

CHALLENGING MND

England & Wales · Charity number 1182607

Details

Status Registered

Legal form CIO

Registered 2019-03-22

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

Contact

Address Unit L Radford Business Centre
Radford Way
Billericay
Essex
CM12 0BZ

Phone 07702118749

Email info@challengingmnd.org

Activities

Objects: The promotion and protection of good health among those suffering with Motor Neurone Disease, by improving their quality of life through the provision of a financial grant to either enable them to complete a particular event or challenge, or as a contribution towards the provision of equipment or services to meet the needs of everyday life. To relieve financial hardship or to enable respite breaks among persons caring for those suffering with Motor Neurone Disease, the provision of a financial grant will be awarded.

Activities: THE PROMOTION AND PROTECTION OF GOOD HEALTH AMONG THOSE SUFFERING WITH MOTOR NEURONE DISEASE, BY IMPROVING THEIR QUALITY OF LIFE THROUGH THE PROVISION OF A FINANCIAL GRANT TO ENABLE THEM TO COMPLETE A PARTICULAR EVENT OR CHALLENGE.

Classification

- **How:** Provides Other Finance
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£503,061	£538,372	£408,320	2
2024-03-31	£413,611	£404,826	-	-
2023-03-31	£592,041	£305,883	£434,846	2
2022-03-31	£161,991	£65,529	-	-
2021-03-31	£110,592	£143,349	-	-

Trustees

Name	Role	Appointed
Alexander John Gibson	Chair	2019-03-22
Jane Watson		2020-04-02
Jason Gibson		2024-06-11
Shaun Roberts		2025-11-21
Tarzem Singh Shoker		2022-02-21

CHALLENGING MND

England & Wales - Charity number 1182607

Accounts

Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2025
for
Challenging MND

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Contents of the Financial Statements
for the Year Ended 31 March 2025

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The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The aim of Challenging MND is to provide financial support to individuals living with MND, to undertake any lasting memorable challenges or events with friends and family, and/or for the provision of equipment, contribution towards home adaptation, hardship, VR and carer support including our Nurse coordinators.

The beneficiary grants we have given can be categorised as follows:

Breakdown of Grants

- 1- Equipment 40%
- 2- Trips 24%
- 3- Other 13%
- 4- Wetroom 12%
- 5- Carer 6%
- 6- Hardship 4%
- 7- Toilet 1%
- 8- Oculus 0%
- 9- Funeral Contribution
0%

We aspire to create lifelong memories for people living with MND. Motor neurone disease which is a cruel progressive disease which attacks the muscles in the body preventing them from working properly, but the mind stays strong. Therefore, we want to affect the here and now of our beneficiaries' lives and ensure we add quality experiences to their life. We are not currently a research-based charity.

We also see raising awareness of motor neurone disease as a major part of our work. As of today, there is still no cure, and we see this as unacceptable. By providing awareness we hope to increase the odds of a cure being found sooner rather than later and help future generations.

We have amended/broadened our constitution to support a greater number of beneficiaries and to grow the charity beyond the local region- this has been achieved as our reach is now national.

Having listened to the MND community we have recognised those needs that are not currently being met, so in addition to granting physical activities for individuals living with MND and their family to create lifelong memories, we now provide MND Care coordinators in the North and Mid and South of Essex. These professionals are taking the burden of coordinating care from those families who are struggling with organising the 4-8 specialist appointments required for an individual living with MND. They have a single point of contact who will organise and direct/signpost care and support on a person-centred basis.

OBJECTIVES AND ACTIVITIES

History of the charity

Inspired by Alex Gibson, who was diagnosed with MND in 2018, CHALLENGING MND was created to provide financial assistance to sufferers of MND, to undertake lasting memorable challenges or events with friends and family.

With the onset of MND, and resulting deterioration of body function, the mind remains sharp and unaffected, making the importance of these memorable occasions invaluable.

A fundraising rugby match was held for Alex in October 2018, but rather than benefit from the proceeds of the event, Alex wanted to create something to benefit all people living with MND.

The funds were used to kick start the charity as working capital.

The charity officially gained status in March 2019 with the UK Charities Commission.

To date, Alex's extraordinary efforts of climbing the 3 peaks and cycling the 480 miles in between in one week; walking a double marathon; pedalling the length of the Thames in world record time; lifting one million kgs in 14 hours and being instrumental in helping to create this charity, continues to inspire not only those living with motor neurone disease, but also those who watch in wonderment at such great acts of selflessness in the face of adversity.

Grants

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

Grants:

We received the following grants this financial year of £133,950 (increased from £99,000 the previous year):

Tolkien Trust 05-Oct-24 £50,000
Bruce Wake Charitable Trust Daddies Foundation Feb-25 £28,000
Colchester Catalyst 15-July -24 £10,000
Childwick Grant 07-Aug-24 £10,000
CCF Grant 30-Apr-24 £7,190 CCF
Grant 30-Apr-24 £7,190 CCF
Grant 30-Apr-24 £7,190 CCF
Grant 30-Apr-24 £7,190 CCF
Grant 30-Apr-24 £7,190

TOTAL £133,950

Volunteers

The charity has also given numerous motivational talks to schools; Rotary clubs; Health and Social care audiences and corporate companies, talking about motor neurone disease and how to deal with setbacks in life. These talks have always been received extremely well received, leading to many people wanting to volunteer for the charity.

ACHIEVEMENTS AND PERFORMANCE

Fundraising and Donations

Donations:

We have received £197,510

Fundraising:

Fundraising events this year total £58,923

Listed below are our main events for fundraising and donation generation

Tims Dinner Oct-24 £64,834
Portugal Event May-24 £61,231
Gala Ball Nov-24 £25,646.61
Charity Golf Day Apr-24 £8,789
Rowing Event Jan-25 £8,081
Rugby Event Sep-24 £6,260
LLHM Apr-24 £4,968
Lake Windermere Sep-24 £3,863
Summer Fayre Jul-24 £1,161
Sportive UK Jun-24 £820
Allegro Choir Jun-24 £803
Christmas Market Dec-24 £600

Achievements/Successes

We have had our best 12 months to date with significant increases in both Beneficiary numbers, our reach across the UK and the amount raised.

-Our founder Alex Gibson Continues to astound with his challenge events and has succeeded in a World Record stationary Rowing event, swimming Lake Windermere and cycling through the Algarve in Portugal.

These events were covered on local, national TV, radio and press; giving the charity fantastic exposure and raising awareness of motor neurone disease at the same time.

-Our MND Nurse coordinators came to post
-A total of 400 Beneficiaries supported since the start of the charity.

The charity has also given numerous motivational talks to schools; Rotary clubs; Health and Social care audiences and corporate companies, talking about motor neurone disease and how to deal with setbacks in life. These talks have always been received extremely well received, leading to many people wanting to volunteer for the charity.

FINANCIAL REVIEW

Income

We have received income this through several revenue streams:

- Event Sponsorship
- Personal Sponsorship
- Events
- Donations (Personal and Corporate)
- Grants

Income for the financial year is £503,061. Administrative Costs currently stands at £86,248 this has had a slight increase on last year as we continue to invest in staffing to support the increased beneficiary support.

We have two main sources of income: fundraising and grants. Whilst fundraising is quite broad it includes money raised through our fundraising as well as those who fundraise on our behalf, we have grown our grant making applications and in turn have increased our grant revenue by 135%

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Organisational structure

The Charity currently has three Trustees, one Chief Executive and one Patron. Our Managing Director, Emma Roberston, has worked within our organisation since November 2023 and is responsible for the day-to-day running of the charity. The Trustees meet on a regular basis to discuss performance of the Managing Director and the direction of the charity. Together with the Managing Director, the Trustees confirm strategy and goals; as well as agreeing future fundraising events and ideas.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1182607

Principal address

Unit L
Radford Business Centre,
Radford Way
Billericay
Essex
CM12 0BZ

Trustees

Mr A Gibson
Mr P Everitt (resigned 11.6.24)
Ms Watson
Mr T Singh Shoker
Mr J Gibson (appointed 11.6.24)

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Daniel Bull
DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

SUMMARY

This year we are very proud to have:

- Increased the awareness of Motor Neurone Disease as an illness with no cure.
- Increased our beneficiary numbers from 222 to 400
- Appointed our two Care coordinators
- Increased the awareness of Challenging MND through networking with other charities such as the Rob Burrow and Doddie Weir Foundations, as well as the MNDA, various NHS Trusts, Hospitals, Hospices and the Insurance industry in the City.
- Appointed a new Admin assistant
- Agreed an annual contract with our PR partners at the Ripple Effect

As a growing charity, we have learned to adapt; expect the unexpected; and resolve subsequent problems that may arise. We are honoured to have such an amazing network of volunteers and supporters, without whom our work would be so much harder.

