

# MUSTARD SOUP

England & Wales - Charity number 1171361

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-01-27

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

## Contact

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**Address** 11 Nether Row  
Thetford  
IP24 2EG

**Phone** 07940570358

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**Website** [www.mustardsoup.co.uk](http://www.mustardsoup.co.uk)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF PEOPLE DIAGNOSED WITH MULTIPLE SCLEROSIS (MS) IN PARTICULAR BUT NOT EXCLUSIVELY YOUNG PEOPLE AND THEIR FAMILIES AND CARERS BY PROVIDING SUPPORT, EDUCATION AND PRACTICAL ADVICE AND FACILITIES, SERVICES AND ACTIVITIES FOR RECREATION.

**Activities:** A peer support service to support young people with MS, Education services, such as Digesting Science: MS for Families courses to bring together families to learn about MS and open up dialogue among families about how MS affects their loved ones & the family; encouraging participation in self funding social events and personal challenges such as sailing , helping them feel less isolated.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

## Geography

- Cambridgeshire
- Essex
- Norfolk
- Suffolk

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£0	£0	-
2024-03-31		£0	£0	-
2023-03-31		£0	£0	-
2022-03-31		£0	£234	-
2021-03-31		£0	£266	-

## Trustees

Name	Role	Appointed
<b>SIMON GEOFFREY JOHN</b>	Chair	2017-01-17
KELLY ANN NESBITT BA Hons,		2017-01-17
Suzie Mallett		2017-01-23

**MUSTARD SOUP**

England & Wales - Charity number 1171361

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# Accounts

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## MUSTARD SOUP ANNUAL REPORT & ACCOUNTS 1 04 24 – 31 03 25

### REPORT

Following COVID-19 and lockdown measures limiting the social mobility of most people with MS given their vulnerability during this period, the Charity's activities virtually came to a halt.

Achieving charitable objects: telephone emails supporting people newly diagnosed and existing contacts with younger people suffering from multiple sclerosis.

### ACCOUNTS

#### **Assets & Liabilities**

##### **Assets:-**

Current account

Balance 1/4/2024- **£8,531.77**

Balance 31/3/25– **£ 8,531.77**

Made up of

Unrestricted funds **£8,531.77**

**Total Assets - £8,531.77**

##### **Liabilities:-**

Nil

#### **Income & Outgoings**

##### **Income:-**

nil

**Total Income - £ Nil**

**Total Outgoings - Nil**

**MUSTARD SOUP**

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# Accounts

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## MUSTARD SOUP ANNUAL REPORT & ACCOUNTS 1 04 23 – 31 03 24

### REPORT

After COVID-19 and lockdown measures limiting the social mobility of most people with MS given their vulnerability during this period, the Charity's activities virtually came to a halt.

Achieving charitable objects: telephone emails supporting people newly diagnosed and existing contacts with multiple sclerosis.

### ACCOUNTS

#### **Assets & Liabilities**

##### **Assets:-**

Current account

Balance 1/4/2023- **£8,531.77**

Balance 31/3/22 - **£ 8,531.77**

Made up of

Unrestricted funds **£8,531.77**

**Total Assets - £8,531.77**

##### **Liabilities:-**

Nil

#### **Income & Outgoings**

##### **Income:-**

nil

**Total Income - £ Nil**

**Total Outgoings - Nil**

**MUSTARD SOUP**

England & Wales - Charity number 1171361

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# Accounts

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## MUSTARD SOUP ANNUAL REPORT & ACCOUNTS 1 04 22 – 31 03 23

### REPORT

Following COVID-19 and strict lockdown measures limiting the social mobility of most people with MS given their vulnerability during this period, the Charity's activities have virtually come to a halt.

Achieving charitable objects: , telephone emails supporting people newly diagnosed and existing contacts with, multiple sclerosis.

### ACCOUNTS

#### **Assets & Liabilities**

##### **Assets:-**

Current account

Balance 1/4/2022- **£8,531.77**

Balance 31/3/21 - **£ 8,531.77**

Made up of

Unrestricted funds **£8,531.77**

**Total Assets - £8,531.77**

##### **Liabilities:-**

Nil

#### **Income & Outgoings**

##### **Income:-**

nil

**Total Income - £ Nil**

**Total Outgoings - Nil**

**MUSTARD SOUP**

England & Wales - Charity number 1171361

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# Accounts

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## MUSTARD SOUP ANNUAL REPORT & ACCOUNTS 1 04 21 – 31 03 22

### REPORT

Coming out of COVID-19 and strict lockdown measures was slow for people with Multiple Sclerosis given their vulnerability to that disease thus limiting their social mobility during this period, and continuing, so again the Charity's activities were limited.

Achieving charitable objects: telephone & emails supporting people newly diagnosed and existing contacts with, multiple sclerosis.

### ACCOUNTS

#### **Assets & Liabilities**

##### **Assets:-**

Office equipment (laptop, printer, office furniture, refurb mobile phone) - **£250.00**

Current account

Balance 1/4/21 - **£8765.76**

Balance 31/3/22 – **£ 8531.77**

Made up of

Unrestricted funds **£8531.77**

**Total Assets - £8781.77**

##### **Liabilities:-**

Nil

#### **Income & Outgoings**

##### **Income:-**

nil

**Total Income - £ Nil**

##### **Outgoings:-**

Printing, Social Media & telephone £233.99

**Total Outgoings - £ 233.99**

**MUSTARD SOUP**

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# Accounts

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## MUSTARD SOUP ANNUAL REPORT & ACCOUNTS 1 04 20 – 31 03 21

### REPORT

Due to COVID-19 and strict lockdown measures limiting the social mobility of most people with MS given their vulnerability during this period, the Charity's activities were limited.

Achieving charitable objects: , telephone emails and social media activity supporting people newly diagnosed and existing contacts with, multiple sclerosis. Mustard Soup 1/4/20 to 31/3/21

### ACCOUNTS

#### **Assets & Liabilities**

##### **Assets:-**

Office equipment (laptop, printer, office furniture, refurb mobile phone) - **£475.00**

Current account

Balance 1/4/20 - **£9,032.32**

Balance 31/3/21 – **£ 8765.76**

Made up of

Unrestricted funds **£8765.76**

**Total Assets - £9,240.76**

##### **Liabilities:-**

Nil

#### **Income & Outgoings**

##### **Income:-**

nil

**Total Income - £ Nil**

##### **Outgoings:-**

**Zoom £143.88**

**Social Media £19**

Printing - £103.88

**Total Outgoings - £ 266.76**