

Charity registration number 1157579 (England and Wales)

Charity registration number SC050752 (Scotland)

Company registration number 09044459 (England and Wales)

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

# OVERCOMING MULTIPLE SCLEROSIS

## LEGAL AND ADMINISTRATIVE INFORMATION

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### Trustees

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

Charity number (England and Wales)	1157579
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Charity number (Scotland)	SC050752
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Company number	09044459
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Registered office	C/O Critchleys LLP Beaver House 23-38 Hythe Bridge Street Oxford OX1 2EP
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Auditor	Critchleys Audit LLP Beaver House 23-38 Hythe Bridge Street Oxford OX1 2EP
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# OVERCOMING MULTIPLE SCLEROSIS

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# OVERCOMING MULTIPLE SCLEROSIS

## INTRODUCTION - STRENGTHENING OUR COMMITMENT FOR THE YEAR ENDED 31 DECEMBER 2023

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

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

In addition, we were delighted to welcome further research into how the Overcoming MS Program helps people improve their MS symptoms and long-term prognosis, offering hope and optimism to all those impacted by multiple sclerosis<sup>1</sup>.

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

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

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



Dowshan Humzah  
**Chair of the Board of trustees, Overcoming MS**

Date: 28.05.2024  
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<sup>1</sup>Simpson-Yap S, Neate SL, Nag N, Probst YC, Yu M, Jelinek GA, Reece JC: Longitudinal associations between quality of diet and disability over 7.5 years in an international sample of people with multiple sclerosis. Eur J Neurol 2023, 30:3200-3211.

# OVERCOMING MULTIPLE SCLEROSIS

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

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

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

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

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

### Objectives and activities

#### Overcoming MS – bringing hope

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

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

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

#### The Overcoming MS Program

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

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

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

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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### Achievements and performance: Inform

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

#### Web, email and social media

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

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

#### Podcast

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

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

#### Webinar

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

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

### Events: Pop-Ups

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

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

### Achievements and performance: Support

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

#### Circle groups

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

# OVERCOMING MULTIPLE SCLEROSIS

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

### Our volunteers

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

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

### Ambassador support

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

### Live Well Hub app launch

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

### Social media

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

### Circle stats by area in 2023

Total active Circles: 99

Total active Circles by region:

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

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

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### Achievements and performance: Empower

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

#### Course: Pathways

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

#### Award-winning Pathways evaluation

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

#### Events: Retreats

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

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

#### Campaigns to inspire

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

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



# OVERCOMING MULTIPLE SCLEROSIS

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

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### Raising our profile – empowering others

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

### Achievements and performance: Collaborate

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

#### Co-designing with our community

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

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

### Collaborating with MS charities and other organisations

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

### Joint policy paper

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

### Healthcare professional engagement

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

### Facilitators

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

### Expert content

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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### Community insight

#### Community survey

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

#### Growth over the last two years includes:

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

#### Top 3 motivations for connecting with the charity:

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

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

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

### Income generation

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

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

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

### Income

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

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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

### Expenditure

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

### Gift-in-kind

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

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

### Financial review

#### a. Going concern

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

#### b. Principal funding

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

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

#### c. Reserves policy

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

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

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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### Plans for future periods

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

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

### Structure, governance and management

The Charity is a company limited by guarantee.

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

A G Bloom

L M Bloom

Caroline Clarke

(Resigned 5 July 2023)

A D Humzah

M L Sugarman

P Hanson

(Appointed 23 June 2023)

S M Middlemiss

(Appointed 23 June 2023)

O A Ilenda

(Appointed 5 January 2024)

S Saraf

(Appointed 5 January 2024)

K C Bayles

(Appointed 5 January 2024)

P Harris

(Appointed 14 May 2024)

K Carpenter

(Appointed 14 May 2024)

A Thomson

(Appointed 23 June 2023 and resigned 1 November 2023)

# OVERCOMING MULTIPLE SCLEROSIS

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

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

### **a Constitution**

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

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

### **b Method of appointment or election of trustees**

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

### **c. Risk management**

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

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

### **d. Organisational structure and decision making**

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

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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### **Auditor**

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

### **Disclosure of information to auditor**

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

The Trustees report was approved by the Board of Trustees.



.....  
M L Sugarman

**Trustee**

Date: 28th May 2024 .....

# OVERCOMING MULTIPLE SCLEROSIS

## STATEMENT OF TRUSTEES RESPONSIBILITIES

### FOR THE YEAR ENDED 31 DECEMBER 2023

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

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

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

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

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

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



**Dowshan Humzah**  
**Chair of the Board of Trustees, Overcoming MS**

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

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### Opinion

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

In our opinion, the financial statements:

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

### Basis for opinion

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

### Conclusions relating to going concern

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

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

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

### Other information

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

We have nothing to report in this regard.