Finally, we are of course indebted to our awe-inspiring beneficiaries who have given us such incredible feedback that we are continually inspired to work harder every day to create lifelong memories.

Post Balance Sheet Events
None are noted.

Approved by order of the board of trustees on 05/01/2026..... and signed on its behalf by:



.A.Gibson.(Jan.6, 2026.18:20:01.GMT).....

Mr A Gibson - Trustee

Independent examiner's report to the trustees of Challenging MND

I report to the charity trustees on my examination of the accounts of Challenging MND (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Financial Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Daniel Bull
The Institute of Financial Accountants

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Date: 22 DECEMBER 2025

Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	Unrestricted fund £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	197,510	-	197,510	278,952
Charitable activities					
Grants	5	83,950	50,000	133,950	99,000
Other trading activities	3	167,220	-	167,220	35,659
Investment income	4	4,381	-	4,381	-
Total		<u>453,061</u>	<u>50,000</u>	<u>503,061</u>	<u>413,611</u>
EXPENDITURE ON					
Raising funds	6	108,297	-	108,297	68,511
Charitable activities					
Grants	7	16,777	-	16,777	19,795
Beneficiary Payments		285,962	41,088	327,050	244,123
General Expenses		54,140	-	54,140	3,208
Professional Fees		32,108	-	32,108	69,189
Total		<u>497,284</u>	<u>41,088</u>	<u>538,372</u>	<u>404,826</u>
NET INCOME/(EXPENDITURE)		(44,223)	8,912	(35,311)	8,785
RECONCILIATION OF FUNDS					
Total funds brought forward		407,044	36,587	443,631	434,846
TOTAL FUNDS CARRIED FORWARD		<u><u>362,821</u></u>	<u><u>45,499</u></u>	<u><u>408,320</u></u>	<u><u>443,631</u></u>

The notes form part of these financial statements

Balance Sheet
31 March 2025

	Notes	Unrestricted fund £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
FIXED ASSETS					
Intangible assets	13	2,957	-	2,957	1,365
Tangible assets	14	6,977	-	6,977	5,518
		<u>9,934</u>	<u>-</u>	<u>9,934</u>	<u>6,883</u>
CURRENT ASSETS					
Stocks	15	8,529	-	8,529	15,462
Debtors	16	49,846	-	49,846	(173)
Cash at bank and in hand		319,436	45,499	364,935	431,525
		<u>377,811</u>	<u>45,499</u>	<u>423,310</u>	<u>446,814</u>
CREDITORS					
Amounts falling due within one year	17	(24,924)	-	(24,924)	(10,066)
		<u>352,887</u>	<u>45,499</u>	<u>398,386</u>	<u>436,748</u>
NET CURRENT ASSETS					
		<u>362,821</u>	<u>45,499</u>	<u>408,320</u>	<u>443,631</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>362,821</u>	<u>45,499</u>	<u>408,320</u>	<u>443,631</u>
NET ASSETS					
		<u><u>362,821</u></u>	<u><u>45,499</u></u>	<u><u>408,320</u></u>	<u><u>443,631</u></u>

The notes form part of these financial statements

Balance Sheet - continued
31 March 2025

FUNDS	18		
Unrestricted funds		362,821	407,044
Restricted funds		45,499	36,587
TOTAL FUNDS		<u>408,320</u>	<u>443,631</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:



[A.Gibson.\(Jan.6.,2026.18:20:01 GMT\)](#)

Mr A Gibson - Trustee

Jason Gibson

[Jason.Gibson.\(Jan.5.,2026.11:08:31 GMT\)](#)

Mr J Gibson - Trustee

J Watson

[J.Watson.\(Jan.5.,2026.12:58:02 GMT\)](#)

Ms Watson - Trustee

Tarzem Shoker

[Tarzem.Shoker.\(Jan.5.,2026.11:04:24 GMT\)](#)

Mr T Singh Shoker - Trustee

Challenging MND

Cash Flow Statement
for the Year Ended 31 March 2025

	Notes	31.3.25 £	31.3.24 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(63,518)</u>	<u>3,135</u>
Net cash (used in)/provided by operating activities		<u>(63,518)</u>	<u>3,135</u>
Cash flows from investing activities			
Purchase of intangible fixed assets		(2,730)	(1,820)
Purchase of tangible fixed assets		(4,723)	(6,670)
Interest received		<u>4,381</u>	<u>-</u>
Net cash used in investing activities		<u>(3,072)</u>	<u>(8,490)</u>
Change in cash and cash equivalents in the reporting period			
Cash and cash equivalents at the beginning of the reporting period		<u>431,525</u>	<u>436,880</u>
Cash and cash equivalents at the end of the reporting period		<u><u>364,935</u></u>	<u><u>431,525</u></u>

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2025

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.25	31.3.24
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(35,311)	8,785
Adjustments for:		
Depreciation charges	4,402	2,538
Interest received	(4,381)	-
Decrease/(increase) in stocks	6,933	(15,462)
(Increase)/decrease in debtors	(50,019)	14,240
Increase/(decrease) in creditors	14,858	(6,966)
Net cash (used in)/provided by operations	<u>(63,518)</u>	<u>3,135</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24	Cash flow	At 31.3.25
	£	£	£
Net cash			
Cash at bank and in hand	431,525	(66,590)	364,935
	<u>431,525</u>	<u>(66,590)</u>	<u>364,935</u>
Total	<u>431,525</u>	<u>(66,590)</u>	<u>364,935</u>

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Intangible/tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

London Recumbent Bike to be written down over 4 years.

Marathon chair to be written down over 4 years.

Computer equipment and website to be written down over 4 years.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.3.25	31.3.24
	£	£
Donations	197,510	278,952

3. OTHER TRADING ACTIVITIES

	31.3.25	31.3.24
	£	£
Fundraising events	167,220	35,659

4. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Deposit account interest	4,381	-

5. INCOME FROM CHARITABLE ACTIVITIES

	31.3.25	31.3.24
	£	£
Grants	133,950	99,000

Grants received, included in the above, are as follows:

	31.3.25	31.3.24
	£	£

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

6. RAISING FUNDS

Other trading activities

	31.3.25	31.3.24
	£	£
Opening stock	15,462	-
Purchases	58,699	52,239
Trustees' expenses	933	1,400
Depreciation	4,402	2,539
Support costs	28,801	12,333
	<u>108,297</u>	<u>68,511</u>

7. CHARITABLE ACTIVITIES COSTS

	Grant funding of activities (see note 8)	Support costs (see note 9)	Totals
	£	£	£
Grants	16,777	-	16,777
Beneficiary Payments	327,050	-	327,050
General Expenses	-	54,140	54,140
Professional Fees	-	32,108	32,108
	<u>343,827</u>	<u>86,248</u>	<u>430,075</u>

8. GRANTS PAYABLE

	31.3.25	31.3.24
	£	£
Grants	16,777	19,795
Beneficiary Payments	327,050	244,123
	<u>343,827</u>	<u>263,918</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

9. SUPPORT COSTS

	Management £	Finance £	Totals £
Other trading activities	28,800	1	28,801
General Expenses	54,140	-	54,140
Professional Fees	32,108	-	32,108
	<u>115,048</u>	<u>1</u>	<u>115,049</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

	31.3.25 £	31.3.24 £
Trustees' expenses	<u>933</u>	<u>1,400</u>

11. STAFF COSTS

	31.3.25 £	31.3.24 £
Wages and salaries	46,944	-
Other pension costs	1,009	-
	<u>47,953</u>	<u>-</u>

The average monthly number of employees during the year was as follows:

	31.3.25	31.3.24
Administration	<u>2</u>	<u>-</u>

No employees received emoluments in excess of £60,000.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	278,952	-	278,952
Charitable activities			
Grants	10,000	89,000	99,000
Other trading activities	35,659	-	35,659
Total	<u>324,611</u>	<u>89,000</u>	<u>413,611</u>
EXPENDITURE ON			
Raising funds	68,511	-	68,511
Charitable activities			
Grants	19,795	-	19,795
Beneficiary Payments	191,710	52,413	244,123
General Expenses	3,208	-	3,208
Professional Fees	69,189	-	69,189
Total	<u>352,413</u>	<u>52,413</u>	<u>404,826</u>
NET INCOME/(EXPENDITURE)	(27,802)	36,587	8,785
RECONCILIATION OF FUNDS			
Total funds brought forward	434,846	-	434,846
TOTAL FUNDS CARRIED FORWARD	<u><u>407,044</u></u>	<u><u>36,587</u></u>	<u><u>443,631</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

13. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2024	1,820
Additions	2,730
	<hr/>
At 31 March 2025	4,550
	<hr/>
AMORTISATION	
At 1 April 2024	455
Charge for year	1,138
	<hr/>
At 31 March 2025	1,593
	<hr/>
NET BOOK VALUE	
At 31 March 2025	2,957
	<hr/> <hr/>
At 31 March 2024	1,365
	<hr/> <hr/>

14. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 April 2024	12,053	932	12,985
Additions	4,374	349	4,723
	<hr/>	<hr/>	<hr/>
At 31 March 2025	16,427	1,281	17,708
	<hr/>	<hr/>	<hr/>
DEPRECIATION			
At 1 April 2024	6,867	600	7,467
Charge for year	2,944	320	3,264
	<hr/>	<hr/>	<hr/>
At 31 March 2025	9,811	920	10,731
	<hr/>	<hr/>	<hr/>
NET BOOK VALUE			
At 31 March 2025	6,616	361	6,977
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 March 2024	5,186	332	5,518
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

15. STOCKS

	31.3.25	31.3.24
	£	£
Stocks	8,529	15,462

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Trade debtors	625	(173)
Prepayments	49,221	-
	<u>49,846</u>	<u>(173)</u>

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Trade creditors	719	10,066
Other creditors	24,205	-
	<u>24,924</u>	<u>10,066</u>

Within creditors is an accrual of £10,000 which has been offered to beneficiaries but not yet paid.

18. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted funds			
General fund	407,044	(44,223)	362,821
Restricted funds			
Grants Restricted	36,587	8,912	45,499
TOTAL FUNDS	<u>443,631</u>	<u>(35,311)</u>	<u>408,320</u>

18. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	453,061	(497,284)	(44,223)
Restricted funds			
Grants Restricted	50,000	(41,088)	8,912
TOTAL FUNDS	<u>503,061</u>	<u>(538,372)</u>	<u>(35,311)</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	434,846	(27,802)	407,044
Restricted funds			
Grants Restricted	-	36,587	36,587
TOTAL FUNDS	<u>434,846</u>	<u>8,785</u>	<u>443,631</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	324,611	(352,413)	(27,802)
Restricted funds			
Grants Restricted	89,000	(52,413)	36,587
TOTAL FUNDS	<u>413,611</u>	<u>(404,826)</u>	<u>8,785</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2025

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	434,846	(72,025)	362,821
Restricted funds			
Grants Restricted	-	45,499	45,499
TOTAL FUNDS	<u>434,846</u>	<u>(26,526)</u>	<u>408,320</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	777,672	(849,697)	(72,025)
Restricted funds			
Grants Restricted	139,000	(93,501)	45,499
TOTAL FUNDS	<u>916,672</u>	<u>(943,198)</u>	<u>(26,526)</u>

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25 £	31.3.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	197,510	278,952
Other trading activities		
Fundraising events	167,220	35,659
Investment income		
Deposit account interest	4,381	-
Charitable activities		
Grants	133,950	99,000
Total incoming resources	503,061	413,611
EXPENDITURE		
Other trading activities		
Opening stock	15,462	-
Event costs	58,699	52,239
Trustees' expenses	933	1,400
Computer software	1,138	455
Plant and machinery	2,944	1,851
Computer equipment	320	233
	79,496	56,178
Charitable activities		
Grants to institutions	16,777	19,795
Beneficiary payments	327,050	244,123
	343,827	263,918
Support costs		
Management		
Wages	46,944	-
Pensions	1,009	-
Insurance	-	583
Postage and stationery	867	191
Advertising	28,800	14,517
IT costs	1,903	2,305
Carried forward	79,523	17,596

This page does not form part of the statutory financial statements

Challenging MND

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25	31.3.24
	£	£
Management		
Brought forward	79,523	17,596
Training costs	-	129
Professional fees	32,108	66,789
Travel	3,417	-
	<hr/>	<hr/>
	115,048	84,514
Finance		
Bank charges	1	216
	<hr/>	<hr/>
Total resources expended	538,372	404,826
	<hr/>	<hr/>
Net (expenditure)/income	(35,311)	8,785
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements











CMND Charity Account 2024 2025(1)-compressed


Final Audit Report

2026-01-06

Created:	2026-01-05
By:	Emma Robertson (emma.robertson@challengingmnd.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAA_ae8yTu9ZvAuUaDgOukRcjPgTdfXKZkH

"CMND Charity Account 2024 2025(1)-compressed" History


-  Document created by Emma Robertson (emma.robertson@challengingmnd.org)
2026-01-05 - 10:56:28 GMT
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-  Signer tarz.shoker@challengingmnd.org entered name at signing as Tazem Shoker
2026-01-05 - 11:04:22 GMT
-  Document e-signed by Tazem Shoker (tarz.shoker@challengingmnd.org)
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-  Signer jason.gibson@challengingmnd.org entered name at signing as Jason Gibson
2026-01-05 - 11:08:29 GMT

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2026-01-05 - 12:55:55 GMT

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 Signer alex.gibson@challengingmnd.org entered name at signing as A Gibson

2026-01-06 - 18:19:59 GMT

 Document e-signed by A Gibson (alex.gibson@challengingmnd.org)

Signature Date: 2026-01-06 - 18:20:01 GMT - Time Source: server

 Agreement completed.

2026-01-06 - 18:20:01 GMT

CHALLENGING MND

England & Wales - Charity number 1182607

Accounts

Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2024
for
Challenging MND

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Challenging MND

Contents of the Financial Statements
for the Year Ended 31 March 2024

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Challenging MND

Report of the Trustees for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main objective of Challenging MND is to provide financial support to individuals living with MND. The aim is to provide financial support and assistance for those MND beneficiaries to undertake any lasting memorable challenges or events with friends and family. As a charity we have been novel in approaching the wider community supporting main carers and offering respite to those who cater for such individuals.

We aspire to create lifelong memories for people living with MND. Motor neurone disease is a cruel progressive disease which attacks the muscles in the body preventing them from working properly, but the mind stays strong.

Therefore, we want to affect the here and now of our beneficiaries' lives and ensure we add quality experiences to their life. The charity is not currently a research-based charity.

As a charity we see raising awareness of motor neurone disease as a major part of our work. As of today, there is still no cure, and we see this as unacceptable. By providing awareness we hope to increase the odds of a cure being found, sooner rather than later and help future generations.

Having listened to the MND community, the charity has recognised those needs that are not currently being met. In addition to granting physical activities for individuals living with MND and their family to create lifelong memories, we have implemented a Virtual Reality (VR) project with the support of Flix VR.

The charity now provides individuals who are wheelchair or bed bound to continue to enjoy activities through VR. We have also recognised the importance to support family carers by providing regular respite, to allow them time to recharge their batteries in order avoid carer crisis. Finally, the charity wants to be able to offer bespoke support for the newly bereaved.

History of the charity

Inspired by Alex Gibson, who was diagnosed with MND in 2018, CHALLENGING MND was created to provide financial assistance to sufferers of MND, to undertake lasting memorable challenges or events with friends and family.

With the onset of MND, and resulting deterioration of body function, the mind remains sharp and unaffected, making the importance of these memorable occasions invaluable.

A fundraising rugby match was held for Alex in October 2018, but rather than benefit from the proceeds of the event, Alex wanted to create something to benefit all people living with MND. The funds were used to kick start the charity as working capital. The charity officially gained status in March 2019 with the UK Charities Commission.

To date, Alex's extraordinary efforts of climbing the 3 Peaks and cycling the 480 miles in between in one week; walking a double marathon; pedalling the length of the Thames in world record time; lifting one million kgs in 14 hours and being instrumental in helping to create this charity, continues to inspire not only those living with motor neurone disease, but also those who watch in wonderment at such great acts of selflessness in the face of adversity.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2024

OBJECTIVES AND ACTIVITIES

Grants

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

The charity received the following grants (£89,000) during the year:

Anonymous 50,000
Openwork Foundation 15,000
HFC 10,000
Hadleigh Castle Rotary Club 3,500
Medicash Foundation 3,000
Bruce Wake Charitable Trust 2,500
FSJ Trust 2,000
The Tudwick Foundation 2,000
Pilkington Charity 1,000

Volunteers

The charity has given numerous motivational talks to schools; sports clubs; rotary clubs; and various corporate companies, talking about motor neurone disease and also how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

Fundraising events this year include:

Fundraising events this year include:

- Cycle Sportive
- Gibbo's Rugby Cup
- A city Dinner for a bereaved beneficiary
- 300-mile hour cycle ride on the Hase Pino recumbent bike within 24hours, at Dunton racetrack
- Mont Blanc Challenge (supported by AIG)

At the same time the charity had several personal fundraising successes.

Notably: Steve Redgewell's - Two Redgie walks which raised over £150,000 in total.

