

MAST CELL ACTION

England & Wales · Charity number 1164917

Details

Other names MCA

Status Registered

Legal form CIO

Registered 2015-12-17

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

Contact

Address Suite 2
4 Castle Quay
Nottingham
NG7 1FW

Phone 07827133821

Email info@mastcellaction.org

Activities

Objects: TO RELIEVE SICKNESS FOR THE PUBLIC BENEFIT OF PEOPLE WITH MAST CELL ACTIVATION DISORDERS BY:-1.THE ADVANCEMENT OF RESEARCH INTO THE CAUSES OF MAST CELL ACTIVATION DISORDERS;2.ENGAGING WITH THE RESEARCH COMMUNITY AND RAISING FUNDS TO ENABLE THEM TO DEVELOP BETTER DIAGNOSTIC TOOLS AND TREATMENTS FOR MAST CELL ACTIVATION DISORDERS;3.PROVIDING A SUPPORTIVE COMMUNITY THROUGH THE PROVISION OF PRACTICAL ADVICE, SUPPORT AND INFORMATION FOR EVERYONE AFFECTED BY MAST CELL BASED DISEASE;4.RAISING AWARENESS AND IMPROVING EDUCATION IN RESPECT OF MAST CELL BASED DISEASES AND ACT AS A RESOURCE HUB, HOSTING SEMINARS AND WORKSHOPS;5.PUBLISH INFORMATION TO EDUCATE MEDICAL PROFESSIONS IN ORDER TO INCREASE DIAGNOSIS AND TO EDUCATE PATIENTS AND FAMILIES AND THE GENERAL PUBLIC ABOUT MAST CELL BASED DISEASES.

Activities: To support those affected by Mast Cell Activation Disorders; unite the MCAS community; work with clinicians for better care; promote research; advocate for universal awareness, diagnosis and treatment; and educate the wider community to reduce stigma and improve lives.

Classification

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

Geography

- Germany
- Ireland
- Northern Ireland
- Scotland
- United States
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£132,198	£173,977	-	-
2024-03-31	£51,910	£95,472	-	-
2023-03-31	£63,309	£83,087	-	-
2022-03-31	£289,321	£25,040	-	-
2021-03-31	£20,113	£25,289	-	-

Trustees

Name	Role	Appointed
CHRIS WOOD BA OXON		2015-11-04
Claire Bounds MSC HRM		2024-07-08
Dr Alexandra Croom		2025-07-02
Eric Davis Grounds		2022-06-10
Tom Wright		2024-12-12

MAST CELL ACTION

England & Wales - Charity number 1164917

Accounts



Trustees' Annual Report for the period

From 1 April 2024 **Period start date** **To** 31 March 2025 **Period end date**

Charity name: Mast Cell Action

Charity registration number: 1164917

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>To relieve sickness for the public benefit of people with mast cell activation disorders by:</p> <ul style="list-style-type: none">• the advancement of research into the causes of mast cell activation disorders;• engaging with the research community and raising funds to enable them to develop better diagnostic tools and treatments for mast cell activation disorders;• providing a supportive community through the provision of practical advice, support and information for everyone affected by mast cell based disease;• raising awareness and improving education in respect of mast cell based diseases• and act as a resource hub, hosting seminars and workshops;• publish information to educate medical professions in order to increase diagnosis and to educate patients and families and the general public about mast cell based diseases
Summary of the main activities in relation to those purposes for the public benefit, in particular, the	Para 1.17 and 1.19	<p>The charity's activities during the year continued to focus on expanding and strengthening the services, support, and resources we offer to people living with MCAS.</p> <p>Our community have once again been clear about the challenges they face and the support they need,</p>

<p>activities, projects or services identified in the accounts.</p>		<p>and it has been our privilege to grow our provision in direct response. This year, we have seen significant growth, innovation, and connection across all areas of our work. In particular, we:</p> <ul style="list-style-type: none"> • continued to grow and nurture our virtual support groups, which now include more than 6,000 participants • expanded our peer support offer by launching dedicated Peer Support and Parent Support services, creating safe spaces for people affected by MCAS and those caring for children and young people • broadened our wellbeing programme with new virtual sessions including Pilates, Yoga, Mind to Move, Movement to Music, and other activities supporting physical and emotional wellbeing • strengthened our mental health support through expanded mindfulness, Rest and Unwind, and creative wellbeing sessions, all of which received exceptional feedback from attendees • developed and launched a range of new supportive resources, including our MCAS and Higher Education Pack, secondary school resource, workplace reasonable adjustments guide, testing leaflets, and a travel resource • deepened engagement across our social media platforms, helping to reduce isolation, encourage connection, and share trusted information with a growing global audience • achieved PIF Tick accreditation and embedded robust new processes to ensure our information remains clear, accurate, and trustworthy • launched the first ever international Mast Cell Disease Awareness Month, strengthening global collaboration and raising visibility of MCAS and related conditions • continued to grow the supportive content on our website, enhanced by new accessibility features, improved navigation, and increased video resources • expanded our medical and dietetic advisory capacity, welcoming new expert members and broadening our clinical reach • delivered training and awareness sessions for healthcare professionals, including post-COVID MDTs, primary care teams, and clinicians attending major conferences • engaged with Integrated Care Boards and national stakeholders to advocate for improved care pathways and highlight medication safety concerns • progressed our data migration into the Beacon CRM to strengthen supporter care, streamline processes, and support future service development
---	--	--

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees of Mast Cell Action confirm that they have had due regard to the Charity Commission's guidance on public benefit when carrying out their duties and in planning the charity's activities throughout the year. In particular, the Trustees have ensured that all projects, services, and strategic decisions are aligned with the charity's aims to advance understanding of mast cell diseases, support those affected, and promote improved diagnosis, treatment, and quality of life. The Trustees are satisfied that the charity's work provides clear, identifiable public benefit in accordance with the statutory requirements.
--	-----------	--

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>This year, Mast Cell Action made significant progress in expanding and strengthening the support available to people living with Mast Cell Activation Syndrome (MCAS), while also raising wider awareness and improving understanding of the condition across society.</p> <p>We reached more people than ever before, with our virtual support groups growing to over 6,000 participants, our website attracting 270,000 visitors, and more than 83,000 individual downloads of trusted information. Our expanding programme of wellbeing sessions—including mindfulness, movement classes, creative workshops, and peer support groups—provided thousands of people with practical tools to manage symptoms, reduce stress, improve wellbeing, and feel less alone. Feedback shows that 95–100% of attendees across sessions gained improved wellbeing, new coping techniques, and a greater sense of connection.</p> <p>Our new Peer Support and Parent Support services created safe, understanding spaces for individuals and families navigating the challenges of MCAS. We also responded to more than 2,100 emails and distributed 219 Casper resource packs, offering personalised guidance and emotional support at times when people often have nowhere else to turn.</p> <p>The charity strengthened its role as a trusted provider of high-quality, evidence-based information by achieving PIF Tick accreditation, embedding new quality processes, and expanding our medical and dietetic advisory expertise. We launched new resources - including education packs, workplace guidance, testing leaflets, and travel support - to help people advocate for their needs in healthcare, education, employment, and daily life.</p> <p>Alongside supporting individuals, we invested in raising awareness and improving professional understanding of MCAS. We delivered training to 140 post-COVID MDT clinicians, presented at major medical conferences, and developed new resources for primary care. We also engaged national bodies such as Patient Safety Learning to highlight medication supply issues and began work with Integrated Care Boards to advocate for service provision.</p>

		<p>Our launch of the first ever international Mast Cell Disease Awareness Month united charities, clinicians, researchers, and patient communities across the world, raising visibility on a global scale and contributing to better recognition of mast cell diseases within society.</p> <p>As a result of these achievements, thousands of people affected by MCAS experienced improved wellbeing, greater connection, reduced isolation, more equitable access to trusted information, and enhanced ability to navigate complex healthcare needs. At the same time, increased clinician awareness and stronger advocacy contributed to wider societal benefits, helping to improve understanding of MCAS, influence service development, and promote safer, more informed care for people living with this complex condition.</p>
--	--	---

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of the reporting period, the Trustees consider the financial position of Mast Cell Action to be stable and appropriately managed in line with the charity's objectives and strategic priorities. The charity continued to operate within its financial means, maintaining close oversight of income, expenditure, and reserves throughout the year.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Mast Cell Action's Reserves Policy outlines the charity's approach to maintaining financial stability by holding free, unrestricted reserves—excluding restricted and designated funds—to safeguard its ability to provide essential services for people affected by MCAS. The charity aims to hold six months of core operating costs, to manage income volatility, funding delays, and unavoidable operational commitments. Reserves may be used with Trustees' approval to cover temporary income gaps, unexpected costs, or planned transitions, but not to support ongoing deficits. Trustees may designate funds for future strategic purposes, and reserves are monitored through regular management accounts, reviewed annually, and reported transparently in line with Charity Commission guidance.
Amount of reserves held	Para 1.22	The reserve held as at year end is £177,313.
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The Trustees have assessed Mast Cell Action's ability to continue as a going concern and recognise that, while the charity remains committed to delivering its core services, there are inherent uncertainties linked to its reliance on grant funding, voluntary income, and project-based support. The timing and availability of future funding cannot be guaranteed with the current market condition, and this creates some uncertainty regarding income levels in the medium term. However, the Trustees monitor the financial position closely, have maintained an appropriate reserves policy, and continue to take steps to source new grant and manage costs prudently. Based on current plans and available information, the

