



# Trustees' Annual Report for the period

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

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## 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.

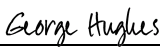
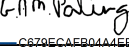
Almost all our expenditure is associated with attending medical conferences and the production of materials to help patients, raise awareness and educate doctors.

## 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>30A80721E58E408...</small>	<small>DocuSigned by:</small>  <small>C670ECAF804A4EB...</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	No (if any)
Mast Cell Action	1164917

Receipts and payments accounts

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For the period from	Period start date	To	Period end date
	4/1/2020		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 £
<b>A1 Receipts</b>					
Donations	20,113	-	-	20,113	-
<b>Sub total</b> (Gross income for AR)	20,113	-	-	20,113	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	20,113	-	-	20,113	-
<b>A3 Payments</b>					
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	
				-	
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
<b>Sub total</b>	25,289.31	-	-	25,289	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	25,289	-	-	25,289	-
<b>Net of receipts/(payments)</b>	- 5,177	-	-	- 5,177	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	26,529	-	-	26,529	-
<b>Cash funds this year end</b>	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		-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	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
<div>DocuSigned by: George Hughes 30A80731F5BFA08...</div>	George Hughes	1/27/2022
<div>C679ECAFB04A4EB...</div>	Gawain Paling	1/27/2022