The charity has also given numerous motivational talks to schools; sports clubs; and corporate companies, talking about motor neurone disease and how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

Donations

We have received £278,952

ACHIEVEMENT AND PERFORMANCE

Achievements/Successes

The charity has had our best year to date with significant increases in both Beneficiary numbers, our reach across the UK and the amount raised.

- Our founder Alex Gibson set a world record for a 24-hour Tandem Bike ride, in which he and the supporting Team cycled 300 miles. These events were covered on national TV, radio and press, giving the charity fantastic exposure and raising awareness of motor neurone disease at the same time.
- The charity has received three short videos one for each of the two challenges individually and one as a mixture of our service offer/events and challenges for future promo with potential Corporate Sponsors and or PR campaigns.
- Total revamp of our website and branding
- Our first legacy gift
- 200 Beneficiaries supported
- PR company - The Ripple effect was contracted for 3 months which got the Challenging key staff on the media including Good Morning ITV's breakfast show, in several mainstream broadsheets.
- Specific focus on diversity.
- Social Media metrics have gained traction up 250% on last year on average across all platforms.
- New Corporate Sponsors PIB/McGill/Bakers/AMP/Mitsubishi

FINANCIAL REVIEW

Income

The income generated throughout the year have been from:

- Event Sponsorship
- Personal Sponsorship
- Events
- Donations (Personal and Corporate)
- Grants

Income for the financial year is £413,610. Administrative Costs currently stands at £91,542. This has increased on last year due to investment in staff costs to support the increased beneficiary support and external consultants (Gifted Philanthropy and The Ripple Effect).

Two main sources of income: fundraising and grant applications. We have grown our successful grant making applications by c62%. (£55k in 2023 and 2024 £89k).

As the charity we are appreciative to those organisations who have provided us grants. At the same time are appreciative to all those organisations and individuals who have taken their time to fundraise for us.

FUTURE PLANS

Currently, we are looking at rewording the constitution, in order to really help us achieve our ultimate goal of serving the MND community. By widening the remit, we as a collective organisation would be able to help provide more support and assistance to the MND beneficiary. This is currently being looked into in more depth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Charity currently has four Trustees, one Chief Executive and one Patron. Our Chief Executive, Liane Iles , has worked as a full-time consultant since March 2022 and is responsible for the day-to-day running of the charity. The Trustees meet on a regular basis to discuss performance of the CEO and the direction of the charity. Together with the CEO, the Trustees confirm strategy and goals; as well as agreeing future fundraising events and ideas.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1182607

Principal address

Unit L
Radford Business Centre,
Radford Way
Billericay
Essex
CM12 0BZ

Trustees

Mr A Gibson
Mr P Everitt
Ms Watson
Mr T Singh Shoker

Independent Examiner

Daniel Bull
DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Challenging MND

Report of the Trustees
for the Year Ended 31 March 2024

SUMMARY

This year the charity is immensely proud to have:


- Increased the awareness of Motor Neurone Disease as an illness with no cure.
- Raised awareness and publicity of the charity.
- Increased our beneficiary numbers from 96 to 222
- Increased the awareness of Challenging MND through networking with other charities such as the Rob Burrow and Doddie Weir Foundations, as well as the MNDA, various NHS Trusts, Hospitals, Hospices and the Insurance industry in the City.
- Appointed a new Events and Fundraiser

As a new charity, we have learned to adapt; expect the unexpected; and resolve subsequent problems that may arise. The charity is honoured to have such an amazing network of volunteers and supporters, without whom our work would be so much harder.

Finally, we are of course indebted to our awe-inspiring beneficiaries who have given us such incredible feedback that we are continually inspired to work harder every day to create lifelong memories.

Post Balance Sheet Events
None are noted.

Approved by order of the board of trustees on 28/12/2024 and signed on its behalf by:


.....
Mr A Gibson - Trustee

Independent Examiner's Report to the Trustees of
Challenging MND

Independent examiner's report to the trustees of Challenging MND

I report to the charity trustees on my examination of the accounts of Challenging MND (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Financial Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Daniel Bull
The Institute of Financial Accountants

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Date: 28/12/2024

Challenging MND

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	278,952	-	278,952	259,258
Charitable activities	4				
Grants		10,000	89,000	99,000	55,120
Other trading activities	3	35,659	-	35,659	277,663
Total		<u>324,611</u>	<u>89,000</u>	<u>413,611</u>	<u>592,041</u>
EXPENDITURE ON					
Raising funds	5	68,511	-	68,511	116,799
Charitable activities	6				
Grants		19,795	-	19,795	54,500
Beneficiary Payments		191,710	52,413	244,123	93,590
General Expenses		3,208	-	3,208	1,274
Professional Fees		69,189	-	69,189	39,720
Total		<u>352,413</u>	<u>52,413</u>	<u>404,826</u>	<u>305,883</u>
NET INCOME/(EXPENDITURE)		(27,802)	36,587	8,785	286,158
RECONCILIATION OF FUNDS					
Total funds brought forward		434,846	-	434,846	148,688
TOTAL FUNDS CARRIED FORWARD		<u>407,044</u>	<u>36,587</u>	<u>443,631</u>	<u>434,846</u>

The notes form part of these financial statements

Challenging MND

Balance Sheet
31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Intangible assets	11	1,365	-	1,365	-
Tangible assets	12	5,518	-	5,518	931
		<u>6,883</u>	<u>-</u>	<u>6,883</u>	<u>931</u>
CURRENT ASSETS					
Stocks	13	15,462	-	15,462	-
Debtors	14	(173)	-	(173)	14,067
Cash at bank and in hand		394,938	36,587	431,525	436,880
		<u>410,227</u>	<u>36,587</u>	<u>446,814</u>	<u>450,947</u>
CREDITORS					
Amounts falling due within one year	15	(10,066)	-	(10,066)	(17,032)
		<u>400,161</u>	<u>36,587</u>	<u>436,748</u>	<u>433,915</u>
NET CURRENT ASSETS					
		<u>407,044</u>	<u>36,587</u>	<u>443,631</u>	<u>434,846</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>407,044</u>	<u>36,587</u>	<u>443,631</u>	<u>434,846</u>
NET ASSETS					
		<u>407,044</u>	<u>36,587</u>	<u>443,631</u>	<u>434,846</u>

The notes form part of these financial statements

Challenging MND

Balance Sheet - continued
31 March 2024

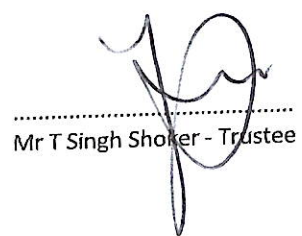
FUNDS	16	407,044	434,846
Unrestricted funds		36,587	-
Restricted funds		<u> </u>	<u> </u>
TOTAL FUNDS		<u>443,631</u>	<u>434,846</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:


.....
Mr A Gibson - Trustee


.....
Mr P Everitt - Trustee


.....
Ms Watson - Trustee


.....
Mr T Singh Shoker - Trustee

The notes form part of these financial statements

Challenging MND

Cash Flow Statement
for the Year Ended 31 March 2024

	Notes	31.3.24 £	31.3.23 £
Cash flows from operating activities			
Cash generated from operations	1	3,135	291,283
Net cash provided by operating activities		<u>3,135</u>	<u>291,283</u>
Cash flows from investing activities			
Purchase of intangible fixed assets		(1,820)	-
Purchase of tangible fixed assets		(6,670)	(399)
Net cash used in investing activities		<u>(8,490)</u>	<u>(399)</u>
Change in cash and cash equivalents in the reporting period			
		<u>(5,355)</u>	<u>290,884</u>
Cash and cash equivalents at the beginning of the reporting period		<u>436,880</u>	<u>145,996</u>
Cash and cash equivalents at the end of the reporting period		<u><u>431,525</u></u>	<u><u>436,880</u></u>

The notes form part of these financial statements

Challenging MND

Notes to the Cash Flow Statement for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES			
	31.3.24		31.3.23
	£		£
Net income for the reporting period (as per the Statement of Financial Activities)	8,785		286,158
Adjustments for:			
Depreciation charges	2,538		2,160
Increase in stocks	(15,462)		-
Decrease/(increase) in debtors	14,240		(14,067)
(Decrease)/increase in creditors	(6,966)		17,032
	<u>3,135</u>		<u>291,283</u>
Net cash provided by operations	<u><u>3,135</u></u>		<u><u>291,283</u></u>
2. ANALYSIS OF CHANGES IN NET FUNDS			
	At 1.4.23	Cash flow	At 31.3.24
	£	£	£
Net cash			
Cash at bank and in hand	436,880	(5,355)	431,525
	<u>436,880</u>	<u>(5,355)</u>	<u>431,525</u>
	<u>436,880</u>	<u>(5,355)</u>	<u>431,525</u>
Total	<u><u>436,880</u></u>	<u><u>(5,355)</u></u>	<u><u>431,525</u></u>

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Intangible/tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Ice Custom Trike, which was purchased to provide use for the beneficiaries, is to be written down over 4 years.