		Trustees consider that the charity has sufficient resources to continue operating for the foreseeable future, although they acknowledge that the external funding environment presents ongoing risks that will require continued active management.
--	--	---

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by resolution passed at a properly convened meeting of the Trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	

Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Mast Cell Action
Other name the charity uses	
Registered charity number	1164917
Charity's principal address	Suite 2, 4 Castle Quay NOTTINGHAM NG7 1FW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Alexandra Croom		02 July 2025	
2	Tom Wright		12 December 2024	
3	Claire Bounds MSC HRM		08 July 2024	
4	Eric Davis Grounds			
5	CHRIS WOOD BA OXON			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	NA
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	NA
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	NA

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Joy Mason

Exemptions from disclosure

Reason for non-disclosure of key personnel details

NA

Other optional information

NA

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Chris Wood	
Full name(s)	Chris Wood	
Position (eg Secretary, Chair, etc)	Chair	
Date	28 Jan 2026	



Receipts and payments accounts

For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025
---------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation	25 510	-	-	25 510	23 170
Gift Aid Recovered	2 730	-	-	2 730	1 275
Sport England	-	7 356	-	7 356	-
National Lottery Grant	-	75 512	-	75 512	27 465
Postcode Places Grant	-	21 090	-	21 090	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	28 240	103 958	-	132 198	51 910
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	28 240	103 958	-	132 198	51 910
A3 Payments					
Employee cost	42 800	47 834	-	90 634	46 932
Charity management and administration	5 112	-	-	5 112	4 660
Conference and event cost	29	2 102	-	2 131	2 208
Consultancy	31 610	975	-	32 585	28 845
Expenditure on raising funds	8 538	90	-	8 628	900
IT and hosting services	2 123	-	-	2 123	1 693
Independent examination	-	-	-	-	600
Medical journal	-	-	-	-	-
Print, design, postage and stationery	1 048	1 778	-	2 826	1 929
Sundry expenses	-	-	-	-	-
Telephone cost	108	-	-	108	95
Travel, accommodation and room hire	4 023	2 093	-	6 116	5 553
Website design and maintenance	3 847	-	-	3 847	-
Insurance	-	-	-	-	509
Donations made	-	-	-	-	-
Equipment	191	951	-	1 142	1 905
Subscriptions	11 266	141	-	11 407	2 051
Virtual events	-	7 265	-	7 265	1 794
Bank charges	52	-	-	52	7
	-	-	-	-	-
Sub total	110 747	63 230	-	173 977	98 483
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	110 747	63 230	-	173 977	98 483
Net of receipts/(payments)	- 82 507	40 728	-	- 41 779	- 46 573
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	186 504	37 350	-	223 854	-
Cash funds this year end	103 996	78 078	-	182 074	- 46 573

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	103 996	78 078	-
		-	-	-
		-	-	-
	Total cash funds	103 996	78 078	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
			-	-
			-	-
			-	-
			-	-
			-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Chris Wood	Chris Wood	28-Jan-26	



Section A

Independent Examiner's Report

Report to the trustees	Charity Name Mast Cell Action		
	On accounts for the year ended	31/03/2025	Charity no (if any) 1164917
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:		Date:	25/01/2026
---------	--	-------	------------

Name:	R Kolvankar
-------	-------------

Address:	40, Danson Crescent, DA16 2AR

Empty rectangular box at the top of the page.

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Large empty rectangular box for providing details of items to disclose.

MAST CELL ACTION

England & Wales - Charity number 1164917

Accounts



MAST CELL
ACTION



2024

ANNUAL

REVIEW

AND FINANCIAL STATEMENTS

mastcellaction.org

Table Of Contents

01	Welcome and charity information
02	Report of the Trustees
03	Report of the Independent Examiner
04	Statement of Financial Activities
05	Balance Sheet
06	Notes to the Accounts

01

Welcome

We are proud of the progress Mast Cell Action has made since its inception, but we are still a young charity needing to concentrate on the basics: building our capability and translating that into support for the community. I'm pleased to say that this last year shows real evidence of progress on both fronts.

In January 2024 we recruited a second member of staff to oversee community activities, enabling Joy to devote more time to building the charity. During the year the number of volunteers has increased from 26 to 42, multiplying our effectiveness.

As above, our prime focus is providing support to the ever-increasing number of people affected by Mast Cell Activation Syndrome – a neglected community that will only increase as awareness of what has been an unrecognised disease continues to grow.

Beyond increasing our headcount, a major enabler of our growth has been the receipt of a multi-year £174k grant from the National Lottery. Developing the National Lottery project took a lot of effort, which has been more than repaid by the result in terms of the portfolio of community support it now funds – outlined in more detail in the body of this report.

It demonstrates how effectively we can provide support to the community when money is made available.

Beyond our overall objectives of growth and enhancing that support, during the next year we will be looking to secure other sources of funding to expand our activities in line with the needs of our community.

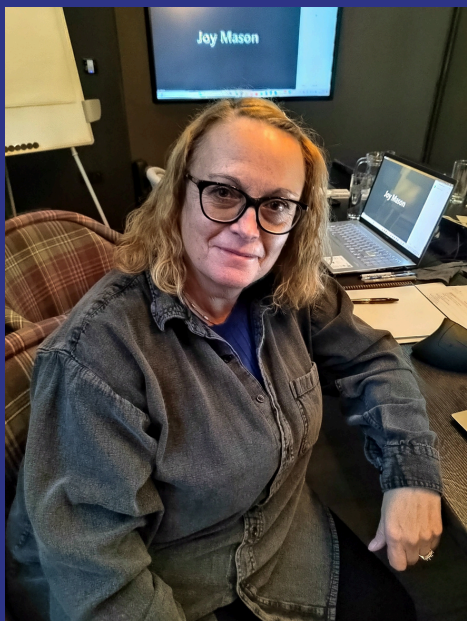


Chris Wood,
Founding Trustee

“Thank you for everything you do, and for helping me feel a little less isolated and alone with MCAS.”

01

— Welcome



Jackie Fisher
Treasurer and Trustee

The year to 31 March 2024 has been an exceptional one for Mast Cell Action. The security of funding from The National Lottery has enabled the Charity to grow and achieve its goals and objectives in many areas. The introduction of another member of staff and a substantial increase in the number of our dedicated volunteers has meant that there has been focus on areas where capacity restraints have previously been restricted.

Financially, the Charity remains stable, and forecasts for the next 12 months remain positive. The money raised by the 27 Marathons produced a springboard from which many of the activities undertaken have been possible.

We look forward to a bright and prosperous future and exciting growth and development in 2025.

“Thank you so much for your detailed response to my query, you’ve actually brought me to tears. To have someone understand and send something helpful rather than respond by invalidating my concerns and dismissing me is just an entirely new experience when it comes to reaching out for support with the myriad of symptoms I have. Thank you so much for everything you’ve sent through :) Thanks for the advice and support, I’ll definitely join one of those Zoom meetings too.”

01 — Welcome



Joy Mason,
Director of Operations,
Engagement and Services

I am filled with immense pride and gratitude as I reflect on the incredible journey we've embarked on with our community over the past year. It's been a year of triumphs, challenges, and above all, transformation.

In the face of unprecedented global challenges, our community has shown resilience, determination, and unwavering dedication. Together, we've reached new heights and achieved milestones that once seemed beyond reach.

From expanding our outreach initiatives to forging groundbreaking collaborations, every achievement stands as a testament to the passion and commitment of our supporters, volunteers, and partners.

Our team is growing at exceptional speed, with a second member of staff now in position and additional administrative support in the form of free-lance support. This additional capacity has enabled us to deliver even more vital services and support for those living with MCAS.

Throughout the year, we've witnessed remarkable progress on multiple fronts. As we celebrate these achievements, we must also acknowledge the challenges that lie ahead. The road to progress is never easy, and there is still much work to be done.

Yet, with the continued dedication and support of our community, I am confident that we will overcome any obstacles that may arise, and continue to make strides towards our shared vision of a world where mast cell disorders are understood, treated, and ultimately cured.

It is my pleasure to share a selection of our achievements with you.

"Thank you, Thank you, Thank you Mast Cell Action for all the work you do to raise awareness about Mast Cell Activation. The information on the website is so very helpful to share with family and friends and feels like a 'safe space' among all the turmoil this condition brings."

Service user

01

Charity information

Mast Cell Action

(A Charitable Incorporated Organisation)

Legal and administrative information

Charity number 1164917

Registered office

Cooper House
6a Hargreaves Street
Burnley
BB11 1ES

Trustees

Gawain Paling
Chris Wood
Eric Grounds
Jacqueline Fisher

Bankers

National Westminster Bank
Virgin Money

Independent Examiner

TT Business Services Limited
3 Burwell Close
Rochdale
OL12 6DQ

02

— REPORT OF THE TRUSTEES

The Trustees have pleasure in submitting the Report and Accounts for the year to 31 March 2024

Structure, Governance and Management

Nature of organisation

Mast Cell Action (Charitable Incorporated Organisation) was registered with the Charity Commissions of England and Wales (Registration Number 1164917) in December 2015.

