Subsequently, the charity is currently in discussions to shape a psychological support programme aimed at families of people with MS.

We also offered our community a diverse range of movement, exercise and yoga resources on the Overcoming MS website. Overcoming MS achieved this through partnerships with Dr Gretchen Hawley and Taming the Walrus. Dr Gretchen is an MS specialist and physical therapist in the USA, who has appeared twice on the Living Well with MS podcast. Taming the Walrus is a yoga company for people with long-term chronic conditions and is led by former retreat facilitator Véronique Gauthier-Simmons.

The charity successfully applied for a place (subsidised by the National Lottery Community Fund) on an intensive 16-week course with Spring Impact, a global leader in social replication. Scale Accelerator: Leaders of Scale is a leadership development programme to equip Overcoming MS with the necessary tools to grow the reach and impact of its work, including designing a pilot programme that reimagines Overcoming MS residential retreats. It aims to combine digital tools and a face-to-face event to provide an immersive experience for those new to the Overcoming MS programme. Having completed the Leaders of Scale programme over 2021, Overcoming MS intends to start small-scale pilots in 2022.

The charity increased engagement amongst healthcare professionals, including neurologists and MS nurses, with our MS Academy collaboration. Overcoming MS also presented to healthcare professionals, including East Sussex NHS Trust.

Plans for future periods

Over the coming year and beyond, Overcoming MS plans to:

- Further boost our information and support resources.
- Explore new partnership opportunities with other charities and organisations to boost our practical support, focusing on mental and physical health.
- Grow our profile with healthcare professionals, to help reach people living with MS and the 6,700 people in the UK who are newly diagnosed annually, and to expand our reach into other geographies including USA.
- When face-to-face activities can safely resume, Overcoming MS will prioritise geographical areas with the highest incidence rates of MS, including overlooked MS groups and areas of high deprivation.
- Increase our strategic focus upon the active prevention of MS. Alongside helping people with their daily MS self-management, through our MS prevention focus, we will also help play a part in alleviating the pressures on health systems created by the Covid-19 pandemic.
- Widen support to encompass the whole family unit affected by MS.
- Continue to invest in our team and volunteers - enhancing our operating model to better serve our community and deliver our vision.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

Financial review

a. Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal Funding

During the year, income was received from three main sources: donations, grants, and events, the charity having devised a new three-year fundraising strategy in 2021 to diversify and grow income. This saw the charity deliver its first-year fundraising target of £100,000 (external to The Bloom Foundation's core grant).

The charity is regulated by the Fundraising Regulator and adheres to the Fundraising Code of Practice. There has been no failure to comply with the scheme and no complaints were received either directly or indirectly through any party in 2021.

c. Reserves Policy

Having set aside designated reserves to cover the anticipated 2022 costs of major projects, the Trustees consider that there are in the charity sufficient funds to cover six months' overhead expenditures in accordance with the policy and aims set out in prior years.

At the end of 2021, the charity held total reserves of £476,457 (2020: £434,889) comprising:

Unrestricted	£310,723	(2020: £266,482)
Restricted	£13,741	(2020: £13,741)
Designated	£151,993	(2020: £154,666)

The Trustees recognise the unpredictable nature of charity funding and took steps to diversify Overcoming MS's fundraising sources with a new three-year fundraising strategy in 2021.

Structure, governance and management

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

A G Bloom	
L M Bloom	
A L Boster	(Appointed 26 July 2021 and resigned 24 February 2022)
C J M Clarke	
A D Humzah	(Appointed 15 November 2021)
M L Sugarman	
H B R Leahy	(Resigned 2 February 2022)
A R Marwick	(Resigned 2 February 2022)

In 2021, the charity invested time in developing its governance, resulting in an expanded Board of Trustees and new policies including Business Continuity, Homeworking, Staff Performance Planning and Reviews.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

a. Constitution

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 14 May 2014. The company is constituted under a Memorandum of Association dated 14 May 2014 and is a registered charity, number 1157579.

In 2014, the company took over activities from a predecessor charitable trust, also named Overcoming Multiple Sclerosis. The principal objective of the company is to provide relief to people diagnosed with multiple sclerosis.

b. Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

c. Organisational structure and decision making

Regular formal meetings of the Board of Trustees take place to provide support and guidance to the Chief Executive, who is employed to manage the operational activities of the charity. The Trustees maintain oversight of governance, costs and management and approve all strategic plans for the development of the charity.

In the US and Australia, the charity has established independent charitable entities. The Chair and CEO of Overcoming MS are both Directors of these respective charitable entities, alongside local Directors in both countries. All charitable entities are aligned with the same authorised purposes and charitable goals.

d. Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud, error, and the consequences of providing healthcare-related information.

The charity has put in place a robust risk management framework and a corporate risk register that enables the identification, management, and monitoring of risk at operational and strategic levels. At every meeting, the Board of Trustees scrutinises risks that Overcoming MS faces.

In the opinion of the Trustees, a key material risk facing the charity is the challenging global fundraising environment because of the pandemic, which may delay achieving financial sustainability. The new three-year fundraising strategy that came into effect in 2021 will help mitigate this risk.

OVERCOMING MULTIPLE SCLEROSIS

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

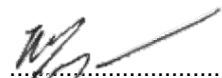
Auditor

In accordance with the company's articles, a resolution proposing that Critchleys Audit LLP be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.



.....
M.L. Sugarman

Trustee

Date: 22/07/2022.....