Life Glider to be written down over 4 years.

London Recumbent Bike to be written down over 4 years.

Computer equipment and website to be written down over 4 years.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Challenging MND

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

2.	DONATIONS AND LEGACIES	31.3.24 £ 278,952	31.3.23 £ 259,258
	Donations	<u>278,952</u>	<u>259,258</u>
3.	OTHER TRADING ACTIVITIES	31.3.24 £ 35,659	31.3.23 £ 277,663
	Fundraising events	<u>35,659</u>	<u>277,663</u>
4.	INCOME FROM CHARITABLE ACTIVITIES	31.3.24 £ 99,000	31.3.23 £ 55,120
	Activity Grants	<u>99,000</u>	<u>55,120</u>
	Grants received, included in the above, are as follows:	31.3.24 £	31.3.23 £
		<u> </u>	<u> </u>
5.	RAISING FUNDS		
	Other trading activities	31.3.24 £ 52,239	31.3.23 £ 108,604
	Purchases	1,400	837
	Trustees' expenses	2,539	2,160
	Depreciation	12,333	5,198
	Support costs	<u>68,511</u>	<u>116,799</u>

6. CHARITABLE ACTIVITIES COSTS

	Grant funding of activities (see note 7) £	Support costs (see note 8) £	Totals £
Grants	19,795	-	19,795
Beneficiary Payments	244,123	-	244,123
General Expenses	-	3,208	3,208
Professional Fees	-	69,189	69,189
	<u>263,918</u>	<u>72,397</u>	<u>336,315</u>

7. GRANTS PAYABLE

	31.3.24 £	31.3.23 £
Grants	19,795	54,500
Beneficiary Payments	244,123	93,590
	<u>263,918</u>	<u>148,090</u>

8. SUPPORT COSTS

	Management £	Finance £	Totals £
Other trading activities	12,117	216	12,333
General Expenses	3,208	-	3,208
Professional Fees	69,189	-	69,189
	<u>84,514</u>	<u>216</u>	<u>84,730</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

	31.3.24 £	31.3.23 £
Trustees' expenses	<u>1,400</u>	<u>837</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	259,258	-	259,258
Charitable activities			
Grants	55,120	-	55,120
Other trading activities	<u>277,663</u>	-	<u>277,663</u>
Total	<u>592,041</u>	-	<u>592,041</u>
EXPENDITURE ON			
Raising funds	116,799	-	116,799
Charitable activities			
Grants	54,500	-	54,500
Beneficiary Payments	93,590	-	93,590
General Expenses	1,274	-	1,274
Professional Fees	<u>39,720</u>	-	<u>39,720</u>
Total	<u>305,883</u>	-	<u>305,883</u>
NET INCOME	286,158	-	286,158
RECONCILIATION OF FUNDS			
Total funds brought forward	148,688	-	148,688
TOTAL FUNDS CARRIED FORWARD	<u><u>434,846</u></u>	-	<u><u>434,846</u></u>

11. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
Additions	<u>1,820</u>
AMORTISATION	
Charge for year	<u>455</u>
NET BOOK VALUE	
At 31 March 2024	<u><u>1,365</u></u>
At 31 March 2023	<u><u>-</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

12. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 April 2023	5,383	932	6,315
Additions	6,670	-	6,670
	<u>12,053</u>	<u>932</u>	<u>12,985</u>
At 31 March 2024			
DEPRECIATION			
At 1 April 2023	5,017	367	5,384
Charge for year	1,850	233	2,083
	<u>6,867</u>	<u>600</u>	<u>7,467</u>
At 31 March 2024			
NET BOOK VALUE			
At 31 March 2024	<u>5,186</u>	<u>332</u>	<u>5,518</u>
At 31 March 2023	<u>366</u>	<u>565</u>	<u>931</u>

13. STOCKS

	31.3.24	31.3.23
	£	£
Stocks	15,462	-
	<u>15,462</u>	<u>-</u>

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade debtors	(173)	14,067
	<u>(173)</u>	<u>14,067</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

15.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31.3.24	31.3.23
		£	£
	Trade creditors	10,066	17,032
		<u> </u>	<u> </u>

16.	MOVEMENT IN FUNDS		Net	
		At 1.4.23	movement	At
		£	in funds	31.3.24
			£	£
	Unrestricted funds			
	General fund	434,846	(27,802)	407,044
	Restricted funds			
	Grants Restricted	-	36,587	36,587
		<u> </u>	<u> </u>	<u> </u>
	TOTAL FUNDS	<u>434,846</u>	<u>8,785</u>	<u>443,631</u>

Net movement in funds, included in the above are as follows:

	Incoming	Resources	Movement
	resources	expended	in funds
	£	£	£
Unrestricted funds			
General fund	324,611	(352,413)	(27,802)
Restricted funds			
Grants Restricted	89,000	(52,413)	36,587
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>413,611</u>	<u>(404,826)</u>	<u>8,785</u>

Comparatives for movement in funds

		Net	
	At 1.4.22	movement	At
	£	in funds	31.3.23
		£	£
Unrestricted funds			
General fund	148,688	286,158	434,846
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>148,688</u>	<u>286,158</u>	<u>434,846</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	592,041	(305,883)	286,158
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>592,041</u>	<u>(305,883)</u>	<u>286,158</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	148,688	258,356	407,044
Restricted funds			
Grants Restricted	-	36,587	36,587
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>148,688</u>	<u>294,943</u>	<u>443,631</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	916,652	(658,296)	258,356
Restricted funds			
Grants Restricted	89,000	(52,413)	36,587
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>1,005,652</u>	<u>(710,709)</u>	<u>294,943</u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Challenging MND

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	278,952	259,258
Other trading activities		
Fundraising events	35,659	277,663
Charitable activities		
Grants	99,000	55,120
Total incoming resources	413,611	592,041
EXPENDITURE		
Other trading activities		
Event costs	52,239	108,604
Trustees' expenses	1,400	837
Computer software	455	-
Plant and machinery	1,851	1,927
Computer equipment	233	233
	56,178	111,601
Charitable activities		
Grants to institutions	19,795	54,500
Beneficiary payments	244,123	93,590
	263,918	148,090
Support costs		
Management		
Insurance	583	638
Postage and stationery	191	70
Advertising	14,517	1,661
IT costs	2,305	1,274
Training costs	129	-
Professional fees	66,789	39,720
	84,514	43,363
Finance		
Bank charges	216	2,829

This page does not form part of the statutory financial statements

Challenging MND

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
Total resources expended	<u>404,826</u>	<u>305,883</u>
Net income	<u><u>8,785</u></u>	<u><u>286,158</u></u>

This page does not form part of the statutory financial statements

CHALLENGING MND

England & Wales - Charity number 1182607

Accounts

REGISTERED CHARITY NUMBER: 1182607

Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2023
for
Challenging MND

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Challenging MND

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Challenging MND

Report of the Trustees **for the Year Ended 31 March 2023**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The aim of Challenging MND is to provide financial support to individuals living with MND, to undertake any lasting memorable challenges or events with friends and family.

We aspire to create lifelong memories for people living with MND. Motor neurone disease is a cruel progressive disease which attacks the muscles in the body preventing them from working properly, but the mind stays strong. Therefore, we want to affect the here and now of our beneficiaries lives and ensure we add quality experiences to their life. We are not currently a research-based charity.

We also see raising awareness of motor neurone disease as a major part of our work. As of today there is still no cure and we see this as unacceptable. By providing awareness we hope to increase the odds of a cure being found sooner rather than later and help future generations.

Since the appointment of our new CEO Liane Iles, we are looking to amend/broaden our constitution to support a greater number of beneficiaries and to grow the charity beyond the local region.

Having listened to the MND community we have recognised those needs that are not currently being met, so in addition to granting physical activities for individuals living with MND and their family to create lifelong memories, we have plans to implement a Virtual Reality (VR) project with the support of Hadleigh Castle Rotary Club. This will provide individuals who are wheelchair or bed bound to continue to enjoy activities through VR.

We have also recognised the importance to support family carers by providing regular respite, to allow them time to recharge their batteries in order to avoid carer crisis. Finally, we want to be able to offer bespoke support for the newly bereaved.

History of the charity

Inspired by Alex Gibson, who was diagnosed with MND in 2018, CHALLENGING MND was created to provide financial assistance to sufferers of MND, to undertake lasting memorable challenges or events with friends and family.