Our aims and objectives

Our overall objective is to improve the lives of people affected by mast cell disorders.

We will achieve this by:

- providing support for all those affected by mast cell activation disorders
- bringing the Mast Cell Activation Syndrome (MCAS) community together with one unified voice
- working with the medical community to help ensure patients with MCAS receive the best care possible
- promoting increased research into conditions related to mast cell activation
- lobbying for universal awareness, diagnosis and treatment of MCAS
- educating the wider community, helping to reduce stigma and improve lives for those living with MCAS

Principal activities during the year to 31 March 2024

The charity's activities during the year broadly focused on developing the services, support and resources we offer to those living with MCAS.

Our community have been vocal in telling us that they need more support and it has been our pleasure to be able to meet these vital needs.

“Mia absolutely loves the book and has taken the second copy into school to share with her class as she says it's amazing that Casper knows just how she feels.”

Casper pack recipient



Developing our support for the MCAS community

Our community support has grown significantly this year, in particular we:

- continued to grow and nurture our online support groups
- launched our weekly, virtual peer support sessions
- launched our parent and carer virtual support sessions
- launched virtual sessions including Tai Chi, Yoga and Mindfulness
- continued with the development of resources to support mental health and other aspects of living with mast cell disease.
- grew our social media platforms which helped to reduce isolation in the MCAS community through supportive posts and by encouraging connection.
- further developed support and information materials to be disseminated through multiple platforms.
- launched additional supportive content on our website
- undertook a series of community surveys to fully understand the needs of our beneficiaries
- established our first focus group; MCAS Voices

Last year our volunteers donated more than £89,915 of their time to support the MCAS community.

"I have been looking for months for resources to help explain this to her friends, teachers, counsellors, family, and to her. The website is amazing!! I can't wait to dive into it all. Thank you for being a part of creating these resources for families!"
Service user



The impact of our work

Raised awareness of MCAS with **3,500** members of Sparta Wellbeing



"I have met many amazing people through Mast cell action. I will be forever grateful."

Presented to a team of **70** at Advocacy Focus, sharing information about the advocacy needs of our community

"Im loving Mast Cell Action weekly groups and always look forward to Thursday evenings. I weekly connect with one of the other members so have made a lovely friend."

Held a webinar for Healthcare Professionals, with **42** attending

Were finalists in the 2023 CIM Global Marketing Excellence Awards in the best not-for-profit campaign



Recruited **15** new volunteers to support the our vital service and support delivery

"The mindfulness session really helps me to relax and focus and improve my health. It works!"

Looking forward to FY 2024/5

As we look forward to 2024/5, we intend to further extend our community engagement to meet the needs and priorities of those affected by MCAS through our support, services and resources

We plan to increase our capacity in order to deliver the resulting community initiatives through volunteers and interns

The Trustees intend to continue to diversify our income streams, specifically expanding on our grant funding programme to support specific projects which will have significant impact on the MCAS community.

"Validation is so important, thank you @mastcellaction for all the work you are doing to advocate for people like me."

Social media follower



Risk management

The Trustees have reviewed the risks to which a small charity operating with few employees is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis.

Organisational structure

The Trustees are legally responsible for the CIO. The Trustees meet at least four times annually.

Responsibilities of the Trustees

Charity law requires the Trustees to prepare financial statements for each accounting year which give a true and fair view of the state of the charity and of its income and expenditure for the year. We are required to:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Our aims and objectives

To improve the lives of people affected by mast cell disorders

“It was a space to relax and forget the days troubles. Movement was gentle and nothing felt too much. I am so pleased that Mast Cell Action is offering sessions like this for people like me, I often feel forgotten and alone and being able to come along to different sessions I'd making such a difference for me. It's also nice to have the opportunity to put my worries down and enjoy some me time, forgetting about MCAS and the trouble it causes me for a moment. Thank you Mast Cell Action”

Virtual Qigong session attendee

Reserves policy

Historically, Mast Cell Action has raised funds in the region of £20,000 p.a. In 2020 the charity was awarded a high-value gift from a community member who specifically earmarked their donation for investment in the charity's infrastructure, futureproofing and to generate the charity's fundraising capacity. Consequently, during 2021 and 2022 we built new fundraising resources, developed a case for support, and researched and submitted grant funding opportunities.

This fundraising investment was underway when Mast Cell Action was fortunate to start liaising with a volunteer fundraiser, Scott Fisher. Scott undertook the incredible challenge of completing 27 marathons in 27 days to raise money for Mast Cell Action. Scott was inspired by the 27 pills his wife must take every day to manage her MCAS. Hoping to raise £27k, Scott was thrilled to have surpassed this by thousands, raising an incredible £270k (including Gift Aid). Over 18,000 people donated to Scott's JustGiving page.

In agreement with Scott, trustees have designated the funds as follows:

- Establish designated reserves of £50,000 to cover 6 months' running costs in anticipation of our turnover increasing to c£200,000 by 2026/27.
- Drawdown c£23,000k in each of the 3 financial years (2022/23, 2023/24 and 2024/5) to support growth (staff, volunteers), project research and development, and match other fundraising from trusts and foundations.
- Establish a research fund with £150k for future research into MCAS.

Despite the fabulous result of Scott's challenge, the charity's fundraising activity has really only just begun. We continue to work hard on all fundraising income streams, to support our programme plans and are providing support to community members keen to follow in Scott's fundraising footsteps. We are realistic, however, that our charity's income and expenditure and turnover is not going to 'mushroom' overnight, but we believe we are putting strong steps in place to build a sustainable future while using Scott's injection carefully to provide a substantive risk 'fund'.

"Thanks for this information - it's really helpful. Thank you so much for sharing these resources. They're incredibly helpful and I'm sure they'll make it easier for us to explain the situation to my brother's doctors.

Huge thanks to the team at Mast Cell Action for supporting the MCAS community :-)"

Historical summary of funds

	2024	2023	2022	2021	2020
Unrestricted - not designated	£38,280	£47,206	£37,073	£21,532	£26,529
Unrestricted - designated	£150,000	£200,000	£250,000	£0	£0
Restricted	£40,450	£22,772	£3,200	£0	£0

"Thank you ever so much! I hadn't expected this sort of reply considering your charity size (and I can only imagine how busy you are!). Thanks again and thank you for all that you are doing to try and help our community."



"I just wanted to say the new Mast Cell Action dietary resources are brilliant."



Mast Cell Action



Annual Report

Year ending March 2024

Signed on behalf of the Trustees:

A handwritten signature in black ink, appearing to read "Jackie Fisher", written over a horizontal dotted line.

Jackie Fisher

Trustee and Treasurer

Date: 29.01.2024

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Independent Examiner's report to the trustees of Mast Cell Action for the year ended 31 March 2024

I report on the accounts of the charity for the year ended 31 March 2024 which are set out on pages 15 to 16.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts do not accord with the accounting records;
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

TT Business Services Limited

3 Burwell Close

Rochdale

OL12 6DQ

TT Business Services Ltd.

Date: 29.01.2025

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Statement of financial activities

For the year ending 31 March 2024

	Note	Unrestricted funds	Restricted funds	Year ended 31/03/24	Year ended 31/03/23
Income					
Income from generating funds: Voluntary income	3	£24,444.90	£27,465.26	£51,910	£63,309
Total income		£24,444.90	£27,465.26	£51,910	£63,309
Expenditure					
Charitable activities	4	£89,743.13	£5,729.01	£95,472.14	£83,087
Total expenditure		£89,743.13	£5,729.01	£95,472.14	£83,087
Net movement in funds for the year		(£65,298.23)	£21,736.25	(£43,562.14)	£19,778
Total funds brought forward		£248,612.73	£21,614	£270,226.73	£289,756
Total funds carried forward		£183,314.50	£43,350.25	£226,664.75	£289,756

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 17 to 20 form part of these financial statements.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Balance sheet as at 31 March 2024

Current assets	Note	31 March 2024	31 March 2023
Cash at bank and in hand		£223,854	£271,746
Debtors		£6,117	£0
Total		£229,971	£271,746

	Note	31 March 2024	31 March 2023
Creditors: amounts falling due within one year	6	£1,241	£1,768

	Note	31 March 2024	31 March 2023
Net current assets		£228,730	£269,978
Net Assets		£228,730	£269,978

Funds	Note	31 March 2024	31 March 2023
Restricted funds	7	£40,450	£22,772
Unrestricted funds	8	£38,280	£47,206
Designated funds	9	£150,000	£200,000
Total		£228,730	£269,978

The financial statements were approved by the trustees and signed on their behalf by:

Jackie Fisher

Treasurer

Date: 29.01.2025

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2024

1 Charity status

Mast Cell Action is a charitable incorporated organisation registered in England and Wales, number 1164917. The registered office is 6 Willes Terrace, Leamington Spa, CV31 1DL.

Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Basis of preparation

Mast Cell Action meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2024

Basis of preparation

Mast Cell Action meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including independent examination, strategic management and trustees' meetings and reimbursed expenses.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

3 Income	Unrestricted funds	Restricted funds	Total 2024	Total 2023
Donations	£24,945	-	£24,445	£41,987
Gift Aid Recovered	£2,433	-	£1,275	£1,158
National Lottery grant	-	£27,465	£27,465	£9,770
Postcode Places grant	-	-	-	£10,394
Total	£2,433	£27,465	£53,185	£63,309

4 Charitable activities	Unrestricted funds	Restricted funds	Total 2024	Total 2023
Employee costs	£45,945	-	£45,945	£33,967
Charity management and administration	-	-	-	£289
Conference and event costs	£2,208	-	£2,208	£4,518
Consultancy	£28,845	-	£28,845	£30,400
Expenditure on raising funds	£900	-	£900	£928
IT and hosting services	£1,693	-	£1,693	£1,125
Independent examination	£600	-	£600	£600
Medical journal	-	-	-	£2,100
Print, design, postage and stationery	£732	£1,197	£1,929	£947
Sundry expenses	£420	-	£420	£5,584
Telephone costs	£95	-	£95	-
Travel, accommodation and room hire	£5,105	-	£5,105	£1,480
Website design and maintenance	-	-	-	£293
Insurance	£509	-	£509	£346
Donations made	-	-	-	£500
Equipment	£1,905	-	£1,905	-
Subscriptions	£2,051	-	£2,051	-
Virtual events	£1,509	£285	£1,794	-
Bank charges	£7	-	£7	-
Total	£92,524	£1,482	£94,006	£83,087

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2024

5 Trustees' remuneration and expenses

As allowed by the Charity Governing Document, the trustees were reimbursed for expenses incurred on behalf of charitable activities.

6 Creditors: Amounts falling due within one year	Year ending 31/03/2024	Year ending 31/03/2023
Trade creditors	£600	£600
Social security and other creditors	£1,168	
Total	£1,768	£600

7 Restricted Funds	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
General fund	£3,200	£34,164	£15,750	£21,614
Total	£3,200	£34,164	£15,750	£21,614

8 Unrestricted Funds	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
General fund	£286,556	£29,145	£67,337	£248,364
Total	£286,556	£29,145	£67,337	£248,364

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2024

9 Designated funds

Designated reserves of £50,000 to cover 6 months' running costs in anticipation of our turnover increasing to c£200,000 by 2026/27.

Designated funds of £69k for cash flow during 2024/25 in anticipation of further growth in activities and staffing.

Designated funds of £150k to be used for future research into MCAS, in partnership with other research collaborators, in accordance with the purpose of funds raised by Marathons for Mast Cell.

10 Controlling parties

In the opinion of the trustees there is no single ultimate controlling party of the charity.

11 Taxation

The CIO is a registered charity and is, therefore, exempt from taxation.

A final note on my gratitude to this charity for providing the new webinars, classes and weekly Zoom sessions. This support has made a big difference to me, especially 'meeting' others with MCAS.
Community survey responder

Thank you for existing as an organization. Just seeing the instagram stories about symptoms and triggers is validating and makes me feel supported.



“Really appreciate all your work and all your exciting new support initiatives, looking forward to others coming in the pipeline!”

“ This group has been an utter lifesaver for me.....so less alone is a total understatement, this is a vital life line 🙌❤️ thank you for being there when much in this world makes us feel misled and unheard. ”



MAST CELL ACTION

England & Wales - Charity number 1164917

Accounts


MAST CELL
ACTION



2023

ANNUAL

REVIEW

AND FINANCIAL STATEMENTS

mastcellaction.org

Table Of Contents

01	Welcome and charity information
02	Report of the Trustees
03	Report of the Independent Examiner
04	Statement of Financial Activities
05	Balance Sheet
06	Notes to the Accounts

01

— Welcome

Last year we acknowledged that as awareness of MCAS grew, so too would the number of people realising that they were living with the disease.

The obvious corollary being that we would need to grow Mast Cell Action, better to deliver its twin aims of supporting the MCAS community, and working with the medical establishment to improve understanding, diagnosis and treatment.

Accordingly, we wrote that 2023 would be the year in which we looked to build the charity into a more substantial and professional organisation.

We are pleased to report that some good foundations have been laid in terms of income, recruitment and infrastructure.

Beyond that we have been able to enhance significantly both the quantity and breadth of support to our community, as outlined below



Chris Wood,
Founding Trustee



Joy Mason,
Director of Operations,
Engagement and Services

As we approach the end of a remarkable year, I am delighted to share our achievements and the collective impact we have made as a team dedicated to raising awareness and supporting those affected by MCAS.

Throughout the past year, Mast Cell Action has continued to champion our mission of improving the lives of those affected by MCAS through support, advocacy, education, and research.

During this milestone year, we employed our first member of staff and contracted several consultants to undertake key functions including HR, safeguarding and deliver key projects. I am proud to share the advancements we have made in our services and support this year and know how important this work has been to our community.

Going forward, we will continue to innovate, collaborate, and advocate to ensure that each member of our community receives the support and understanding they deserve.

01

Charity information

Mast Cell Action

(A Charitable Incorporated Organisation)

Legal and administrative information

Charity number 1164917

Registered office

Cooper House
6a Hargreaves Street
Burnley
BB11 1ES

Trustees

Gawain Paling
Chris Wood
Eric Grounds (appointed 10/06/2022)
Jacqueline Fisher (appointed 07/07/2022)
Ruth Slater (resigned 10/06/2022)
George Hughes (resigned 24/04/2022)

Bankers

National Westminster Bank
Virgin Money

Independent Examiner

TT Business Services Limited
3 Burwell Close
Rochdale
OL12 6DQ

02 — REPORT OF THE TRUSTEES

The Trustees have pleasure in submitting the Report and Accounts for the year to 31 March 2023

Structure, Governance and Management

Nature of organisation

Mast Cell Action (Charitable Incorporated Organisation) was registered with the Charity Commissions of England and Wales (Registration Number 1164917) in December 2015.

Our aims and objectives

Our overall objective is to improve the lives of people affected by mast cell disorders.

We will achieve this by:

- providing support for all those affected by mast cell activation disorders
- bringing the Mast Cell Activation Syndrome (MCAS) community together with one unified voice
- working with the medical community to help ensure patients with MCAS receive the best care possible
- promoting increased research into conditions related to mast cell activation
- lobbying for universal awareness, diagnosis and treatment of MCAS
- educating the wider community, helping to reduce stigma and improve lives for those living with MCAS

Principal activities during the year to 31 March 2023

The charity's activities during the year broadly fell into three categories:

- developing the services, support and resources we offer to those living with MCAS
- progressing a number of communication projects, designed to provide evidence and knowledge around MCAS
- building the organisation's capabilities, better to enable us to fulfil our mission

"It was extremely helpful and informative, and helped me feel heard and not so alone. The book and cards are amazing tools, not only for those with MCAS, but also therapeutic for any child in dealing with anything."

Casper pack recipient



Developing our support for the MCAS community

We continued to develop our community support, in particular we:

- continued to grow and nurture our online support groups, allowing these to naturally evolve into a peer support space.
- completed planning for a weekly, virtual peer support session to begin in April 2023.
- continued with the development of resources to support mental health and other aspects of living with mast cell disease.
- grew our social media platforms helped to reduce isolation in the MCAS community through supportive posts and by encouraging connection.
- further developed support and information materials to be disseminated through multiple platforms.
- launched additional supportive content on our website
- undertook a series of community surveys to fully understand the needs of our beneficiaries
- established our first focus group; MCAS Voices

Communication projects

We continued to develop our communications work, particular initiatives being:

- attending the British Society for Allergy and Clinical Immunology Conference with an information/educational exhibition stand
- facilitating expert speakers at the annual PoTS UK conference
- presenting at a webinar for Dietitians working with people living with MCAS
- further developing a series of stories from our community
- presented at an ME Support group

" I had my camera off for most of it because I was crying as I was listening, not because I was sad but because it was such a relief to know that I am on the right lines, doing all the right things, that I am not crazy, I'm not alone and i will improve."

Community Webinar attendee



The impact of our work

The Trustees are delighted to have received consistent positive feedback and messages of thanks from the community. During this financial year we are proud to have:

Sent **35** Casper resource packs

"It was extremely helpful and informative, and helped me feel heard and not so alone. The book and cards are amazing tools, not only for those with MCAS, but also therapeutic for any child in dealing with anything."



Responded to **495** emails

Built our social media support groups to include **3778** people



Had **92,000** visitors to our website with **14,458** individual downloads of our resources

Built our social media followers to **11,297** with **4,635** of these new this year



Undertook our first community survey, where respondents told us that as a result of our work:

50% feel less isolated

75% value the advice we share on our social platforms

72% feel more informed

"Wow thank you so much, I've not read through yet only scrolled through but there's a fantastic supply of helpful topics for me to read through and links for reference. I look forward to working my way through the helpful information and will take steps to become more linked up to the community Thank you very much indeed "

Spoke to **49** dietitians and other healthcare professionals at a webinar about MCAS and the low histamine diet.

