



MAST CELL
ACTION



2024

ANNUAL

REVIEW

AND FINANCIAL STATEMENTS

mastcellaction.org

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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.

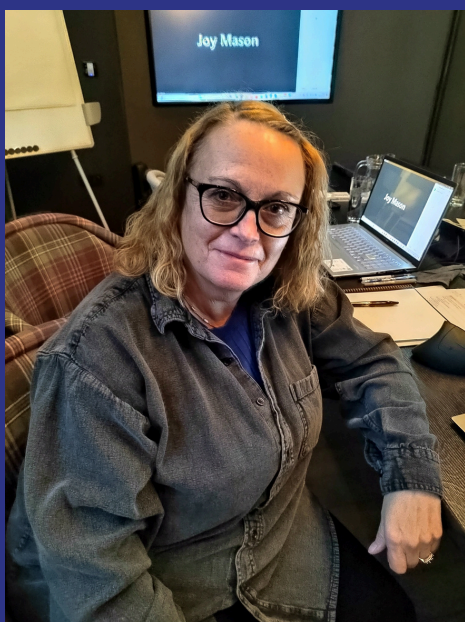


Chris Wood,
Founding Trustee

“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

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:

Responded to
2,367 emails

Sent 49 Casper resource packs

"This is amazing!!! So impressed that you have been able to put this together, it's just superb, and so helpful!"



Built our virtual support groups to include 4,893 people

Your Wellbeing Bucket

On the next page is a drawing of a bucket. Turn the page landscape and write in and around it with the following:

What fills your bucket?
(Consider: what you do well, what you enjoy, who/what supports you)

What puts holes in your bucket?
(Write down negative thoughts or people, worries, unhelpful behaviours)

What plugs the holes?
(List: what makes you feel better?)

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Mood Check-in Sheet

Casper says:
Our moods and feelings are always on the move. Sometimes we feel great, sometimes we feel okay and sometimes we just don't feel right somehow and may need some extra support. This form is a quick and easy way to help you, and those that care about you, check-in with how you're doing.

How to use this Mood Check-in Sheet

If the feeling or mood mentioned in the sentence has been around more than usual for you in the past two weeks, tick YES.
If the feeling or mood has been around part of the time in the past two weeks, tick SOMETIMES.
If the feeling or mood has not been around in the past two weeks, tick NO.

Scoring your answers

If you have put YES, score yourself 2 POINTS.
If you have put SOMETIMES, score yourself 1 POINT.
If you have put NO score yourself 0 POINTS.

If you score 15 points or more, it may be time to speak to a grown-up you trust, because you matter and how you feel is important. If the moods and feelings remain the same for more than two weeks, you might need some help to start feeling a bit better. It's no fun feeling sad or miserable but there are people who can help.

On the next pages, there is an example Mood Check-in Sheet that's been filled in to show you how it works, then a blank template for you to use.

What is Mast Cell Activation Syndrome?

Mast cell activation syndrome (MCAS) is a complex condition that involves over-activated mast cells, which are immune cells that are found in the lining of the respiratory and digestive tracts, and in other tissues of the body.

Triggers and symptoms

MCAS can occur in children and adults, and often has a sudden onset. Triggers of mast cell mediator release are greatly debated and can include food, chemicals, infections, stress, and physical activity. Symptoms are often recurrent and can be severe. Symptoms are often triggered by physical activity, stress, and infections. Symptoms are often triggered by physical activity, stress, and infections.

Diagnosis

As a condition, MCAS is currently only a clinical diagnosis and not a medical one. It is not yet in the ICD-10 or DSM-5. It is not yet in the ICD-10 or DSM-5. It is not yet in the ICD-10 or DSM-5.

Had 199,000 visitors to our website with 36,397 individual downloads of our resources

Built our social media followers to 14,553 with 3,256 of these new this year

What are the common symptoms for people with Mast Cell Activation Syndrome?

Headaches/migraines
Respiratory problems
Hives, rashes & swelling
Digestive issues & pain
Cardiovascular issues & dizziness
Life-threatening anaphylaxis

Find out more at www.mastcellaction.org

The Histamine Bucket Theory

- Not everyone is troubled by histamine levels, but if you are, this theory can be a useful visual aid.
- You could think of your body as an empty bucket.
- Different foods and activities fill your histamine bucket at different speeds.
- If you can keep your bucket at a lower level, you may feel better.
- Managing triggers, reducing exposure to known triggers, and taking medication could help to manage the level of your bucket.

Received feedback from our community that:

95% attending our mindfulness sessions feel they have improved wellbeing

100% attending our Creatives with MCAS sessions feel less alone in living with MCAS

100% attending our Rest and Unwind sessions feel they have techniques to use to support their mental health and help to manage stress

"Mast Cell Action so far has been my biggest support and where i go for help and advice. I feel much less alone and know I have somewhere to go when i am really struggling."

Been astounded at the 1,233 attendances since the launch of our virtual events programme in April 2023

Delivered MCAS training for 140 members of post-COVID multidisciplinary teams.

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



CIM | Global Marketing Excellence Awards

WE ARE FINALISTS

#CIMawards

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.

MAST CELL
ACTION

"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 mislead and unheard.

”