With the onset of MND, and resulting deterioration of body function, the mind remains sharp and unaffected, making the importance of these memorable occasions invaluable.

A fundraising rugby match was held for Alex in October 2018, but rather than benefit from the proceeds of the event, Alex wanted to create something to benefit all people living with MND. The funds were used to kick start the charity as working capital. The charity officially gained status in March 2019 with the UK Charities Commission.

To date, Alex's extraordinary efforts of climbing the 3 Peaks and cycling the 480 miles in between in one week; walking a double marathon; pedalling the length of the Thames in world record time; lifting one million kgs in 14 hours and being instrumental in helping to create this charity, continues to inspire not only those living with motor neurone disease, but also those who watch in wonderment at such great acts of selflessness in the face of adversity.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2023

OBJECTIVES AND ACTIVITIES

Grants

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

We received the following grants (c£55k) in the year:

**Anonymous £50,000
Charles S French Charitable Grant £2,000
The Grace Trust £1,000
Hoare Trust £1,000
Colchester and Tendring Community £1,000**

Volunteers

The charity has given numerous motivational talks to schools; sports clubs; rotary clubs; and various corporate companies, talking about motor neurone disease and also how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

Fundraising events this year include:

**Outer Hebrides Tandem challenge
Everest Challenge
Gibbo Rugby Cup
Gibbo Hockey Cup
Gala Ball**

We have also had a number of personal fundraising successes from our fantastic supporters notably:

**Steve Redgwell in respect of his London South bank walk
Tim Fillingham in respect of his City Gala Ball Dinner**

**In total we have raised £124,003. through our fundraising efforts.
Further, we have received £153,656 through other fundraising aspects**

The charity has also given numerous motivational talks to schools; sports clubs; and corporate companies, talking about motor neurone disease and how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

Donations

We have received £259,258

Challenging MND

Report of the Trustees **for the Year Ended 31 March 2023**

ACHIEVEMENT AND PERFORMANCE

Achievements/Successes

We have had our best 12 months to date with significant increases in both Beneficiary number, our reach across the UK and the amount raised.

To be told "this is one of the best days of my life" at each of the events totally vindicates our objectives of "creating lifelong memories" and our reason for existence.

Our founder Alex Gibson set a world record for traversing the Outer Hebrides, 185miles on a Hase Pino recumbent bike with our patron Andy Long, climbed the height of Mount Everest (via the iconic 52 floors of the Leadenhall building aka "the Cheesegrater"building). These events were covered on national TV, radio and press; giving the charity fantastic exposure and raising awareness of motor neurone disease at the same time.

We have commissioned three short videos one for each of the two challenges individually and one as a mixture of our service offer/events and challenges for future promo with potential Corporate Sponsors and or PR campaigns

The charity has also given numerous motivational talks to schools; Rotary clubs; Health and Social care audiences and corporate companies, talking about motor neurone disease and also how to deal with setbacks in life. These talks have always been received extremely well received, leading to many people wanting to volunteer for the charity

FINANCIAL REVIEW

Income

We have received income this through several revenue streams:

Event Sponsorship

Personal Sponsorship

Events

Donations inc Corporate

Grants

Income has increased to £592,041 from £162,000 an increase of 265%

Administrative Costs currently stands at £49,442 - this large increase in expenditure (£27,000 from previous year) is largely due the decision taken to invest in new staff including a part time social media person and a part time Events/Admin officer and increased beneficiary support.

We have two main streams of income: fundraising and grants. While fundraising is quite broad it includes money raised through our own fundraising as well as those who fundraise on our behalf. We will be adding extra attention to increase our grant making applications going forward.

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

FUTURE PLANS

Currently, we are looking at rewording the constitution, in order to really help us achieve our ultimate goal of serving the MND community. By widening the remit, we as a collective organisation would be able to help provide more support and assistance to the MND beneficiary. This is currently being looked into in more depth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Challenging MND

Report of the Trustees **for the Year Ended 31 March 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Charity currently has four Trustees, one Chief Executive and one Patron. Our Chief Executive, Liane Iles, has worked as a full-time consultant since March 2022 and is responsible for the day-to-day running of the charity. The Trustees meet on a regular basis to discuss performance of the CEO and the direction of the charity. Together with the CEO, the Trustees confirm strategy and goals; as well as agreeing future fundraising events and ideas.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1182607

Principal address

**Unit L
Radford Business Centre,
Radford Way
Billericay
Essex
CM12 0BZ**

Trustees

**Mr A Gibson
Mr P Everitt
Ms Watson
Mr T Singh Shoker**

Independent Examiner

**Daniel Bull
DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ**

Challenging MND

Report of the Trustees
for the Year Ended 31 March 2023

SUMMARY

This year we are very proud to have:

"Increased the awareness of Motor Neurone Disease as an illness with no cure"

"Increased our beneficiary numbers from 20 to 96"

"Increased our income by 265%"

"Increased the awareness of Challenging MND through networking with other charities such as the Rob Burrow and Dottie Weir Foundations, as well as the MND, various NHS Trusts, Hospitals, Hospices and the Insurance industry in the City"

As a new charity, we have learned to adapt; expect the unexpected; and resolve subsequent problems that may arise. We are honoured to have such an amazing network of volunteers and supporters, without whom our work would be so much harder.

Finally, we are of course indebted to our awe-inspiring beneficiaries who have given us such incredible feedback that we are continually inspired to work harder every day to create lifelong memories.

Approved by order of the board of trustees on 30.12.2023 and signed on its behalf by:


.....
Mr A Gibson - Trustee

Independent Examiner's Report to the Trustees of
Challenging MND

Independent examiner's report to the trustees of Challenging MND

I report to the charity trustees on my examination of the accounts of Challenging MND (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Financial Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Daniel Bull
The Institute of Financial Accountants

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Date: 12/1/2024

Challenging MND

**Statement of Financial Activities
for the Year Ended 31 March 2023**

		31.3.23 Unrestricted fund £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	259,258	92,835
Charitable activities Grants	4	55,120	4,150
Other trading activities	3	277,663	65,006
Total		592,041	161,991
EXPENDITURE ON			
Raising funds	5	157,793	59,149
Charitable activities Grants	6	148,090	6,380
Total		305,883	65,529
NET INCOME		286,158	96,462
RECONCILIATION OF FUNDS			
Total funds brought forward		148,688	52,226
TOTAL FUNDS CARRIED FORWARD		434,846	148,688

The notes form part of these financial statements

Challenging MND

**Balance Sheet
31 March 2023**

	Notes	31.3.23 Unrestricted fund £	31.3.22 Total funds £
FIXED ASSETS			
Tangible assets	11	931	2,692
CURRENT ASSETS			
Debtors	12	14,067	-
Cash at bank		436,880	145,996
		<u>450,947</u>	<u>145,996</u>
CREDITORS			
Amounts falling due within one year	13	(17,032)	-
		<u>433,915</u>	<u>145,996</u>
NET CURRENT ASSETS			
		<u>433,915</u>	<u>145,996</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>434,846</u>	<u>148,688</u>
NET ASSETS		<u><u>434,846</u></u>	<u><u>148,688</u></u>

The notes form part of these financial statements

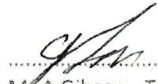
Challenging MND

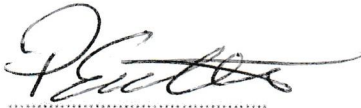
Balance Sheet - continued
31 March 2023

FUNDS	14		
Unrestricted funds		434,846	148,688
TOTAL FUNDS		<u>434,846</u>	<u>148,688</u>


The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

30.12.2023


.....
Mr A Gibson - Trustee


.....
Mr P Everitt - Trustee


.....
Ms Watson - Trustee


.....
Mr T Singh Shoker - Trustee

The notes form part of these financial statements

Challenging MND**Cash Flow Statement
for the Year Ended 31 March 2023**

	Notes	31.3.23 £	31.3.22 £
Cash flows from operating activities			
Cash generated from operations	1	291,283	99,437
Net cash provided by operating activities		<u>291,283</u>	<u>99,437</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(399)	(1,266)
Net cash used in investing activities		<u>(399)</u>	<u>(1,266)</u>
Change in cash and cash equivalents in the reporting period		<u>290,884</u>	<u>98,171</u>
Cash and cash equivalents at the beginning of the reporting period		<u>145,996</u>	<u>47,825</u>
Cash and cash equivalents at the end of the reporting period		<u><u>436,880</u></u>	<u><u>145,996</u></u>

The notes form part of these financial statements

Challenging MND

**Notes to the Cash Flow Statement
for the Year Ended 31 March 2023**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.23	31.3.22
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	286,158	96,462
Adjustments for:		
Depreciation charges	2,160	900
(Increase)/decrease in debtors	(14,067)	2,075
Increase in creditors	17,032	-
Net cash provided by operations	291,283	99,437

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22	Cash flow	At 31.3.23
	£	£	£
Net cash			
Cash at bank	145,996	290,884	436,880
	145,996	290,884	436,880
Total	145,996	290,884	436,880

The notes form part of these financial statements

Challenging MND

Notes to the Financial Statements **for the Year Ended 31 March 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Ice Custom Trike, which was purchased to provide use for the beneficiaries, is to be written down over 4 years.