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees, who are also the directors of Overcoming Multiple Sclerosis for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees, on 22/07/22 and signed on their behalf by:



Dowshan Humzah
Chair of the Board of Trustees, Overcoming MS



OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Opinion

We have audited the financial statements of Overcoming Multiple Sclerosis (the charitable company) for the year ended 31 December 2021 which comprise the statement of financial activities, balance sheet, statement of cash flows the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable companies ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 require us to report to you if, in our opinion:

- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the statement of Trustees responsibilities, the Trustees, who are also the directors of the charitable company for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the Trustees are responsible for assessing the charitable companies ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and other management, and from our knowledge and experience;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company.
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence where applicable; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;
- reviewing relevant correspondence.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)
for and on behalf of Critchleys Audit LLP

26 July 2022
.....

Chartered Accountants
Statutory Auditor

Beaver House
23-38 Hythe Bridge Street
Oxford
Oxfordshire
OX1 2EP

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
<u>Income and endowments from:</u>						
Donations and legacies						
3	731,773	24,860	756,633	561,356	-	561,356
Investments	440	-	440	1,032	-	1,032
4						
Other income	58	-	58	18,265	-	18,265
5						
Total income	732,271	24,860	757,131	580,653	-	580,653
<u>Expenditure on:</u>						
Raising funds						
6	72,607	-	72,607	73,129	-	73,129
Charitable activities						
7	618,097	24,860	642,957	748,443	6,000	754,443
Total resources expended	690,704	24,860	715,564	821,572	6,000	827,572
Net income/(expenditure) for the year/						
Net movement in funds	41,567	-	41,567	(240,919)	(6,000)	(246,919)
Fund balances at 1 January 2021						
	421,148	13,741	434,889	662,067	19,741	681,808
Fund balances at 31 December 2021	462,715	13,741	476,456	421,148	13,741	434,889

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

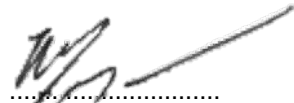
OVERCOMING MULTIPLE SCLEROSIS

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	11		15,278		18,181
Current assets					
Stocks	12	3,751		3,398	
Debtors	13	126,365		123,167	
Cash at bank and in hand		402,646		370,228	
		<u>532,762</u>		<u>496,793</u>	
Creditors: amounts falling due within one year	14	<u>(71,584)</u>		<u>(80,085)</u>	
Net current assets			461,178		416,708
Total assets less current liabilities			<u>476,456</u>		<u>434,889</u>
Income funds					
Restricted funds	15		13,741		13,741
Unrestricted funds					
Designated funds	16	151,993		154,666	
General unrestricted funds		<u>310,722</u>		<u>266,482</u>	
			<u>462,715</u>		<u>421,148</u>
			<u>476,456</u>		<u>434,889</u>

The financial statements were approved by the Trustees on 22/07/2022.....



.....
M.L. Sugarman
Trustee

Company Registration No. 09044459

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	19		33,749		(230,635)
Investing activities					
Purchase of tangible fixed assets		(1,771)		(4,945)	
Investment income received		440		1,032	
Net cash used in investing activities			(1,331)		(3,913)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			32,418		(234,548)
Cash and cash equivalents at beginning of year			370,228		604,776
Cash and cash equivalents at end of year			<u>402,646</u>		<u>370,228</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"), the Charities SORP "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)" (effective 1 January 2019) and the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.. The Charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are 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.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. 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 an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Computers	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

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).

1.8 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

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

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

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources, appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

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

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Donations and gifts	106,773	-	106,773	136,356
Grants	625,000	24,860	649,860	425,000
	<u>731,773</u>	<u>24,860</u>	<u>756,633</u>	<u>561,356</u>

4 Investments

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Interest receivable	440	1,032

5 Other income

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Gala dinner	-	18,200
Book royalties	58	65
	<u>58</u>	<u>18,265</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
<u>Fundraising and publicity</u>		
Other fundraising costs	8,290	18,358
Staff costs	64,317	54,771
	<u>72,607</u>	<u>73,129</u>
Fundraising and publicity	72,607	73,129
	<u>72,607</u>	<u>73,129</u>

7 Charitable activities

	Charitable Expenditure	Charitable Expenditure
	2021	2020
	£	£
Staff costs	197,180	176,395
Retreats and reunions	-	1,314
Digital technology investment	202,638	315,842
Other customer related activities	24,860	29,052
	<u>424,678</u>	<u>522,603</u>
Share of support costs (see note 8)	212,039	227,640
Share of governance costs (see note 8)	6,240	4,200
	<u>642,957</u>	<u>754,443</u>
Analysis by fund		
Unrestricted funds	618,097	748,443
Restricted funds	24,860	6,000
	<u>642,957</u>	<u>754,443</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

8 Support costs

	Support costs	Governance costs	2021 Support costs		Governance costs	2020
	£	£	£	£	£	£
Staff costs	72,650	-	72,650	111,980	-	111,980
Depreciation	4,674	-	4,674	4,603	-	4,603
Website and publicity costs	3,324	-	3,324	25,454	-	25,454
Internet and IT costs	38,876	-	38,876	12,562	-	12,562
Bank and credit card charges	992	-	992	1,262	-	1,262
Printing, postage and stationary	512	-	512	1,186	-	1,186
Subscriptions	934	-	934	587	-	587
Professional fees	37,525	-	37,525	25,171	-	25,171
Rent and rates	21,135	-	21,135	20,884	-	20,884
Travel costs	2,175	-	2,175	2,970	-	2,970
Office expenses	27,077	-	27,077	25,471	-	25,471
Exchange (gain)/loss	2,165	-	2,165	(4,490)	-	(4,490)
Audit fees	-	6,240	6,240	-	4,200	4,200
	<u>212,039</u>	<u>6,240</u>	<u>218,279</u>	<u>227,640</u>	<u>4,200</u>	<u>231,840</u>
Analysed between Charitable activities	<u>212,039</u>	<u>6,240</u>	<u>218,279</u>	<u>227,640</u>	<u>4,200</u>	<u>231,840</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

10 Employees

The average monthly number of employees during the year was:

2021 Number	2020 Number
<u>9</u>	<u>6</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

10 Employees

Employment costs	2021 £	2020 £
Wages and salaries	301,870	315,830
Social security costs	27,474	24,348
Other pension costs	4,803	2,968
	<u>334,147</u>	<u>343,146</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2021 Number	2020 Number
In the band £100,001 - £110,000	<u>1</u>	<u>1</u>

11 Tangible fixed assets

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 January 2021	10,951	36,129	47,080
Additions	-	1,771	1,771
	<u>10,951</u>	<u>37,900</u>	<u>48,851</u>
Depreciation and impairment			
At 1 January 2021	7,815	21,084	28,899
Depreciation charged in the year	784	3,890	4,674
	<u>8,599</u>	<u>24,974</u>	<u>33,573</u>
Carrying amount			
At 31 December 2021	<u>2,352</u>	<u>12,926</u>	<u>15,278</u>
At 31 December 2020	<u>3,136</u>	<u>15,045</u>	<u>18,181</u>

12 Stocks

	2021 £	2020 £
Books for free distribution	<u>3,751</u>	<u>3,398</u>

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

13 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Other debtors	113,407	114,938
Prepayments and accrued income	12,958	8,229
	<u>126,365</u>	<u>123,167</u>

14 Creditors: amounts falling due within one year

	Notes	2021	2020
		£	£
Other taxation and social security		50	6,378
Deferred income		14,247	2,335
Other creditors		5,481	1,555
Accruals		51,806	69,817
		<u>71,584</u>	<u>80,085</u>

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds					
	Balance at 1 January 2020	Resources expended	Balance at 1 January 2021	Incoming resources	Resources expended	Balance at 31 December 2021
	£	£	£	£	£	£
Gawler books	6,741	-	6,741	-	-	6,741
UK Free Book Scheme	5,000	(5,000)	-	-	-	-
Rank Foundation	1,000	(1,000)	-	24,860	(24,860)	-
Bursaries for Events	7,000	-	7,000	-	-	7,000
	<u>19,741</u>	<u>(6,000)</u>	<u>13,741</u>	<u>24,860</u>	<u>(24,860)</u>	<u>13,741</u>

Fund descriptions:

The Gawler books donation is to fund OMS books delivered to the Gawler foundation in Australia.

The bursaries donations is to fund the admission to OMS events for qualifying individuals.

The Rank Foundation donation was to fund the phase 2 development of the website.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

16 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

Balance at 1 January 2020 £	Transfers £	Balance at 1 January 2021 £	Transfers £	Balance at 31 December 2021 £
314,353	(159,687)	154,666	(2,673)	151,993
<u>314,353</u>	<u>(159,687)</u>	<u>154,666</u>	<u>(2,673)</u>	<u>151,993</u>

17 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 December 2021 are represented by:						
Tangible assets	15,278	-	15,278	18,181	-	18,181
Current assets/(liabilities)	461,178	-	461,178	416,708	-	416,708
	<u>476,456</u>	<u>-</u>	<u>476,456</u>	<u>434,889</u>	<u>-</u>	<u>434,889</u>

18 Related party transactions

At the balance sheet date, the charity was owed £108,492 (2020: £109,662) by OMS Australia, a related charity. This balance relates to funds raised in Australia on behalf of the UK charity and expenses paid by the Australian charity on behalf of the UK charity.

At the balance sheet date, the charity owes £1,858 (2020: £891) to OMS USA, a related charity. This balance relates to expenses paid by OMS USA on behalf of the UK charity.

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

19	Cash generated from operations	2021	2020
		£	£
	Surplus/(deficit) for the year	41,567	(246,919)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(440)	(1,032)
	Depreciation and impairment of tangible fixed assets	4,674	4,603
	Movements in working capital:		
	(Increase) in stocks	(353)	(3,398)
	(Increase)/decrease in debtors	(3,198)	7,134
	(Decrease)/increase in creditors	(20,413)	6,642
	Increase in deferred income	11,912	2,335
	Cash generated from/(absorbed by) operations	<u>33,749</u>	<u>(230,635)</u>
20	Analysis of changes in net funds		
	The Charity had no debt during the year.		

OVERCOMING MULTIPLE SCLEROSIS

England & Wales - Charity number 1157579

Accounts

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

CONTENTS

	Page
Reference and Administrative Details of the Charity, its Trustees and Advisers	1
Trustees' Report	2-12
Independent Examiner's Report	13
Statement of Financial Activities	14
Balance Sheet	15
Statement of Cash Flows	16
Notes to the Financial Statements	17-28

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND
ADVISERS FOR THE YEAR ENDED 31 DECEMBER 2020**

Trustees

Anthony Grant Bloom
Linda Michelle Bloom
Marc Louis Sugarman
Caroline Julia Margaret Clarke

Company registered number

09044459

Charity registered number

1157579

Registered office

Thame House
Thame Road
Haddenham
Aylesbury
Buckinghamshire
HP17 SHU

Chief Executive Officer

Gary McMahon (Until 10th July 2020), Grazia Berry (From 6th July 2020)

Independent examiners

Critchleys Audit LLP
Beaver House
23-38 Hythe Bridge Street
Oxford
OX1 2EP

Bankers

Clydesdale Bank
35 Regent Street
Piccadilly Circus London
SW1Y 4ND

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

Chair's statement

This has been an important year for Overcoming MS in which we welcomed our new Chief Executive Grazina Berry and approved our new three-year strategic framework. Our team, led by Grazina, has worked hard to develop exciting new plans that will enable even more people with MS to access and be empowered by the OMS programme and the healthy lifestyle changes that we know benefit so many.