Building the organisation's capabilities

The appointment of Joy Mason as Director of Operations, Engagement and Services (and first member of staff) represents a huge step forward. It means she can both represent and run the charity on a professional basis, giving a consistency and continuity that was not possible previously. This has also allowed us to offer increased support and guidance to our incredible volunteer team.

We are delighted that our volunteer team has grown from 13 at the end of March 2022 to 27, we are reliant on volunteers to deliver key functions, and with this team consistently growing, we expect to be able to deliver even more in key areas during the next financial year.

Key foundational and operational achievements this year have created a solid platform for growth:

- we appointed a contractor as our HR Manager to ensure that all recruitment is undertaken correctly and that appropriate planning and provision is in place for key areas such as health and safety.
- our Volunteer Database Coordinator has combined our data into a functional CRM which enables us to better identify and reach members of our community, allowing us to target communications appropriately.
- we have completed full reviews in the areas of GDPR, Safeguarding, and risk. Ensuring appropriate training has been given to our team and that robust processes and procedures are in place.
- we are delighted that the additional community support work has led to an increase in both individual giving and fundraising, with a continuing positive trend in both.
- our corporate giving programme has been established with several partners donating to key projects or core costs this year.
- we have sought funding from several grant-makers to support a series of projects which we hope will enable us to do even more to support the MCAS community in the year 2023-4.



"Thank you guys, having a child with MCAS is a life of feeling guilty because there is so much they cannot do and cannot have and their lives are so limited. I wish I could take it all away from her. I really appreciate the amazing support this community provides. Thank you."

Looking forward to FY 2023/4

As we look forward to 2023/4, we intend to pursue all three of the principal activity areas described above. Some specifics being:

- to further extend our community engagement to meet the needs and priorities of those affected by MCAS through our support, services and resources
- to increase our capacity in order to deliver the resulting community initiatives through volunteers and interns
- to continue to engage with healthcare professionals to share knowledge and develop vital resources

The Trustees intend to continue to diversify our income streams, specifically expanding on our grant funding programme to support specific projects which will have significant impact on the MCAS community.

Validation is so important, thank you @mastcellaction for all the work you are doing to advocate for people like me.

Social media follower



Risk management

The Trustees have reviewed the risks to which a small charity operating with few employees is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis.

Organisational structure

The Trustees are legally responsible for the CIO. The Trustees meet at least four times annually.

Responsibilities of the Trustees

Charity law requires the Trustees to prepare financial statements for each accounting year which give a true and fair view of the state of the charity and of its income and expenditure for the year. We are required to:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Our aims and objectives

To improve the lives of people affected by mast cell disorders



Reserves policy

Historically, Mast Cell Action has raised funds in the region of £20,000 p.a. In 2020 the charity was awarded a high-value gift from a community member who specifically earmarked their donation for investment in the charity's infrastructure, futureproofing and to generate the charity's fundraising capacity. Consequently, during 2021 and 2022 we built new fundraising resources, developed a case for support, and researched and submitted grant funding opportunities.

This fundraising investment was underway when Mast Cell Action was fortunate to start liaising with a volunteer fundraiser, Scott Fisher. Scott undertook the incredible challenge of completing 27 marathons in 27 days to raise money for Mast Cell Action. Scott was inspired by the 27 pills his wife must take every day to manage her MCAS. Hoping to raise £27k, Scott was thrilled to have surpassed this by thousands, raising an incredible £270k (including Gift Aid). Over 18,000 people donated to Scott's JustGiving page.

In agreement with Scott, trustees have designated the funds as follows:

- Establish designated reserves of £50,000 to cover 6 months' running costs in anticipation of our turnover increasing to c£200,000 by 2026/27.
- Drawdown c£23,000k in each of the next 3 financial years (2023/24 and 2024/5) to support growth (staff, volunteers), project research and development, and match other fundraising from trusts and foundations.
- Establish a research fund with £150k for future research into MCAS.

Despite the fabulous result of Scott's challenge, the charity's fundraising activity has really only just begun. We continue to work hard on all fundraising income streams, to support our programme plans and are providing support to community members keen to follow in Scott's fundraising footsteps. We are realistic, however, that our charity's income and expenditure and turnover is not going to 'mushroom' overnight, but we believe we are putting strong steps in place to build a sustainable future while using Scott's injection carefully to provide a substantive risk 'fund'.

"Thanks for this information - it's really helpful. Thank you so much for sharing these resources. They're incredibly helpful and I'm sure they'll make it easier for us to explain the situation to my brother's doctors.

Huge thanks to the team at Mast Cell Action for supporting the MCAS community :-)"

Historical summary of funds

	2023	2022	2021	2020	2019
Unrestricted - not designated	£47,206	£37,073	£21,532	£26,529	£21,465
Unrestricted - designated	£200,000	£250,000	£0	£0	£0
Restricted	£22,772	£3,200	£0	£0	£0

"Thank you ever so much! I hadn't expected this sort of reply considering your charity size (and I can only imagine how busy you are!). Thanks again and thank you for all that you are doing to try and help our community."



Mast Cell Action



Annual Report Year ending March 2023

Signed on behalf of the Trustees:

Jackie Fisher
Trustee and Treasurer
Date: 24.01.2024

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Independent Examiner's report to the trustees of Mast Cell Action for the year ended 31 March 2023

I report on the accounts of the charity for the year ended 31 March 2023 which are set out on pages 15 to 16.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts do not accord with the accounting records;
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

TT Business Services Limited
3 Burwell Close
Rochdale
OL12 6DQ

TT Business Services Ltd.

Date: 24.01.2024

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Statement of financial activities

For the year ending 31 March 2023

	Note	Unrestricted funds	Restricted funds	Year ended 31/03/23	Year ended 31/03/22
Income					
Income from generating funds: Voluntary income	3	£29,145	£34,164	£63,309	£303,321
Total income		£29,145	£34,164	£63,309	£303,321
Expenditure					
Charitable activities	4	£67,337	£15,750	£83,087	£35,840
Total expenditure		£67,337	£15,750	£83,087	£35,840
Net movement in funds for the year		(£38,192)	£18,414	£19,778	£267,481
Total funds brought forward		£286,556	£3,200	£289,756	£22,275
Total funds carried forward		£248,364	£21,614	£269,978	£289,756

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 17 to 20 form part of these financial statements.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Balance sheet as at 31 March 2023

Current assets	Note	31 March 2023		31 March 2022	
Cash at bank and in hand		£271,746		£290,273	
Debtors		£0		83	
Total		£271,746		£290,356	

	Note	31 March 2023		31 March 2022	
Creditors: amounts falling due within one year	6	£1,768		£600	

	Note	31 March 2023		31 March 2022	
Net current assets		£269,978			£289,756
Net Assets		£269,978			£289,756

Funds	Note	31 March 2023		31 March 2022	
Restricted funds	7	£22,772			£3,200
Unrestricted funds	8	£47,206			£36,556
Designated funds	9	£200,000			£250,000
Total		£269,978			£289,756

The financial statements were approved by the trustees and signed on their behalf by:

Jackie Fisher

Treasurer

Date: 25.01.2024

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2023

1 Charity status

Mast Cell Action is a charitable incorporated organisation registered in England and Wales, number 1164917. The registered office is 6 Willes Terrace, Leamington Spa, CV31 1DL.

Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Basis of preparation

Mast Cell Action meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2023

Basis of preparation

Mast Cell Action meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including independent examination, strategic management and trustees' meetings and reimbursed expenses.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income	Unrestricted funds	Restricted funds	Total 2023	Total 2022
Donations	£27,987	£14,000	£41,987	£259,871
Gift Aid Recovered	£1,158	-	£1,158	£40,402
Other income	-	£20,164	£20,164	£3,048
Total	£29,145	£34,164	£63,309	£303,321

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2023

4 Charitable activities	Unrestricted funds	Restricted funds	Total 2023	Total 2022
Employee costs	£33,967	-	£33,967	-
Advertising and marketing	-	-	-	£5,395
Charity management and administration	£289	-	£289	£10,470
Conference and event costs	£4,518	-	£4,518	£1,440
Consultancy	£14,650	£15,750	£30,400	£10,800
Expenditure on raising funds	£938	-	£928	£824
Hosting services	£1,125	-	£1,125	£103
Independent examination	£600	-	£600	£600
Medical journal	£2,100	-	£2,100	£1,446
Print, design, postage and stationery	£947	-	£947	£1,464
Room hire	-	-	-	-
Sundry expenses	£5,584	-	£5,584	£1,084
Telephone costs	-	-	-	-
Travel	£1,480	-	£1,480	£1,734
Website design and maintenance	£293	-	£293	£480
Insurance	£346	-	£346	-
Donations made	£500	-	£500	-
Total	£67,337	£15,750	£83,087	£35,840

5 Trustees' remuneration and expenses

As allowed by the Charity Governing Document, the trustees were reimbursed for expenses incurred on behalf of charitable activities.