Life Glider to be written down over 4 years.

Computer equipment to be written down over 4 years.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Challenging MND**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

2. DONATIONS AND LEGACIES		31.3.23	31.3.22
		£	£
Donations		<u>259,258</u>	<u>92,835</u>
3. OTHER TRADING ACTIVITIES		31.3.23	31.3.22
		£	£
Fundraising events		<u>277,663</u>	<u>65,006</u>
4. INCOME FROM CHARITABLE ACTIVITIES		31.3.23	31.3.22
		£	£
Grants	Activity Grants	<u>55,120</u>	<u>4,150</u>
Grants received, included in the above, are as follows:			
		31.3.23	31.3.22
		£	£
5. RAISING FUNDS			
Other trading activities			
		31.3.23	31.3.22
		£	£
Purchases		108,604	32,501
Trustees' expenses		837	-
Depreciation		2,160	900
Support costs		46,192	25,748
		<u>157,793</u>	<u>59,149</u>

Challenging MND

Notes to the Financial Statements - continued for the Year Ended 31 March 2023

6. CHARITABLE ACTIVITIES COSTS

		Grant funding of activities (see note 7) £
Grants		<u>148,090</u>

7. GRANTS PAYABLE

	31.3.23 £	31.3.22 £
Grants	<u>148,090</u>	<u>6,380</u>

8. SUPPORT COSTS

	Management £	Finance £	Totals £
Other trading activities	<u>43,363</u>	<u>2,829</u>	<u>46,192</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

	31.3.23 £	31.3.22 £
Trustees' expenses		
Trustees' expenses	<u>837</u>	<u>-</u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	92,835
Charitable activities	
Grants	4,150
Other trading activities	<u>65,006</u>
Total	<u>161,991</u>
EXPENDITURE ON	
Raising funds	59,149

Challenging MND

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
Charitable activities	
Grants	6,380
Total	65,529
NET INCOME	96,462
RECONCILIATION OF FUNDS	
Total funds brought forward	52,226
TOTAL FUNDS CARRIED FORWARD	148,688

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 April 2022	5,383	533	5,916
Additions	-	399	399
At 31 March 2023	5,383	932	6,315
DEPRECIATION			
At 1 April 2022	3,090	134	3,224
Charge for year	1,927	233	2,160
At 31 March 2023	5,017	367	5,384
NET BOOK VALUE			
At 31 March 2023	366	565	931
At 31 March 2022	2,293	399	2,692

Challenging MND

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade debtors	<u>14,067</u>	<u>-</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade creditors	<u>17,032</u>	<u>-</u>

14. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	148,688	286,158	434,846
TOTAL FUNDS	<u>148,688</u>	<u>286,158</u>	<u>434,846</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	592,041	(305,883)	286,158
TOTAL FUNDS	<u>592,041</u>	<u>(305,883)</u>	<u>286,158</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	52,226	96,462	148,688
TOTAL FUNDS	<u>52,226</u>	<u>96,462</u>	<u>148,688</u>

Challenging MND

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

14. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	161,991	(65,529)	96,462
TOTAL FUNDS	161,991	(65,529)	96,462

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	52,226	382,620	434,846
TOTAL FUNDS	52,226	382,620	434,846

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	754,032	(371,412)	382,620
TOTAL FUNDS	754,032	(371,412)	382,620

Challenging MND

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

Challenging MND**Detailed Statement of Financial Activities
for the Year Ended 31 March 2023**

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	259,258	92,835
Other trading activities		
Fundraising events	277,663	65,006
Charitable activities		
Grants	55,120	4,150
Total incoming resources	<u>592,041</u>	<u>161,991</u>
EXPENDITURE		
Other trading activities		
Event costs	108,604	32,501
Trustees' expenses	837	-
Plant and machinery	1,927	766
Computer equipment	233	134
	<u>111,601</u>	<u>33,401</u>
Charitable activities		
Grants to institutions	54,500	-
Beneficiary payments	93,590	6,380
	<u>148,090</u>	<u>6,380</u>
Support costs		
Management		
Insurance	638	638
Telephone	-	59
Postage and stationery	70	186
Advertising	1,661	2,617
IT costs	1,274	1,191
Professional fees	39,720	20,420
	<u>43,363</u>	<u>25,111</u>
Finance		
Bank charges	2,829	637
Total resources expended	<u>305,883</u>	<u>65,529</u>
Net income	<u>286,158</u>	<u>96,462</u>

This page does not form part of the statutory financial statements

CHALLENGING MND

England & Wales - Charity number 1182607

Accounts

REGISTERED CHARITY NUMBER: 1182607

Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2022
for
Challenging MND

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Challenging MND

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for the Year Ended 31 March 2022**

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Challenging MND

Report of the Trustees for the Year Ended 31 March 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The aim of Challenging MND is to provide financial support to sufferers of MND, to undertake any lasting memorable challenges or events with friends and family.

We aspire to create lifelong memories for people living with MND. Motor neurone disease is a cruel progressive disease which attacks the muscles in the body preventing them from working properly, but the mind stays strong. Therefore, we want to affect the here and now of our beneficiaries lives and ensure we add quality experiences to their life. We are not a research-based charity and have no intention to be.

We also see raising awareness of motor neurone disease as a major part of our work. As of today, there is still no cure, and we see this as unacceptable. By providing awareness we hope to increase the odds of a cure being found sooner rather than later and help future generations.

Since the appointment of our new CEO Liane Iles, we are looking to amend/broaden our constitution to support a greater number of beneficiaries and to grow the charity beyond the local region. Our ultimate aim is to become a national go-to charity.

Having listened to the MND community we have recognised those needs that are not currently being met, so in addition to granting physical activities for individuals living with MND and their family to create lifelong memories, we have plans to implement a Virtual Reality (VR) project with the support of Hadleigh Castle Rotary Club. This will provide individuals who are wheelchair or bed bound to continue to enjoy activities through VR. We have also recognised the importance to support family carers by providing regular respite, to allow them time to recharge their batteries in order avoid carer crisis. Finally, we want to be able to offer bespoke support for the newly bereaved.

History of the charity

Inspired by Alex Gibson, who was diagnosed with MND in 2018, CHALLENGING MND was created to provide financial assistance to sufferers of MND, to undertake lasting memorable challenges or events with friends and family.

With the onset of MND, and resulting deterioration of body function, the mind remains sharp and unaffected, making the importance of these memorable occasions invaluable.

A fundraising rugby match was held for Alex in October 2018, but rather than benefit from the proceeds of the event, Alex wanted to create something to benefit all people living with MND. The funds were used to kick start the charity, gaining charity status in March 2019.

To date, Alex's extraordinary efforts of climbing the 3 Peaks and cycling the 480 miles in between in one week; walking a double marathon; pedaling the length of the Thames in world record time before repeating the event to reset a GWR attempt, lifting one million kgs in 24 hours; and also help create this charity, continues to inspire not only those living with motor neurone disease, but also those who watch in wonderment at such great acts of selflessness in the face of adversity.

Grants

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

We received the following grants in the year:

Linmardon Charitable Trust £2,000
Dr Findlay Charitable £2,000
Tress Cazenove Grant £150

Volunteers

The charity has given numerous motivational talks to schools; sports clubs; rotary clubs; and various corporate companies, talking about motor neurone disease and also how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2022

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

Fundraising events this year include:

100k Walk with Alex Gibson
Abseil off the Orbit
Pedalo World Record attempt no 2
Gibbo Rugby Cup
Gibbo Hockey Cup
Gala Ball
Rotary Talks

We have also had several personal fundraising attempts including birthday donations.

In total we have raised £137,738.00 through our fundraising efforts.

Additionally, our founder Alex Gibson once again travelled the length of the Thames on a pedalo with 3 friends. This event was covered on national TV, radio, and press, giving the charity fantastic exposure, and raising awareness of motor neurone disease at the same time.

The charity has also given numerous motivational talks to schools; sports clubs; and corporate companies, talking about motor neurone disease and how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

Achievements/Successes

Despite the devastating impact of the Covid 19 pandemic, we are proud that we have still managed to fundraise enough money to stabilise the charity financially and give us a solid platform to really push on in the next 12 months. However, because people with MND were classed as extremely vulnerable, this meant they have had to shield for a large majority of the year, which in turn has affected the number of new beneficiaries we have been able to bring on board.