# OVERCOMING MULTIPLE SCLEROSIS

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

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#### **Opinions on other matters prescribed by the Companies Act 2006**

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

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

#### **Matters on which we are required to report by exception**

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

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

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

#### **Responsibilities of Trustees**

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

#### **Auditor's responsibilities for the audit of the financial statements**

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

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

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

# OVERCOMING MULTIPLE SCLEROSIS

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

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

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

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

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

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

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

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

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

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

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

# OVERCOMING MULTIPLE SCLEROSIS

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE TRUSTEES OF OVERCOMING MULTIPLE SCLEROSIS

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#### Use of our report

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



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

03/06/2024  
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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 2023**

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

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

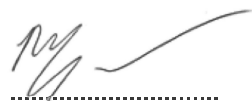
# OVERCOMING MULTIPLE SCLEROSIS

## BALANCE SHEET

AS AT 31 DECEMBER 2023

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

The financial statements were approved by the Trustees on 28.05.2024.



M L Sugarman  
Trustee

Company registration number 09044459 (England and Wales)

# OVERCOMING MULTIPLE SCLEROSIS

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2023

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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### 1 Accounting policies

#### Charity information

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

#### 1.1 Accounting convention

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

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

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

#### 1.2 Going concern

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

#### 1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

#### 1.4 Income

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

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

#### 1.5 Expenditure

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

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

# OVERCOMING MULTIPLE SCLEROSIS

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

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### 1 Accounting policies

(Continued)

#### 1.6 Intangible fixed assets other than goodwill

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

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

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

#### 1.7 Tangible fixed assets

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

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

Computers	25% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.8 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### 1.9 Stocks

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

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

#### 1.10 Cash and cash equivalents

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

#### 1.11 Financial instruments

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

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

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



# OVERCOMING MULTIPLE SCLEROSIS

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

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### 1 Accounting policies

(Continued)

#### **Basic financial assets**

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

#### **Basic financial liabilities**

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

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

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

#### **Derecognition of financial liabilities**

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

#### **1.12 Employee benefits**

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

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

#### **1.13 Retirement benefits**

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

### 2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources, appropriate levels of depreciation being based on the assets estimated useful life, amounts to accrue for the year including deferred income and amounts to include as prepayments. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

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

# OVERCOMING MULTIPLE SCLEROSIS

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

### 3 Income from donations and legacies

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

### 4 Income from investments

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

### 5 Other income

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

### 6 Raising funds

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

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

# OVERCOMING MULTIPLE SCLEROSIS

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

### 7 Expenditure on charitable activities

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

# OVERCOMING MULTIPLE SCLEROSIS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2023

#### 8 Support costs

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

#### 9 Trustees

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

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

#### 10 Employees

The average monthly number of employees during the year was:

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

# OVERCOMING MULTIPLE SCLEROSIS

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

### 10 Employees (Continued)

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

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

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

#### Remuneration of key management personnel

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

### 11 Taxation

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

### 12 Intangible fixed assets

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

# OVERCOMING MULTIPLE SCLEROSIS

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

### 13 Tangible fixed assets

	Computers £
<b>Cost</b>	
At 1 January 2023	14,289
Additions	5,372
	<hr/>
At 31 December 2023	19,661
	<hr/>
<b>Depreciation and impairment</b>	
At 1 January 2023	3,582
Depreciation charged in the year	3,556
	<hr/>
At 31 December 2023	7,138
	<hr/>
<b>Carrying amount</b>	
At 31 December 2023	12,523
	<hr/> <hr/>
At 31 December 2022	10,707
	<hr/> <hr/>

### 14 Stocks

	2023 £	2022 £
Books for free distribution	-	4,533
	<hr/> <hr/>	<hr/> <hr/>

### 15 Debtors

	2023 £	2022 £
<b>Amounts falling due within one year:</b>		
Other debtors	17,400	128,940
Prepayments and accrued income	9,661	6,330
	<hr/>	<hr/>
	27,061	135,270
	<hr/> <hr/>	<hr/> <hr/>

### 16 Creditors: amounts falling due within one year

	2023 £	2022 £
<b>Notes</b>		
Other taxation and social security	12,059	6,427
Deferred income	1,338	2,654
Other creditors	1,855	3,968
Accruals	50,999	55,737
	<hr/>	<hr/>
	66,251	68,786
	<hr/> <hr/>	<hr/> <hr/>

# OVERCOMING MULTIPLE SCLEROSIS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 DECEMBER 2023

#### 17 Restricted funds

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

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

#### Fund descriptions:

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

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

The Doris Field Charitable Trust is to fund podcasts.

Trustee recruitment is to fund Trustee recruitment.

# OVERCOMING MULTIPLE SCLEROSIS

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

### 18 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>Fund balances at 31 December 2023 are represented by:</b>			
Intangible fixed assets	11,100	-	11,100
Tangible assets	12,523	-	12,523
Current assets/(liabilities)	254,680	6,319	260,999
	<u>278,303</u>	<u>6,319</u>	<u>284,622</u>
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
<b>Fund balances at 31 December 2022 are represented by:</b>			
Tangible assets	10,707	-	10,707
Current assets/(liabilities)	286,653	19,741	306,394
	<u>297,360</u>	<u>19,741</u>	<u>317,101</u>

### 19 Related party transactions

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

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

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

### 20 Analysis of changes in net funds

The Charity had no material debt during the year.



# OVERCOMING MULTIPLE SCLEROSIS

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

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