

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

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Beaver House
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OVERCOMING MULTIPLE SCLEROSIS

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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)

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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.

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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
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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
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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	
		<u>375,180</u>		<u>532,762</u>	
Creditors: amounts falling due within one year	14	<u>(68,786)</u>		<u>(71,584)</u>	
Net current assets			306,394		461,178
Total assets less current liabilities			<u>317,101</u>		<u>476,456</u>
Income funds					
Restricted funds	15		19,741		13,741
<u>Unrestricted funds</u>					
Designated funds	16	-		151,993	
General unrestricted funds		<u>297,360</u>		<u>310,722</u>	
			<u>297,360</u>		<u>462,715</u>
			<u>317,101</u>		<u>476,456</u>

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>
	134,827	1,000	135,827	72,607
	<u> </u>	<u> </u>	<u> </u>	<u> </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>-</u>	<u>24,860</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
	561,153	334,147

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	-

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)
	<hr/>	<hr/>	<hr/>
At 31 December 2022	-	14,289	14,289
	<hr/>	<hr/>	<hr/>
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)
	<hr/>	<hr/>	<hr/>
At 31 December 2022	-	3,582	3,582
	<hr/>	<hr/>	<hr/>
Carrying amount			
At 31 December 2022	-	10,707	10,707
	<hr/>	<hr/>	<hr/>
At 31 December 2021	2,352	12,926	15,278
	<hr/>	<hr/>	<hr/>

12 Stocks

	2022 £	2021 £
Books for free distribution	4,533	3,751
	<hr/>	<hr/>

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

	Notes	2022 £	2021 £
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	6,741	-	-	6,741	-	-	6,741
Rank							
Foundation	-	24,860	(24,860)	-	-	-	-
Bursaries for							
events	7,000	-	-	7,000	-	-	7,000
Doris Field							
Charitable							
Trust	-	-	-	-	1,000	(1,000)	-
Trustee							
recruitment	-	-	-	-	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)	-
154,666	(2,673)	151,993	(151,993)	-

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
	297,360	19,741	317,101	462,715	13,741	476,456

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	(160,801)	33,749
20	Analysis of changes in net funds		
	The charity had no debt during the year.		