The advent of Covid 19 in March inevitably changed the context upon which the above was achieved, and it has been a sobering year in which our resilience as a charity has been tested both operationally and financially. The crisis brought with it many challenges including the need to re-assess and pivot towards the changing needs of the MS community. As our members reported increased isolation, we increased our digital capability and this and other key priority changes have all been built into our new strategic framework.

As we move forward, I would particularly like to thank Gary McMahon who stepped down this year as Chief Executive and whose contribution to OMS was exceptional. Thanks must also go to our hard working team, volunteers and supporters who have navigated the unforeseen challenges of this particularly hard year with resolve and determination. At a time of such uncertainty, we remain resilient, adaptable, and more determined than ever to continue to provide the best support and realistic hope to every person with MS.

Linda Michelle Bloom,

Chair of Overcoming MS

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements of Overcoming Multiple Sclerosis (the company) for the year ended 31st December 2020.

The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Director's Report) Regulations 2013 is not required.

The company also operates under the names Overcoming MS and OMS.

Objectives and Activities

a. Policies and Objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit.

The principal objectives of the charity are to relieve people with multiple sclerosis and to promote public health in relation to multiple sclerosis in particular but not exclusively by:

- providing information and advice for people with multiple sclerosis to take control of their health
- fostering a community of support for people with multiple sclerosis and their families
- promoting a holistic approach to multiple sclerosis taking into account peoples' psychological, physical and social needs and utilising the best available treatments
- promoting and undertaking research into self-help techniques for the management of multiple sclerosis insofar as these are compatible with advice received from people's doctors or consultant physicians
- supporting and promoting charities funding multiple sclerosis research

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

b. Review of Activities

Overcoming MS undertook a stakeholder consultation as part of a strategic review in 2020. The Board of Trustees approved Overcoming MS's new strategic direction in December 2020. The full strategy document, *Find realistic hope and a full life, find OMS: The OMS Strategy 2021-23* can be downloaded at www.overcomingms.org. It outlines the Charity's refreshed strategic objectives and three-year plan in more detail.

Who we are: Overcoming MS is the world's leading multiple sclerosis healthy lifestyle charity. We are unique in our evidence-based focus upon MS self-management, formulated as a holistic, practical program.

Our vision: Everyone with MS feels empowered to take control of their health, is making informed lifestyle choices and living the fullest life possible.

What we do: Overcoming MS informs, supports and empowers people with multiple sclerosis to self-manage their condition day-to-day. We collaborate with others to help people to manage their MS in practical and evidence-based ways.

- 1. Inform:** We ensure people affected by MS are fully informed about evidence-based ways to help self-manage multiple sclerosis.
- 2. Support:** We help people living with MS to feel supported through our work including OMS Circles, our growing global network of volunteer groups.
- 3. Empower:** We advocate for and with people living with MS to demonstrate how self-management and lifestyle choices are a vital part of living a full life. We influence policymakers and campaign to raise awareness of the importance and benefits of MS self-management.
- 4. Collaborate:** We support and contribute to the growing body of evidence around lifestyle choices and self-management of MS to help influence and create change amongst healthcare professionals and policymakers. We work in partnerships to create genuine and sustainable benefits for people living with MS.

The Overcoming MS Program:

Our advice and information centres upon our system of MS self-management, known as the Overcoming MS program. It promotes a comprehensive and holistic approach to multiple sclerosis self-management, with clear evidence-based actions to help support physical and

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

mental health. It focuses on lifestyle and environmental areas shown to influence MS progression, such as diet, stress and a lack of Vitamin D.

The Overcoming MS program is a product of pioneering work by Professor George Jelinek and the Neuroepidemiology Unit (NEU) of the Melbourne School of Population and Global Health, University of Melbourne, Australia. Its evidence is broad-based and incorporates over 1,000 research studies from some of the world's leading medical journals.

c. Main Activities and Achievements

During 2020 the Charity continued to pursue its objectives as detailed above, and key activities and achievements are listed below.

1. Inform

1.1. Podcast

The *Living Well with MS* is Overcoming MS's podcast. It aims to be informative and inspiring to help people with multiple sclerosis make healthier lifestyle choices. The podcast has been hosted by Overcoming MS volunteer Geoff Allix since it launched in 2019 and has a growing number of listeners worldwide.

Overcoming MS produced 17 full-length (30-40 minutes) *Living Well with MS* episodes in 2020, interviewing scientists, fitness specialists and nutritionists. In response to the COVID-19 pandemic, the Charity also produced a series of 12 shorter 20-minute episodes called *Coffee Break*. These were conversations between Geoff and other people with MS sharing their experiences about daily life with MS and the pandemic.

Living Well with MS has more than 45 reviews on iTunes with **100% rating it 4/5 or 5/5**. It is ranked within the **top 20%** of all podcasts by listenership. Over 2020 there were **75,284** unique downloads in total, with an average of **2,596 unique downloads** per episode.

1.2. Webinars

Pre-Covid-19, Overcoming MS's activities focussed upon organising popular face-to-face events providing information and support. These events included the Charity's annual UK conference, a series of one-day workshops and four week-long residential retreats. Locations ranged worldwide, according to need, resource and demand.

With all planned events cancelled due to the pandemic, Overcoming MS launched an interactive webinar series called Refresh with OMS in May 2020. The five webinar sessions were held live with an expert speaker and included a Q&A. The Charity's expert facilitators (including an NHS consultant,

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

a Nutritional Therapist, and Chartered Clinical Psychologist) who would typically help to run the Charity's traditional events, played a vital role.

434 people attended the webinars from 55 countries worldwide, from Canada and the Netherlands to New Zealand. The sessions had over **2,000** replays in 2020. The Charity answered **245** questions from people keen to understand healthier choices with MS. **96%** rated the quality of information as high or very high. **81%** said they felt more informed, and **63%** felt better supported. **90%** said they would like to attend a future webinar.