6 Creditors: Amounts falling due within one year	Year ending 31/03/2023	Year ending 31/03/2022
Trade creditors	£600	£600
Social security and other creditors	£1,168	
Total	£1,768	£600

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2023

7 Restricted Funds	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
General fund	£3,200	£34,164	£15,750	£21,614
Total	£3,200	£34,164	£15,750	£21,614

8 Unrestricted Funds	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
General fund	£286,556	£29,145	£67,337	£248,364
Total	£286,556	£29,145	£67,337	£248,364

9 Designated funds

Designated reserves of £50,000 to cover 6 months' running costs in anticipation of our turnover increasing to c£200,000 by 2026/27.

Designated funds of £69k for cash flow during 2023/24 in anticipation of further growth in activities and staffing.

Designated funds of £150k to be used for future research into MCAS, in partnership with other research collaborators, in accordance with the purpose of funds raised by Marathons for Mast Cell.

10 Controlling parties

In the opinion of the trustees there is no single ultimate controlling party of the charity.

11 Taxation

The CIO is a registered charity and is, therefore, exempt from taxation.



MAST CELL ACTION



"Really appreciate all your work and all your exciting new support initiatives, looking forward to others coming in the pipeline!"

Thank you for existing as an organization. Just seeing the instagram stories about symptoms and triggers is validating and makes me feel supported.

"This group has been an utter lifesaver for me.....so less alone is a total understatement, this is a vital life line thank you for being there when much in this world makes us feel mislead and unheard."

Please note that these accounts were originally submitted on 30.01.24 but were resubmitted on 30.09.2024 after removing a photograph, which we had to exclude following a formal request due to safeguarding concerns.

MAST CELL ACTION

England & Wales - Charity number 1164917

Accounts



Mast Cell Action

Annual Review & financial statements

1 Apr 2021 - 31 Mar 2022

www.mastcellaction.org



Contents

Welcome	3
Charity Information	4
Report of the Trustees	5 - 13
Report of the Independent Examiner	14
Statement of Financial Activities	15
Balance Sheet	16
Notes to the Accounts	17 - 20



Welcome to our Annual Review

Mast Cell Action was formed to fill the vacuum of information and support available to those living with Mast Cell Activation Syndrome. Over five years we have established the charity as that go-to source of help, and every day more people discover us and benefit from our resources.

This continual increase in demand for what Mast Cell Action offers has confirmed our raison d'être, but also made it clear we have to grow if we are to meet our community's needs. This realisation has meant that we have had to create and implement a growth strategy, alongside provision of support plus our work with the medical establishment.

2021 has seen the start of this as we seek to broaden our funding and capability.

2022-3 will be the year we look to build the charity into a more substantial and 'professional' organisation, capable of helping the increasing number of people who need us.



Chris Wood,
Founding Trustee

This has been an incredible year for Mast Cell Action, the amazing success of Scott Fisher's fundraiser will allow us invest in the growth of the charity and therefore provide the opportunity for us to reach and support many more people affected by MCAS.

As the world opens up again after Covid, we are reminded of members of our community who have shared with me that they have felt less isolated in a world unable to physically connect - as this is how daily life can often feel for many people affected by MCAS. The variety of different triggers which can affect individuals can leave them unable to join in with many 'normal' activities.

Providing opportunities for our community to connect is vital to the wellbeing of those living with MCAS and we hope that we can continue to build on those that we already offer.

As we move forward into the next financial year, we are confident that we can build on the successes of previous years, developing more resources and expanding our support through focused projects and activities to make impactful change for our community.



Joy Mason,
Volunteer Communications and
Fundraising Lead

Mast Cell Action **(A Charitable Incorporated Organisation)**

Legal and administrative information

Charity number 1164917

Registered office

6 Willes Terrace
Leamington Spa
CV31 1DL

Trustees

Gawain Paling
Chris Wood
Eric Grounds (appointed 10/06/2022)
Jacqueline Fisher (appointed 07/07/2022)
Ruth Slater (resigned 10/06/2022)
George Hughes (resigned 24/04/2022)

Bankers

National Westminster Bank

Independent Examiner

TT Business Services Limited
3 Burwell Close
Rochdale
OL12 6DQ

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 March 2022

The Trustees have pleasure in submitting the Report and Accounts for the year to 31 March 2022

Structure, Governance and Management

Nature of organisation

Mast Cell Action (Charitable Incorporated Organisation) was registered with the Charity Commissions of England and Wales (Registration Number 1164917) in December 2015.

Our aims and objectives

Our overall objective is to improve the lives of people affected by mast cell disorders.

We will achieve this by:

- providing support for all those affected by mast cell activation disorders
- bringing the Mast Cell Activation Syndrome (MCAS) community together with one unified voice
- working with the medical community to help ensure patients with MCAS receive the best care possible
- promoting increased research into conditions related to mast cell activation
- lobbying for universal awareness, diagnosis and treatment of MCAS
- educating the wider community, helping to reduce stigma and improve lives for those living with MCAS

Principal activities during the year to 31 March 2022

The charity's activities during the year broadly fell into three categories:

- creating and further developing a number of initiatives providing support to those affected by MCAS
- progressing a number of research and communication projects, designed to provide evidence and knowledge concerning MCAS to the medical community
- building the organisation's capabilities, better to enable us to fulfil our mission

"Thank you so much for providing this resource and the many others available. We would like to say a big thank you to Mast cell action for the Casper the Chameleon resources. Both myself and my son have MCAS. It explains it in a way that's easy to understand for children and has resources that empower him to talk about feelings and how to describe and discuss symptoms without feeling embarrassed. We have shown the book and the cards to other family members in order to help them understand more about this complicated condition" - Casper resource pack recipient

Developing our support for the MCAS community

- we continued to grow and nurture our online support groups.
- we developed a series of well-being resources to support mental health and other aspects of living with mast cell disease.
- our developing social media platforms helped to reduce isolation in the MCAS community through supportive posts and by encouraging connection.
- we developed support and information materials to be disseminated through a new YouTube channel.

Research and communication projects

We continued to develop connections with the medical community, particular initiatives being:

- attending the British Society for Allergy and Clinical Immunology Conference with an information/educational exhibition stand
- setting up a paediatric advisory board of doctors
- contributing to various initiatives, official papers and projects including:
 - a "Patient lived experiences" research project in conjunction with the University of Oxford
 - a paper evidencing and exploring the links between MCAS and long Covid, with Dr Bethan Myers

"Thank you mastcellaction for ALL of your posts! This diagnosis is so isolating, no one understands our day to day life. Most doctors don't even know how to treat us. So having the support and suggestions here are much appreciated. Thank you for bringing this community together. ♥" - Instagram follower



The impact of our work

The Trustees are delighted to have received consistent positive feedback and messages of thanks from the community. During this financial year we are proud to have:

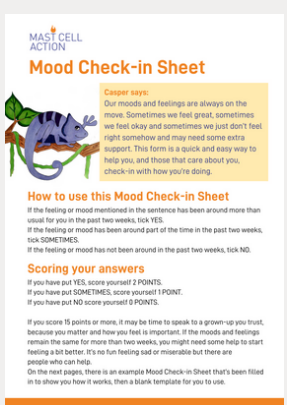
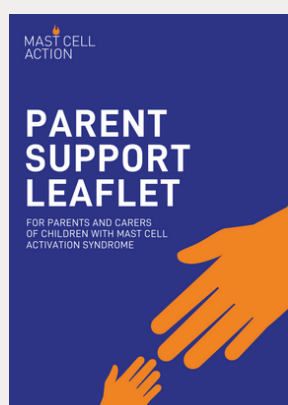
Sent **39** Casper resource packs

"I just wanted to take a moment to say a heartfelt 'thank you' from all our family for your lovely chameleon book and discussion cards. We're in a tough place at the moment where both our sons have crashed with a huge flare up of their mast cell disorder. And your book was there to help us open the conversation with them about why their bodies are feeling the way they are and to help them find the words and space to tell us how it feels for them."



Responded to **542** emails

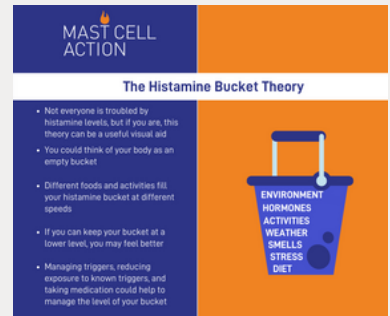
Built our social media support groups to include **3393** people



Had **49,000** visitors to our website with **5990** individual downloads of our resources

Had **386,000** post impressions on our social channels with **772** posts

Built our social media followers to **6,932** with **2,531** of these new this year



"I don't usually do this, but I really appreciate everything you post. It's been so helpful as I navigate MCADs. Your organisation is performing a vital role. I can only express my thanks for all the hard work that has clearly gone into your website and I suspect that this is just a reflection of all the work that goes on in the wider community in promoting an awareness of and assistance for people with mast cell disorders."

We attended a 3-day BSACI conference, sharing evidence and resources about Mast Cell Activation Syndrome, giving out material and engaging with dozens of Healthcare Professionals



Building the organisation's capabilities

It was apparent to the trustees that we needed to grow the organisation's capabilities, infrastructure and above all income to make real progress in supporting people affected by MCAS.

