

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

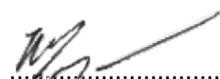
Auditor

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	4	440	-	440	1,032	-	1,032
Other income	5	58	-	58	18,265	-	18,265
Total income		<u>732,271</u>	<u>24,860</u>	<u>757,131</u>	<u>580,653</u>	<u>-</u>	<u>580,653</u>
<u>Expenditure on:</u>							
Raising funds	6	<u>72,607</u>	<u>-</u>	<u>72,607</u>	<u>73,129</u>	<u>-</u>	<u>73,129</u>
Charitable activities	7	<u>618,097</u>	<u>24,860</u>	<u>642,957</u>	<u>748,443</u>	<u>6,000</u>	<u>754,443</u>
Total resources expended		<u>690,704</u>	<u>24,860</u>	<u>715,564</u>	<u>821,572</u>	<u>6,000</u>	<u>827,572</u>
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		<u>421,148</u>	<u>13,741</u>	<u>434,889</u>	<u>662,067</u>	<u>19,741</u>	<u>681,808</u>
Fund balances at 31 December 2021		<u>462,715</u>	<u>13,741</u>	<u>476,456</u>	<u>421,148</u>	<u>13,741</u>	<u>434,889</u>

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.

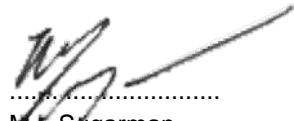
OVERCOMING MULTIPLE SCLEROSIS

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	
		532,762		496,793	
Creditors: amounts falling due within one year	14	(71,584)		(80,085)	
Net current assets			461,178		416,708
Total assets less current liabilities			476,456		434,889
Income funds					
Restricted funds	15		13,741		13,741
Unrestricted funds					
Designated funds	16	151,993		154,666	
General unrestricted funds		310,722		266,482	
			462,715		421,148
			476,456		434,889

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			402,646	370,228	

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	<u>440</u>	<u>1,032</u>

5 Other income

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Gala dinner	-	18,200
Book royalties	<u>58</u>	<u>65</u>
	<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	<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
	<u>212,039</u>	<u>6,240</u>	<u>218,279</u>	<u>227,640</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>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>
At 31 December 2021			
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>
At 31 December 2021			
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:

	Balance at 1 January 2020 £	Resources expended £	Balance at 1 January 2021 £	Movement in funds		
				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
314,353	(159,687)	154,666	(2,673)	151,993

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
	476,456	-	476,456	434,889	-	434,889

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.		