1.3. Website and digital

The Charity focusses upon providing practical digital resources to help people follow the healthy lifestyle that can help improve their MS. Wherever possible, Overcoming MS develops content with its volunteer community including blogs, recipes, meditation and exercise guides.

The Overcoming MS team produced **four times more e-newsletters** in response to the pandemic compared to 2019, to provide regular contact for **19,500** people with MS, and share news and content. Overcoming MS website users **averaged 31,000 every month** over 2020. There were **1,380,471 web page views** in total during the year.

1.4. Free book scheme

The *Overcoming MS* book is a valuable and popular guide for people with MS and it has been critically acclaimed by leading health professionals.

There were fewer book requests on average in 2020 due to the pandemic. With frequent office closures and postal delays, it was more challenging for Overcoming MS to deliver books. As a result, the Charity put in place a new fulfilment system to help work more efficiently in this area in 2021. In 2020, Overcoming MS distributed **1,007 free books** in the UK and Ireland supported by generous funding from private individual donors. The Charity trialled a free e-book project in the US and provided **1,815 e-books**.

2. Support

2.1. Circles

Overcoming MS launched this grassroots support service in 2018 with 20 Circles. Circles are local groups providing community support to people with MS following the OMS program and are facilitated by a volunteer Ambassador.

However, by the end of 2020 there were **81 active Circles** providing support to **2,100 people** living with MS worldwide in **24 countries**.

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

Region	Circles	Country
United Kingdom	34	England (26) Scotland (5), Northern Ireland (2), Wales (1)
Europe	20	Germany (7), Netherlands (3), Italy (2), Belgium, Czech Republic, Denmark, Greece, Portugal, Slovakia, Switzerland, Turkey (1)
Africa and the Middle East	2	Israel (1), South Africa (1)
Australasia	10	Australia (6), New Zealand (2), India (1), Taiwan (1)
North and South America	15	USA (10), Canada (4), Brazil (1)

Due to the pandemic, it was an exceptionally challenging year for Circles. Our voluntary groups help people stay connected at a time when they may feel most anxious and isolated. Overcoming MS Ambassadors were unable to provide face-to-face support. With the loss of income over 2020, the Charity suspended Ambassador recruitment and training due to a lack of staff resources.

2.2. Digital Support

Queries from members of the OMS community became more complex as a result of the pandemic. People with MS could not easily access their healthcare teams, with essential neurological and physiotherapy appointments cancelled due to NHS redeployment. People with MS are very anxious about the impact of new vaccines on their condition and are likely to be shielding.

Over 15,000 people are registered on our online forum, which, moderated by a team of volunteers, and a medical professional employed by Overcoming MS, provides advice and support.

3. Empower

3.1. Community engagement

To help formulate Overcoming MS's new strategic framework 2021-23 and 2021 business plan, the Charity organised four community-focused Theory of Change workshops. **25 volunteers** joined the

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

staff team over video conference, to help represent different types of MS, backgrounds and geographies. The Charity will continually review and refine its plan as it seeks feedback from the communities it serves.

3.2. Policy

Overcoming MS joined the **MS Academy's "Raising the Bar in MS" Healthy Lifestyle** work stream. The MS Academy delivers an innovative MS educational programme for health and allied health professionals. "Raising the Bar" brings NHS MS stakeholders together to identify and resolve barriers to care, reduce health inequalities, and share best practice. It aims to ensure that everyone has access to preventative care at the point of MS diagnosis.

The Healthy Lifestyle working group developed a plan over 2020 to help professionals to focus on health and wellness with their patients, and to provide the information and support needed for people with MS.

Overcoming MS also became members of **the Neurological Alliance**, a campaigning coalition of more than 80 organizations working together to improve the quality of care for every person living with a neurological condition.

4. Collaborate

4.1. Partnership with the NEU

Overcoming MS invested **£31,881** for the second year to develop and **pilot an online course** in partnership with the NEU, based on the Overcoming MS program. The Multiple Sclerosis Online Course (MSOC) will trial with 200 people with MS in 2021.

In 2020 the Charity provided **£4,599** funding to ensure open access for **two** NEU research papers.

- **£2,095** - Published in the journal *Informatics for Health and Social Care* "Therapeutic utilisation of meditation resources by people with multiple sclerosis: Insights from an online patient discussion forum."
- **£2,479** - Published in the journal *Multiple Sclerosis and Related Disorders* "Depression mediates the relationship between fatigue and mental health-related quality of life in multiple sclerosis."

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

4.2. Gift-in-Kind Partnerships

During 2020, Overcoming MS also received significant pro-bono design support provided by JM Advertising in Melbourne, Australia. The value amounted to around AUD 50,000.00 (GBP26,350).

Financial Review

a. Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. Principal Funding

The Charity experienced a 58% drop in income compared to 2019, closing 2020 with a deficit of £246,919. During the year income was received from three main sources: donations, grants and events.

The charity is regulated by the Fundraising Regulator and adheres to the Fundraising Code of Practice. There has been no failure to comply with the scheme and no complaints were received either directly or indirectly through any party in 2020.

c. Reserves Policy

Having set aside designated reserves to cover the anticipated 2021 costs of major projects, the Trustees consider that there are in the Charity sufficient funds to cover six months' overhead expenditures in accordance with the policy and aims set out in prior years.

At the end of 2020 the charity held total reserves of £434,889 (2019: £681,808) comprising:

Unrestricted:	£266,482	(2019: £347,714)
Restricted	£13,741	(2019: £ 19,741)
Designated	£154,666	(2019: £314,353)

The Trustees recognise the unpredictable nature of charity funding, and are taking steps to diversify its fundraising sources with a new three-year fundraising strategy in 2021.

