

Charity registration number 1157579 (England and Wales)

Charity registration number SC050752 (Scotland)

Company registration number 09044459

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

OVERCOMING MULTIPLE SCLEROSIS

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	L M Bloom	
	M L Sugarman	
	P Hanson	
	S M Middlemiss	
	S Saraf	(Appointed 5 January 2024)
	K C Bayles	(Appointed 5 January 2024)
	P Harris	(Appointed 14 May 2024)
	K Carpenter	(Appointed 14 May 2024)
Charity number (England and Wales)	1157579	
Charity number (Scotland)	SC050752	
Company number	09044459	
Registered office	c/o Gravita Oxford LLP First Floor, Park Central 40-41 Park End Street Oxford OX1 1JD	
Auditor	c/o Gravita Oxford LLP First Floor, Park Central 40-41 Park End Street Oxford OX1 1JD	
Bankers	Virgin Money UK PLC 177 Bothwell Street Glasgow G2 7ER	

OVERCOMING MULTIPLE SCLEROSIS

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OVERCOMING MULTIPLE SCLEROSIS

INTRODUCTION – STRENGTHENING OUR COMMITMENT

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

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

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

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

A handwritten signature in black ink, appearing to be 'Penny Harris', with a long horizontal flourish extending to the right.

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

Date: 25th July 2025

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TRUSTEES REPORT (INCLUDING DIRECTORS REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

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

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

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

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

OBJECTIVES AND ACTIVITIES

Overcoming MS – bringing hope

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

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

What is MS?

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

Helping people live well with MS

The impact of an MS diagnosis

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

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

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

Our support: helping people live well with MS

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

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

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

The Overcoming MS Program

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

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

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

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FOR THE YEAR ENDED 31 DECEMBER 2024

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

Challenge:

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

2024 actions:

- **Expanding global reach through digital channels**

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

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

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

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

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

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

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

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

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

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

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

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

- **Raising awareness with healthcare professionals**

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

Outcome:

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

ACHIEVEMENTS AND PERFORMANCE: Connecting to like-minded community members

Challenge:

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

2024 actions:

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

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

- Membership grew to 5,559 members globally.

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

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

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

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

- **Volunteers making a difference:**

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

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

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

Outcome:

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

ACHIEVEMENTS AND PERFORMANCE: Making lifestyle change happen

Challenge:

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

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

2024 actions:

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

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

- 1,087 members signed up during 2024

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

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

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

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

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

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

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

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

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

Outcome:

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

ACHIEVEMENTS AND PERFORMANCE: Developing our expertise and impact

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

Impact on people with MS

- **Through education**

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

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

- **Through extending our expert network**

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

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

- **Through local service support**

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

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

Impact on healthcare professionals

- **Through education**

To support healthcare education, we:

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

Impact through partnerships

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

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

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FOR THE YEAR ENDED 31 DECEMBER 2024

INCOME GENERATION

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

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

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

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

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

Expenditure

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

Gifts-in-kind

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

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FOR THE YEAR ENDED 31 DECEMBER 2024

FINANCIAL REVIEW

a. Going concern

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

b. Principal funding

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

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

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

c. Reserves policy

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

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

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

d. Energy consumption

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

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PLANS FOR FUTURE PERIODS

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

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

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STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a company limited by guarantee.

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

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

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

a) Constitution

The charity is registered as a company limited by guarantee and is constituted under a Memorandum of Association dated 14 May 2014. It is 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.

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

d) Organisational structure and decision making

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

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

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

e) Public benefit

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

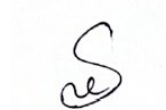
Auditor

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

Disclosure of information to auditor

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

The Trustees report was approved by the Board of Trustees.



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Suruchi Saraf FCCA, MSc, DChA
Treasurer

Date: 25th July 2025

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STATEMENT OF TRUSTEES RESPONSIBILITIES

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

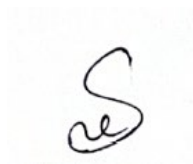
Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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

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

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

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



Suruchi Saraf FCCA, MSc, DChA
Treasurer, Overcoming MS

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

Opinion

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

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

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INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

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

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

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

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

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

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

Responsibilities of Trustees

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

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

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

Auditor's responsibilities for the audit of the financial statements

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

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

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

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

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

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

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

OVERCOMING MULTIPLE SCLEROSIS

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES

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

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

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

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

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

Use of our report

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



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

OVERCOMING MULTIPLE SCLEROSIS

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

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

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

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

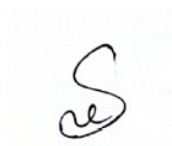
OVERCOMING MULTIPLE SCLEROSIS

BALANCE SHEET

AS AT 31 DECEMBER 2024

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

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



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S Saraf FCCA, MSc, DChA
Treasurer

OVERCOMING MULTIPLE SCLEROSIS

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2024

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1. Accounting policies

Charity information

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

1.1. Accounting convention

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

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

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

1.2. Going concern

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

1.3. Charitable funds

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

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

1.4. Income

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

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

1.5. Expenditure

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

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

1.6. Intangible fixed assets other than goodwill

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

cost less accumulated amortisation and accumulated impairment losses.

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

Website & CRM Integration	4 year straight line method
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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. Cash and cash equivalents

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

1.10. Financial instruments

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

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

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

Basic financial assets

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

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

Basic financial liabilities

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

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

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

Derecognition of financial liabilities

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

1.11. Employee benefits

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

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

1.12. Retirement benefits

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

2. Critical accounting estimates and judgements

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

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

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

3. Income from donations and legacies

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

4. Income from investments

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

5. Other income

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

6. Expenditure on raising funds

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

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

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

7. Expenditure on charitable activities

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

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

8. Support costs allocated to activities

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

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

9. Net movement in funds

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

10. Trustees

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

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

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

11. Employees

The average monthly number of employees during the year was:

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

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

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

Remuneration of key management personnel

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

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

12. Taxation

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

13. Intangible fixed assets

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

At 31 December 2023	11,100
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14. Tangible fixed assets

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

15. Debtors

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

16. Creditors: amounts falling due within one year

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

17. Deferred income

	2024 £	2023 £
Other deferred income	22,349	1,338

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Deferred income is included in the financial statements as follows:

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

18. Retirement benefit schemes

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

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

19. Unrestricted funds – designated reserves

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

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

20. Restricted funds

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

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

Fund descriptions:

Materials – equipment to be used at pop-up events

HCP – to develop engagement with health care professionals

Webinars – to fund online interactive presentations

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

Pop-up events – local community events

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

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

Fund descriptions:

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

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

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

Trustee recruitment was to fund Trustee recruitment.

21. Analysis of net assets between funds

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

OVERCOMING MULTIPLE SCLEROSIS

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

22. Related party transactions

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

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

23. Analysis of changes in net funds

The Charity had no material debt during the year.

24. Cash generated from operations

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