The main achievements in this area were fourfold:

1 Building a fit for purpose communications function

- designing and implementing a communications strategy to plan how and when we engage with our community and what this engagement consists of
- creating a newsletter to allow us to share updates and key information
- redesigning and enhancing our website to ensure it was fit-for-purpose, giving us a platform to share information and resources and to offer support
- building our social media presence across all key platforms to reduce isolation in the MCAS community through supportive posts and by encouraging connection as well as raising awareness, promoting our services and allowing us to directly engage with those living with MCAS

2 Building our human resource

- we identified and appointed initially as an advisor, Eric Grounds: an executive with 30 years of charity (and specifically fundraising) experience both within organisations and as a consultant.
- we built our volunteering team from 12 to 21.
- at the end of the year when funds permitted, we appointed our first paid member of staff to address community engagement, volunteer management, resource development and communications.
- we established our intern programme, recruiting medical interns to support our research and medical communications projects
- we recruited and trained multiple volunteers to manage key functions such as communications

3 Establishing an effective fundraising capability

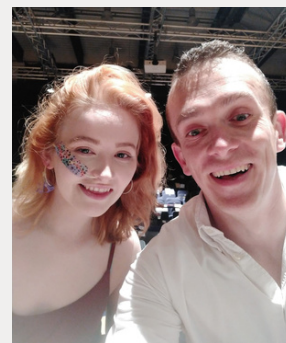
It became clear that community fundraising would not raise the funds we needed to grow and fulfil our mission. Hence, we needed to raise additional funds beyond community fundraising to support the development of the charity and allow us to have a real impact for the MCAS community.

This in turn required that we:

- refined the necessary organisation and governance.
- started to define our needs and plans into logical projects in order to understand the funding that would be required to achieve these.

4 Pursuing a major fundraising opportunity

As a child, Megan had mild allergies to hay and tomatoes, suffering from anaphylaxis for the first time as a teenager. Now she is wheelchair bound, has faced death multiple times and is fighting for more awareness of her condition. Her allergic reactions are regular and intense and she has spent years in and out of hospital struggling to find answers.



The act of counting out the 27 pills his wife, Megan, has to take every day to manage her MCAS inspired Captain Scott Fisher to undertake the incredible challenge of completing 27 marathons in 27 days to raise money for research into mast cell diseases. Scott hoped to raise £27k but surpassed this by thousands raising an incredible **£270k** spanning two financial years.

We identified this as a major opportunity and committed resource and support to the initiative, which consequently over delivered, providing us with the basis for financial security and an initial platform for research.

Scott was featured on This Morning, BBC Breakfast and multiple other news outlets during his challenge. This not only helped to increase the donations to his fundraiser but gave a platform to the charity to raise awareness about MCAS and the vital work we do.

Scott continues to support Mast Cell Action and is already planning his next challenge.

"It took about two years of elimination testing to reach a diagnosis and nearly three to start treatments. The last three years have been unpredictable, reactive and emotional.

Mast Cell Action has provided direction to alternate specialists, provided resources and emotional support to my wife but also helped me on my fundraising journey by providing the framework and leg up to raise a large portion of money to help the cause".

Scott Fisher - Mast Cell Action supporter



Looking forward to FY 2022/3

During 2022 it is our intention is to pursue all three of the principal activity areas described above. Some specifics being:

- to extend our community engagement to ensure we understand the needs and priorities of those affected by MCAS through community surveys and planning for a community focus group
- to increase our capacity in order to deliver the resulting community initiatives through volunteers and interns
- to further develop our interaction with the medical community, building our advisory board and continuing to engage with HCP's at medical conferences
- to further strengthen the board

The Trustees intend to diversify our income streams, specifically developing a grant funding programme to support specific projects which will have significant impact on the MCAS community.

"I just wanted to say to everyone thank you, this group is the only group I have truly felt welcomed into and the only one I know that no matter what problem I have there's always someone who will help me" - Support group user



Risk management

The Trustees have reviewed the risks to which a small charity operating with few employees is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis.

Organisational structure

The Trustees are legally responsible for the CIO. The Trustees meet at least four times annually.

Responsibilities of the Trustees

Charity law requires the Trustees to prepare financial statements for each accounting year which give a true and fair view of the state of the charity and of its income and expenditure for the year. We are required to:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Our aims and objectives

To improve the lives of people affected by mast cell disorders



Reserves policy

The Charity is dependent upon donor and grant funding to finance its activities, which is subject to fluctuation from year to year. As a result, the trustees believe that the Charity should hold reserves to provide protection against such fluctuations and enable it to continue operating in all circumstances.

In light of significant income raised by Marathons for Mast Cell and the Charity's growth plans, Trustees reviewed the reserves policy and concluded that it should keep in cash enough funds to cover:

- 6 months running costs of £50,000 based on expected turnover of c£100,000 from 2023/24.
- Designated funds of £100k for cash flow during 2023/24 in anticipation of further growth in activities and staffing.
- Designated funds of £150k to be used for future research into MCAS, in partnership with other research collaborators, in accordance with the purpose of funds raised by Marathons for Mast Cell.

Much time has been invested in developing the charity and strengthening our delivery. Mast Cell Action has established a series of projects which, if funded, will provide essential services and resources to the MCAS community. We expect community fundraising to continue to grow along with our expanding community.

The trustees acknowledge the opportunity to invest in faster growth, but recognise the imperative to maintain measured fiscal control. For a limited period, the reserves will appear to be out of proportion to operational needs. That position is likely to normalise as development costs rise and the charity tries to expand its revenue streams to match a significantly enhanced service.

There is currently a small amount of restricted funds which is ringfenced for the purpose that it was intended. All other current funds are unrestricted, but are designated as follows:

Historical summary of funds

	2022	2021	2020	2019	2018
Unrestricted - not designated	£37,073	£21,532	£26,529	£21,465	£16,406
Unrestricted - designated	£250,000	£0	£0	£0	£0
Restricted	£3,200	£0	£0	£0	£0

Mast Cell Action



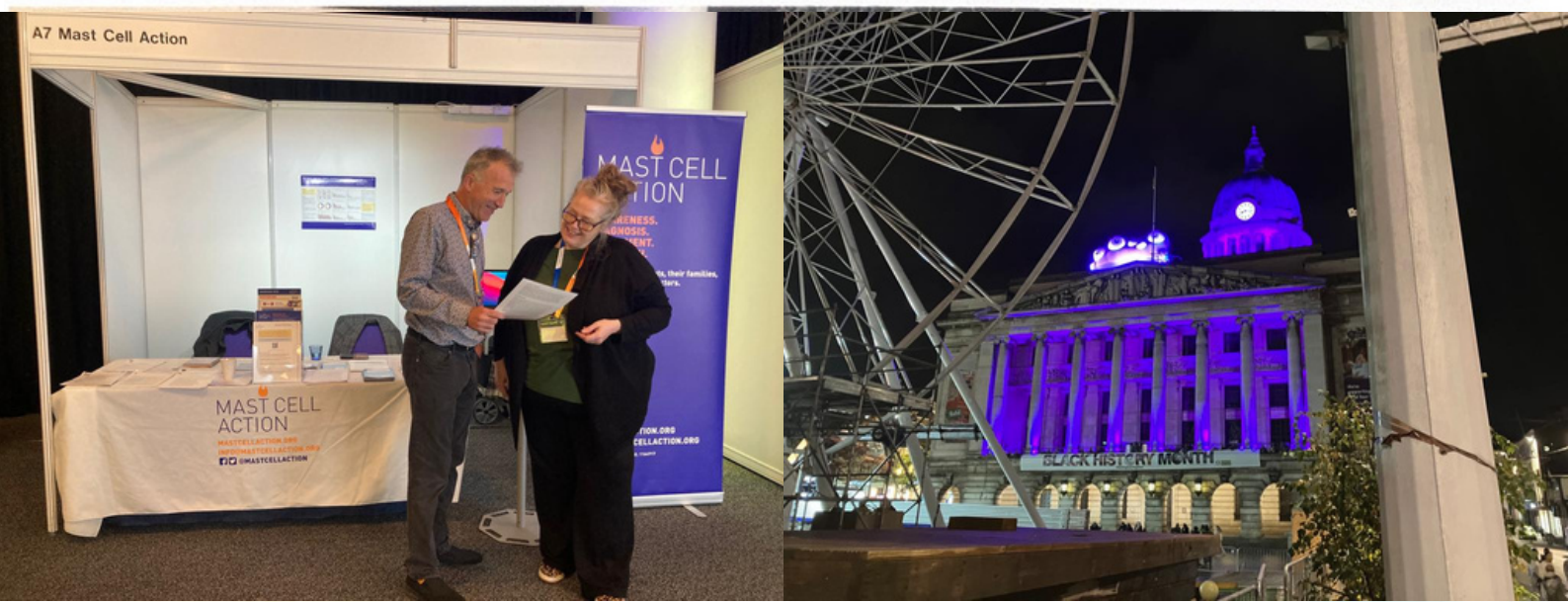
Annual Report Year ending March 2022

Signed on behalf of the Trustees:

G. Paling

Gawain Paling
Chair of Trustees

Date: 19 Jan 2023.



Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Independent Examiner's report to the trustees of Mast Cell Action for the year ended 31 March 2022

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 15 to 16.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts do not accord with the accounting records;
3. the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

TT Business Services Limited
3 Burwell Close
Rochdale
OL12 6DQ

TT Business Services Ltd.

Date: 19.01.2023

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Statement of financial activities

For the year ending 31 March 2022

	Note	Unrestricted funds	Restricted funds	Year ended 31/03/22	Year ended 31/03/21
Income					
Income from generating funds: Voluntary income	3	£289,321	£14,000	£303,321	£20,112
Total income		£289,321	£14,000	£303,321	£20,112
Expenditure					
Charitable activities	4	£25,040	£10,800	£35,840	£25,289
Total expenditure		£25,040	£10,800	£35,840	£25,289
Net movement in funds for the year		£264,281	£3,200	£267,481	£(5,177)
Total funds brought forward		£22,275	£0	£22,275	£27,452
Total funds carried forward		£286,556	£3,200	£289,756	£22,275

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 17 to 20 form part of these financial statements.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Balance sheet as at 31 March 2022

Current assets	Note	31 March 2022		31 March 2021	
Cash at bank and in hand	6	£290,273		£22,275	
Debtors	6	83		-	
Total		£290,356		£22,275	

	Note	31 March 2022		31 March 2021	
Creditors: amounts falling due within one year	6	£600		-	

	Note	31 March 2022		31 March 2021	
Net current assets			£289,756		£22,275
Net Assets			£289,756		£22,275

Funds	Note	31 March 2022		31 March 2021	
Restricted funds	7		£3,200		£0
Unrestricted funds	8		£36,556		£22,275
Designated funds	9		£250,000		£0
Total			£289,756		£22,275

The financial statements were approved by the trustees and signed on their behalf by:

Gawain Paling

Chair of Trustees

Date:

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2022

1 Charity status

Mast Cell Action is a charitable incorporated organisation registered in England and Wales, number 1164917. The registered office is 6 Willes Terrace, Leamington Spa, CV31 1DL.

Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Basis of preparation

Mast Cell Action meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2022

Basis of preparation

Mast Cell Action meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) in October 2019, the Charities Act 2011 and the UK Generally Accepted Accounting Practice.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including independent examination, strategic management and trustees' meetings and reimbursed expenses.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income	Unrestricted funds	Restricted funds	Total 2022	Total 2021
Donations	£245,871	£14,000	£259,871	£20,112
Gift Aid Recovered	£40,402	-	£40,402	-
Other income	£3,048	-	£3,048	-
Total	£289,321	£14,000	£303,321	£20,112

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2022

4 Charitable activities	Unrestricted funds	Restricted funds	Total 2022	Total 2021
Advertising and marketing	£5,395	-	£5,395	-
Charity management and administration	£10,470	-	£10,470	-
Conference and event costs	£1,440	-	£1,440	£592
Consultancy	-	£10,880	£10,880	£7,973
Expenditure on raising funds	£824	-	£824	£8,655
Hosting services	£103	-	£103	-
Independent examination	£600	-	£600	-
Medical journal	£1,444	-	£1,444	-
Print, design, postage and stationery	£1,464	-	£1,464	£6,212
Room hire	-	-	-	£854
Sundry expenses	£1,086	-	£1,084	-
Telephone costs	-	-	-	£944
Travel	£1,734	-	£1,734	£59
Website design and maintenance	£480	-	£480	-
Total	£25,040	£10,880	£35,840	£25,289

5 Trustees' remuneration and expenses

As allowed by the Charity Governing Document, the trustees were reimbursed for expenses incurred on behalf of charitable activities.

6 Creditors: Amounts falling due within one year	Year ending 31/03/2022	Year ending 31/03/2021
Trade creditors	£600	-
Total	£600	-

Mast Cell Action

Charity number 1164917

(A Charitable Incorporated Organisation)

Notes to financial statements for the year ending 31 March 2022

7 Restricted Funds	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
General fund	-	£14,000	£10,800	£3,200
Total	-	£14,000	£10,800	£3,200

8 Unrestricted Funds	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
General fund	£22,275	£289,321	£25,040	£286,556
Total	£22,275	£289,321	£25,040	£286,556

9 Designated funds

Designated funds of £100k for cash flow during 2023/24 in anticipation of further growth in activities and staffing.

Also, designated funds of £150k to be used for future research into MCAS, in partnership with other research collaborators, in accordance with the purpose of funds raised by Marathons for Mast Cell.

10 Controlling parties

In the opinion of the trustees there is no single ultimate controlling party of the charity.

11 Taxation

The CIO is a registered charity and is, therefore, exempt from taxation.



Validation is so important, thank you @mastcellaction for all the work you are doing to advocate for people like me.



I'm very glad for mast Cell Action's existence and work. I'd like to see growth, and increasing emphasis on obtaining justice for sufferers in terms of better recognition, diagnosis and treatment and in the training and continuing education of medical personnel.



Thank you for existing as an organization. Just seeing the instagram stories about symptoms and triggers is validating and makes me feel supported.

MAST CELL ACTION

England & Wales - Charity number 1164917

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2020		Day 31	Month 03	Year 2021

Section A Reference and administration details

Charity name

Mast Cell Action

Other names charity is known by

Registered charity number (if any)

1164917

Charity's principal address

Mast Cell Action

6 Willes Terrace

Leamington Spa

Postcode **CV31 1DL**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gawain Paling			Trustee of the CIO at a properly convened meeting of the charity trustees
2	Ruth Slater			Trustee of the CIO at a properly convened meeting of the charity trustees
3	Chris Wood			Trustee of the CIO at a properly convened meeting of the charity trustees
4	George Hughes			Trustee of the CIO at a properly convened meeting of the charity trustees
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				

20

--	--	--	--

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Association
Trustee selection methods (eg. appointed by, elected by)	Appointed at Trustees at meeting

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees receive a copy of the constitution and the trustees responsibilities.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To lobby for universal awareness, diagnosis and treatment of MCAS.

To provide support for MCAS patients and their families.

To support doctors and researchers with an interest in MCAS.

To persuade the medical community that, by recognising Mast Cell Activation Syndrome, there will be a huge opportunity for the much more effective use of resources within the medical system.

To bring the Mast Cell Activation Syndrome patient community together and create a cohesive voice.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The main activities carried out in the financial year were:

Collaborated with medical professionals to develop a children's storybook to support families with discussion around MCAS and associated feelings.

Did a charity raffle

Supported our stake holders remotely through the pandemic
Attended (virtually) an immunology conference.
Improved awareness of MCAS and supported MCAS sufferers through our online resources.

Brought on additional Volunteers.
Improved our online infrastructure to better make resources available to our stakeholders.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Created a new series of marketing leaflets on MCAS
Engaged with many doctors at conferences, raised awareness of the condition.
Supported MCAS sufferers
Produced a film through ITN to raise awareness of MCAS which was shown at the BSACI conference.

Created a series of wellbeing resources to support the MCAS community.

Continued to build and support the patient community through our social media groups.

Supported the community by writing to supermarket chains to advocate for the need of specific products which are essential to those living with MCAS – such as free-from foods, bottled water and specific brands of some products.

Supported the community with medication supply issues due to covid by sourcing and sharing accurate and up-to date information.

Developed supportive resources to share through social media.

Section E Financial review

Brief statement of the charity's policy on reserves

The Charity has cash reserves held in a current account with a high street bank.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

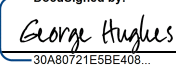
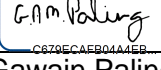
Fundraising is from the general public from either specific events or ad hoc donations.
Almost all our expenditure is associated with attending medical conferences and the production of materials to help patients, raise awareness and educate doctors.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<small>DocuSigned by:</small>  <small>30A80721E5BE408...</small>	<small>DocuSigned by:</small>  <small>C679ECAEB04A4EB...</small>
Full name(s)	George Hughes	Gawain Paling
Position (eg Secretary, Chair, etc)	Treasurer	Trustee
Date	27/01/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mast Cell Action

No (if any)
1164917

Receipts and payments accounts

CC16a

For the period from	Period start date 4/1/2020	To	Period end date 3/31/2021
------------------------	-------------------------------	----	------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	20,113	-	-	20,113	-
Sub total (Gross income for AR)	20,113	-	-	20,113	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,113	-	-	20,113	-
A3 Payments					
Telephone and internet	944			944	
Cost of Fundraising Events	8,655			8,655	
Print, Postage Stationary and Computer	6,212			6,212	
Travel	59			59	
Attendance at conferences and events	592			592	
Rent/Hire of Rooms	854			854	
Consulting	7,973			7,973	
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	25,289.31	-	-	25,289	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	25,289	-	-	25,289	-
Net of receipts/(payments)	- 5,177	-	-	- 5,177	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	26,529	-	-	26,529	-
Cash funds this year end	21,352	-	-	21,352	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

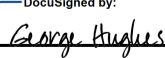
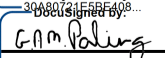
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
 <small>DocuSigned by: George Hughes</small>	George Hughes	1/27/2022
 <small>DocuSigned by: G.A.M. Paling</small>	Gawain Paling	1/27/2022