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

Structure, Governance and Management

a. Constitution

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 14th May 2014. The company is constituted under a Memorandum of Association dated 14th May 2014 and is a registered charity number 1157579.

In 2014 the company took over activities from a predecessor charitable trust, also named Overcoming Multiple Sclerosis. The principal objective of the company is to provide relief to people diagnosed with multiple sclerosis.

b. Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

c. Organisational structure and decision making

Regular formal meetings of the Board of Trustees take place to provide support and guidance to the Chief Executive, who is employed to manage the operational activities of the charity. The Trustees maintain oversight of governance, costs and management and also approve all strategic plans for the development of the charity.

In the US and Australia, the charity has established independent charitable entities. The Chair and CEO of OMS are both Directors of these respective charitable entities, alongside local Directors in both countries. All charitable entities are aligned with the same authorised purposes and charitable goals.

d. Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud, error and the consequences of providing health care related information.

The charity has put in place a robust risk management framework and a corporate risk register that enables the identification, management and monitoring of risk at operational and strategic levels. The Board of Trustees scrutinizes risks that Overcoming MS faces at every meeting.

In the opinion of the Trustees a key material risk facing the charity is the challenging global fundraising environment as a result of the pandemic which may delay achieving financial sustainability. A new three-year fundraising strategy that comes into effect in 2021 will help mitigate against this risk.

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

Plans for future periods

Overcoming MS is determined to ensure that the pandemic's legacy will ultimately be positive for the charity's operations and strategic direction. Over the coming year and beyond, the Charity plans to:

- **Explore new partnership opportunities with other charities and companies to boost its practical support, focusing on mental and physical health.**
 - **Grow its profile with healthcare professionals, to help reach people living with MS and the 6,700 people in the UK who are newly diagnosed annually, and into other territories including the US.**
 - **Expect virtual events and webinars to become a permanent offering. When face-to-face activities can safely resume, the Charity will prioritise geographical areas with the highest incidence rates of MS and prioritise overlooked MS groups.**
 - **Increase its strategic focus upon the active prevention of MS. Alongside helping people with their daily MS self-management, MS prevention will help play a part in alleviating the pressures on health systems created by Covid-19.**
 - **Widen support to encompass the whole family unit affected by MS. Not only are close relatives at increased risk of developing MS, but an MS diagnosis also significantly impacts the entire family.**
-

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020

Trustees' Responsibilities Statement

The Trustees (who are also directors of Overcoming Multiple Sclerosis for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

This report was approved by the Trustees, on 30/03/21 and signed on their behalf by:



Marc Louis Sugarman

Trustee

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 DECEMBER 2020

Independent examiner's report to the Trustees of Overcoming Multiple Sclerosis

I report to the charity trustees on my examination of the accounts of Overcoming Multiple Sclerosis Charitable Company (the Company) for the year ended 31 December 2020, which are set out on pages 8 to 22.

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.

Independent examiner's report

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:

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



Name of examiner: Katherine Wilkes

Name of firm: Critchleys Audit LLP

Relevant professional body: Institute of Chartered Accountants in England and Wales

Address: Beaver House, 23-38 Hythe Bridge Street, Oxford, OX1 2EP

Date: 19 April 2021

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING
INCOME AND EXPENDITURE ACCOUNT) FOR THE
YEAR ENDED 31 DECEMBER 2020**

	Note	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
INCOME FROM:					
Donations and legacies	2	561,356	-	561,356	1,082,730
Charitable activities	3	-	-	-	108,867
Fundraising income	4	18,265	-	18,265	186,152
Investments	5	1,032	-	1,032	425
TOTAL INCOME		580,653	-	580,653	1,378,174
EXPENDITURE ON:					
Raising funds	6	73,129	-	73,129	104,544
Charitable activities	7,8,9	748,443	6,000	754,443	946,908
TOTAL EXPENDITURE	10	821,572	6,000	827,572	1,051,452
NET EXPENDITURE BEFORE OTHER RECOGNISED GAINS AND LOSSES		(240,919)	(6,000)	(246,919)	326,722
NET MOVEMENT IN FUNDS		(240,919)	(6,000)	(246,919)	326,722
RECONCILIATION OF FUNDS:					
Total funds brought forward		662,067	19,741	681,808	355,086
TOTAL FUNDS CARRIED FORWARD		421,148	13,741	434,889	681,808

All activities relate to continuing operations.

The notes on pages 11 to 22 form part of these financial statements.

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)
REGISTERED NUMBER: 09044459

BALANCE SHEET
AS AT 31 DECEMBER 2020

	Note	£	2020 £	£	2019 £
FIXED ASSETS					
Tangible assets	13		18,181		17,839
CURRENT ASSETS					
Debtors	14	123,167		130,301	
Stock	15	3,398		-	
Cash at bank and in hand		370,228		604,776	
		<u>496,793</u>		<u>735,077</u>	
CREDITORS:					
amounts falling due within one year	16	<u>(80,085)</u>		<u>(71,108)</u>	
NET CURRENT ASSETS			416,708		663,969
NET ASSETS			<u>434,889</u>		<u>681,808</u>
CHARITY FUNDS					
Restricted funds	17		13,741		19,741
Designated funds	17		154,666		314,353
Unrestricted funds	17		266,482		347,714
TOTAL FUNDS			<u>434,889</u>		<u>681,808</u>

The financial statements were approved and authorised for issue by the Trustees on 30/03/21 and signed on their behalf, by:



Marc Louis Sugarman
Trustee

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

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2020

		2020	2019
	Note	£	£
Cash flows from operating activities			
Net cash provided by operating activities	19	<u>(229,603)</u>	<u>315,843</u>
Cash flows from investing activities			
Purchase of fixed assets	13	<u>(4,945)</u>	<u>(1,449)</u>
Change in cash and cash equivalents in the year		(234,548)	314,394
Cash and cash equivalents brought forward		604,776	290,382
Cash and cash equivalents carried forward	20	<u>370,228</u>	<u>604,776</u>

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

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

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) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Overcoming Multiple Sclerosis 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.

