



# **2023**

# **ANNUAL**

# **REVIEW**

## **AND FINANCIAL STATEMENTS**

**[mastcellaction.org](https://mastcellaction.org)**

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# 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:

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

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

**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	
<b>Total</b>		<b>£271,746</b>		<b>£290,356</b>	

	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
<b>Net Assets</b>		<b>£269,978</b>			<b>£289,756</b>

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
<b>Total</b>		<b>£269,978</b>			<b>£289,756</b>

**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
<b>Total</b>	<b>£29,145</b>	<b>£34,164</b>	<b>£63,309</b>	<b>£303,321</b>



# Mast Cell Action

**Charity number 1164917**

(A Charitable Incorporated Organisation)

## Notes to financial statements for the year ending 31 March 2023

<b>4 Charitable activities</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total 2023</b>	<b>Total 2022</b>
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	-
<b>Total</b>	<b>£67,337</b>	<b>£15,750</b>	<b>£83,087</b>	<b>£35,840</b>

## 5 Trustees' remuneration and expenses

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

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

# Mast Cell Action

**Charity number 1164917**

(A Charitable Incorporated Organisation)

## Notes to financial statements for the year ending 31 March 2023

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

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

## 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.

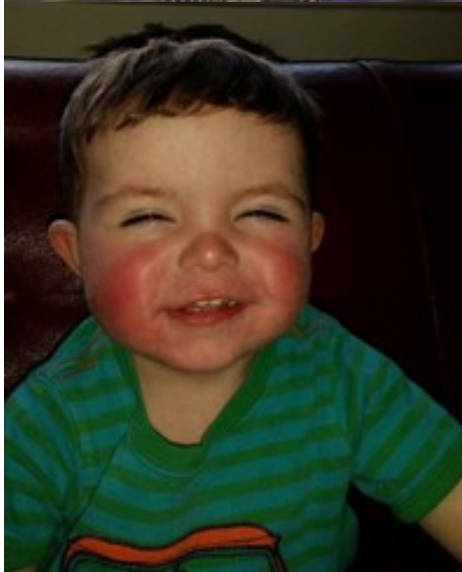
Designated funds of £150k to be used for future research into MCAS, in partnership with other research collaborators, in accordance with the purpose of funds raised by Marathons for Mast Cell.

## 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.