1.2 COMPANY STATUS

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £10 per member of the company.

1.3 FUND ACCOUNTING

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the company 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 company for particular purposes. The costs 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.

1.4 INCOME

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

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES (continued)

1.5 EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the company. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the company's educational operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.6 TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities incorporating Income and Expenditure Account.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and fittings	25% reducing balance
Office equipment	25% reducing balance

1.7 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES (continued)

1.8 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.9 LIABILITIES

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.10 INVENTORY

Inventory is valued at the lower of cost and net realisable value, cost being the purchase price on a first in, first out basis.

2. INCOME FROM DONATIONS

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Donations	136,356	-	136,356	315,318
Grants	425,000	-	425,000	767,412
Total donations and legacies	<u>561,356</u>	<u>-</u>	<u>561,356</u>	<u>1,082,730</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Retreats and reunions	-	-	-	108,867
	<u>-</u>	<u>-</u>	<u>-</u>	<u>108,867</u>

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

4. FUNDRAISING EVENTS

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Lunch parties	-	-	-	16,013
Gala dinner	18,200	-	18,200	158,185
Book sales	65	-	65	480
Challenge events	-	-	-	11,474
	<u>18,265</u>	<u>-</u>	<u>18,265</u>	<u>186,152</u>

5. INVESTMENT INCOME

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Interest Income	<u>1,032</u>	<u>-</u>	<u>1,032</u>	<u>425</u>

6. COST OF RAISING FUNDS

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
General fundraising costs	18,358	-	18,358	16,946
Wages and salaries – Fundraising	49,990	-	49,990	78,024
National insurance	4,416	-	4,416	8,217
Pension cost	365	-	365	1,357
	<u>73,129</u>	<u>-</u>	<u>73,129</u>	<u>104,544</u>

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

7. COSTS OF CHARITABLE ACTIVITIES

	(Note 8) Direct costs	(Note 9) Support costs	Total	Total
	2020	2020	2020	2019
	£	£	£	£
Unrestricted	516,603	231,840	748,443	935,579
Restricted	6,000	-	6,000	11,329
Total 2020	<u>522,603</u>	<u>231,840</u>	<u>754,443</u>	<u>946,908</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Unrestricted 2020	Restricted 2020	Total 2020	Total 2019
	£	£	£	£
Retreats and reunions	1,314	-	1,314	180,416
Digital technology investment	315,842	-	315,842	244,260
Other customer related activities	23,052	6,000	29,052	45,428
Wages and salaries - charitable activities	163,259	-	163,259	180,745
National insurance	11,020	-	11,020	14,253
Pension cost	2,116	-	2,116	2,014
	<u>516,603</u>	<u>6,000</u>	<u>522,603</u>	<u>667,116</u>

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

9. SUPPORT COSTS OF CHARITABLE ACTIVITIES

	Governance costs 2020 £	Support costs unrestricted 2020 £	Support costs restricted 2020 £	Total 2020 £	Total 2019 £
Website and publicity costs	-	25,454	-	25,454	52,493
Internet and IT costs	-	12,562	-	12,562	19,033
Bank and credit card charges	-	1,262	-	1,262	1,665
Printing, postage and stationary	-	1,186	-	1,186	6,536
Subscriptions	-	587	-	587	1,227
Professional fees	-	25,171	-	25,171	24,691
Rent and rates	-	20,884	-	20,884	23,954
Travel costs	-	2,970	-	2,970	15,625
Office expenses	-	25,471	-	25,471	21,474
Exchange (gain) / loss	-	(4,490)	-	(4,490)	8,031
Independent examination fees	4,200	-	-	4,200	-
Auditor fees	-	-	-	-	5,000
Wages and salaries- support costs	-	102,581	-	102,581	84,736
National insurance	-	8,912	-	8,912	8,420
Pension cost	-	487	-	487	1,187
Depreciation	-	4,603	-	4,603	5,720
	4,200	227,640	-	231,840	279,792

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

10. ANALYSIS OF RESOURCES EXPENDED BY EXPENDITURE TYPE

	Staff costs 2020 £	Depreciation 2020 £	Other costs 2020 £	Total 2020 £	<i>Total</i> <i>2019</i> £
Expenditure on raising voluntary income	54,771	-	18,358	73,129	104,544
COSTS OF RAISING FUNDS	54,771	-	18,358	73,129	104,544
Charitable activities unrestricted	288,375	4,603	451,265	744,243	930,669
Charitable activities restricted	-	-	6,000	6,000	11,329
CHARITABLE ACTIVITES	288,375	4,603	457,265	750,243	941,998
EXPENDITURE ON GOVERNANCE	-	-	4,200	4,200	5,000
	343,146	4,603	479,823	827,572	1,051,452

11. NET INCOME/ (EXPENDITURE)

This is stated after charging:

OVERCOMING MULTIPLE SCLEROSIS

(A Company limited by Guarantee)

		2020	<i>2019</i>
		£	£
Depreciation of tangible fixed assets:		<u> </u>	<u> </u>
- owned by the charity	-	4,603	<i>5,720</i>

During the year, no Trustees received any remuneration, benefits in kind or reimbursements of expenses (2019 - £NIL).

OVERCOMING MULTIPLE SCLEROSIS

(A Company limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

12. STAFF COSTS

Staff costs were as follows:

	2020	2019
	£	£
Wages and salaries	315,830	341,658
Social security costs	24,347	32,991
Other pension costs	2,969	4,304
	343,146	378,953

The average number of persons employed by the charity during the year was as follows:

	2020	2019
	No.	No.
Employees	6	9

The number of higher paid employees was:

	2020	2019
	No.	No.
In the band £90,001 - £100,000	-	1
In the band £100,001 - £110,000	1	-

The Charity's key management personnel received remuneration and benefits totalling £164,313 (2019: £116,991) during the year.

Redundancy, termination and ex gratia severance payments are accounted for in the period in which the payments were made. During the current financial year such payments amounted to £50,000 paid to 1 employee. (2019: £14,250 made to 1 employee) and were charged to unrestricted funds.

	Fixtures and Fittings	Office Equipment	Total.
	£	£	£
COST			
At 1 January 2020	10,951	31,184	42,135
Additions	-	4,945	4,945
At 31 December 2020	10,951	36,129	47,080
DEPRECIATION			
At 1 January 2020	6,771	17,525	24,296
Charge for the year	1,044	3,559	4,603
At 31 December 2020	7,815	21,084	28,899
NET BOOK VALUE			
At 31 December 2020	3,136	15,045	18,181
At 31 December 2019	4,180	13,659	17,839

OVERCOMING MULTIPLE SCLEROSIS

(A Company limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

14. DEBTORS

	2020 £	2019 £
Amounts owed by related undertakings (Note 21)	109,662	104,940
Other debtors	5,276	10,680
Prepayments	8,229	14,681
	<u>123,167</u>	<u>130,301</u>

15. STOCK

	2020 £	2019 £
Book stocks	3,398	-
	<u>3,398</u>	<u>-</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Other taxation and social security	6,378	7,165
Other creditors	664	-
Accruals and deferred income	72,152	63,632
Amounts owed to related undertakings (Note 21)	891	311
DEFERRED INCOME	<u>80,085</u>	<u>71,108</u>
Deferred income at 1 January 2020	5,915	
Resources deferred during the year	2,335	
Amounts released from previous years	(5,915)	
Deferred income at 31 December 2020	<u>2,335</u>	

The deferred income represents deposits received prior to the year-end for Retreat and Reunion events taking place in 2021.

OVERCOMING MULTIPLE SCLEROSIS

(A Company limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

17. STATEMENT OF FUNDS-CURRENT YEAR

	Balance as at 1 January 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2020 £
Unrestricted funds:					
Unrestricted funds	347,714	580,653	(821,572)	159,687	266,482
Designated funds	314,353	-	-	(159,687)	154,666
Restricted Funds:					
Gawler books	6,741	-	-	-	6,741
UK books	5,000	-	(5,000)	-	-
Northern Ireland activities	1,000	-	(1,000)	-	-
Bursaries for events	7,000	-	-	-	7,000
Total of funds	<u>681,808</u>	<u>580,653</u>	<u>(827,572)</u>	<u>-</u>	<u>434,889</u>

Fund Descriptions:

The Gawler books donation is to fund OMS books delivered to the Gawler foundation in Australia.

The UK books donations are to fund the free OMS book scheme in the UK.

The Northern Ireland donation is restricted to OMS activities in Northern Ireland.

The bursaries donation is to fund the admission to OMS events for qualifying individuals.

COMPARATIVE STATEMENT OF FUNDS – PRIOR YEAR

	Balance as at 1 January 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2019 £
Unrestricted funds:					
Unrestricted funds	352,166	1,350,024	(1,040,123)	(314,353)	347,714
Designated funds	-	-	-	314,353	314,353
Restricted Funds:					
Gawler books	2,920	14,550	(10,729)	-	6,741
UK books	-	5,600	(600)	-	5,000
Northern Ireland activities	-	1,000	-	-	1,000
Bursaries for events	-	7,000	-	-	7,000
Total of funds	<u>355,086</u>	<u>1,378,174</u>	<u>(1,051,452)</u>	<u>-</u>	<u>681,808</u>

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	Unrestricted funds 2020 £	Restricted funds 2020 £	Designated funds 2020 £	Total funds 2020 £
Tangible fixed assets	18,181	-	-	18,181
Current assets	328,386	13,741	154,666	496,793
Creditors due within one year	(80,085)	-	-	(80,085)
	<u>266,482</u>	<u>13,741</u>	<u>154,666</u>	<u>434,889</u>

ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	Unrestricted funds 2019 £	Restricted funds 2019 £	Designated funds 2019 £	Total funds 2019 £
Tangible fixed assets	17,839	-	-	17,839
Current assets	400,983	19,741	314,353	735,077
Creditors due within one year	(71,108)	-	-	(71,108)
	<u>347,714</u>	<u>19,741</u>	<u>314,353</u>	<u>681,808</u>

19. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2020 £	2019 £
Net income for the year (as per Statement of Financial Activities)	(246,919)	326,722
Adjustment for:		
Depreciation charges	4,603	5,720
Decrease/(Increase) in stock	(3,398)	-
Decrease/(Increase) in debtors	7,134	(6,096)
Increase/(Decrease) in creditors	8,977	(10,503)
Net cash provided by operating activities	<u>(229,603)</u>	<u>315,843</u>

OVERCOMING MULTIPLE SCLEROSIS
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

20. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2020	2019
	£	£
Cash in hand	370,228	604,776
Total	<u>370,228</u>	<u>604,776</u>

21. RELATED PARTY TRANSACTIONS

Included in donations received during the year are donations of £427,200 (2019: £764,069) made by Trustees of the charity and charities which they control.

At the balance sheet date, the charity was owed £109,662 (2019: £104,940) by OMS Australia, a related charity. This balance relates to funds raised in Australia on behalf of the UK charity and expenses paid by the Australian charity on behalf of the UK charity.

At the balance sheet date, the charity owes £891 (2019: £311) to OMS USA, a related charity. This balance relates to expenses paid by OMS USA on behalf of the UK charity.