Having said that, we have managed to provide memorable days for beneficiaries in the latter part of the summer. To be told "this is one of the best days of my life" at each of the events totally vindicates our objectives of "creating lifelong memories" and our reason for existence.

FINANCIAL REVIEW

Income

We have received income this through several revenue streams:

Corporate Sponsorship
Event Sponsorship
Personal Sponsorship
Events
Donations
Grants

Income has increased to £162,000 from £110,590. An increase of 46.5%.

Expenditure currently stands at £65,500

We have two main streams of income: fundraising and grants. While fundraising is quite broad it includes money raised through our own fundraising as well as those who fundraise on our behalf. We will be adding extra focus to grants next year to help us grow the charity.

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2022

FUTURE PLANS

Currently, we are looking at rewording the constitution, in order to really help us achieve our ultimate goal of serving the MND community. By widening the remit, we as a collective organisation would be able to help provide more support and assistance to the MND beneficiary. This is currently being looked into in more depth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Organisational structure

The Charity currently has four Trustees, one Chief Executive and one Patron. Our resigning CEO Andrew Cappaert has moved on to explore opportunities elsewhere; we are thankful for his work, and we wish Andrew the best of luck in his future career. Our new Chief Executive, Liana Isles, has worked as a full-time consultant since March 2022 and is now responsible for the day-to-day running of the charity. The Trustees meet on a regular basis to discuss performance of the CEO and the direction of the charity. Together with the CEO, the Trustees confirm strategy and goals; as well as agreeing future fundraising events and ideas.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1182607

Principal address

Unit L
Radford Business Centre,
Radford Way
Billericay
Essex
CM12 0BZ

Trustees

Mr A Gibson
Mr J West (resigned 31.12.21)
Mr P Everitt
Ms Watson
Mr T Singh Shoker (appointed 1.3.22)

Independent Examiner

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Challenging MND

**Report of the Trustees
for the Year Ended 31 March 2022**

SUMMARY


In such tough unprecedented circumstances this year, we are immensely proud to have:

- " Increased the awareness of Motor Neurone Disease as an illness with no cure"
- " Increased the awareness of Challenging MND"
- " Grown the charity financially"

Although we would have liked to have brought more beneficiaries on board, this was obviously affected by the Covid 19 pandemic, we are positive with our ability to increase these numbers in the coming 12 months. As a new charity, we have learned to adapt; expect the unexpected; and resolve subsequent problems that may arise. We are honoured to have such an amazing network of volunteers and supporters, without whom our work would be so much harder.

Finally, we are of course indebted to our awe-inspiring beneficiaries who have given us such incredible feedback that we are continually inspired to work harder every day to create lifelong memories.

Approved by order of the board of trustees on 20/12/22..... and signed on its behalf by:


.....
M A Gibson - Trustee

Independent Examiner's Report to the Trustees of
Challenging MND

Independent examiner's report to the trustees of Challenging MND

I report to the charity trustees on my examination of the accounts of Challenging MND (the Trust) for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Daniel Bull
DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Date: 20 / 12 / 2022

Challenging MND

**Statement of Financial Activities
for the Year Ended 31 March 2022**

	Notes	31.3.22 Unrestricted fund £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		92,835	91,592
Charitable activities			
Grants		4,150	19,000
Other trading activities	2	65,006	-
Total		161,991	110,592
EXPENDITURE ON			
Raising funds		59,149	39,898
Charitable activities			
Grants		6,380	103,451
Total		65,529	143,349
NET INCOME/(EXPENDITURE)		96,462	(32,757)
RECONCILIATION OF FUNDS			
Total funds brought forward		52,226	84,983
TOTAL FUNDS CARRIED FORWARD		148,688	52,226

The notes form part of these financial statements

Challenging MND

Balance Sheet
31 March 2022


	Notes	31.3.22 Unrestricted fund £	31.3.21 Total funds £
FIXED ASSETS			
Tangible assets	5	2,692	2,326
CURRENT ASSETS			
Debtors	6	-	2,075
Cash at bank		145,996	47,825
		<u>145,996</u>	<u>49,900</u>
NET CURRENT ASSETS		<u>145,996</u>	<u>49,900</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>148,688</u>	<u>52,226</u>
NET ASSETS		<u>148,688</u>	<u>52,226</u>
FUNDS	7		
Unrestricted funds		148,688	52,226
TOTAL FUNDS		<u>148,688</u>	<u>52,226</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20/12/22 and were signed on its behalf by:


Mr A Gibson - Trustee


Mr P Everitt - Trustee


Ms Watson - Trustee


Mr T Singh Shoker - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Ice Custom Trike, which was purchased to provide use for the beneficiaries, is to be written down over 4 years.

Life Glider to be written down over 4 years.

Computer equipment to be written down over 4 years.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Challenging MND

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

2. OTHER TRADING ACTIVITIES

	31.3.22	31.3.21
	£	£
Fundraising events	65,006	-

No fundraising events occurred in 2021 due to the restrictions of Covid-19.

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	91,592
Charitable activities	
Grants	19,000
Total	110,592
EXPENDITURE ON	
Raising funds	39,898
Charitable activities	
Grants	103,451
Total	143,349
NET INCOME/(EXPENDITURE)	(32,757)
RECONCILIATION OF FUNDS	
Total funds brought forward	84,983
TOTAL FUNDS CARRIED FORWARD	52,226

Challenging MND

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

5. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1 April 2021	4,650	-	4,650
Additions	733	533	1,266
At 31 March 2022	<u>5,383</u>	<u>533</u>	<u>5,916</u>
DEPRECIATION			
At 1 April 2021	2,324	-	2,324
Charge for year	766	134	900
At 31 March 2022	<u>3,090</u>	<u>134</u>	<u>3,224</u>
NET BOOK VALUE			
At 31 March 2022	<u>2,293</u>	<u>399</u>	<u>2,692</u>
At 31 March 2021	<u>2,326</u>	<u>-</u>	<u>2,326</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade debtors	-	75
Prepayments and accrued income	-	2,000
	<u>-</u>	<u>2,075</u>

7. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	52,226	96,462	148,688
TOTAL FUNDS	<u>52,226</u>	<u>96,462</u>	<u>148,688</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	161,991	(65,529)	96,462
TOTAL FUNDS	<u>161,991</u>	<u>(65,529)</u>	<u>96,462</u>

Challenging MND

Notes to the Financial Statements - continued
for the Year Ended 31 March 2022

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	84,983	(32,757)	52,226
TOTAL FUNDS	<u>84,983</u>	<u>(32,757)</u>	<u>52,226</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	110,592	(143,349)	(32,757)
TOTAL FUNDS	<u>110,592</u>	<u>(143,349)</u>	<u>(32,757)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	84,983	63,705	148,688
TOTAL FUNDS	<u>84,983</u>	<u>63,705</u>	<u>148,688</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	272,583	(208,878)	63,705
TOTAL FUNDS	<u>272,583</u>	<u>(208,878)</u>	<u>63,705</u>

Challenging MND

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

Challenging MND**Detailed Statement of Financial Activities
for the Year Ended 31 March 2022**

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	92,835	91,592
Other trading activities		
Fundraising events	65,006	-
Charitable activities		
Grants	4,150	19,000
Total incoming resources	161,991	110,592
EXPENDITURE		
Other trading activities		
Event costs	32,501	5,624
Plant and machinery	766	1,162
Computer equipment	134	-
	33,401	6,786
Charitable activities		
Grants to institutions	-	100,000
Beneficiary payments	6,380	3,451
	6,380	103,451
Support costs		
Management		
Insurance	638	140
Telephone	59	278
Postage and stationery	186	21
Advertising	2,617	2,509
IT costs	1,191	-
Professional fees	20,420	30,000
	25,111	32,948
Finance		
Bank charges	637	164
Total resources expended	65,529	143,349
Net income/(expenditure)	96,462	(32,757)

This page does not form part of the statutory financial statements

CHALLENGING MND

England & Wales - Charity number 1182607

Accounts

REGISTERED CHARITY NUMBER: 1182607

Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2021
for
Challenging MND

**DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ**

Challenging MND

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Challenging MND

Report of the Trustees for the Year Ended 31 March 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The aim of Challenging MND is to provide financial support to sufferers of MND, to undertake any lasting memorable challenges or events with friends and family.

We aspire to create lifelong memories for people living with MND. Motor neurone disease is a cruel progressive disease which attacks the muscles in the body preventing them from working properly, but the mind stays strong. Therefore, we want to affect the here and now of our beneficiaries lives and ensure we add quality experiences to their life. We are not a research-based charity and have no intention to be.

We also see raising awareness of motor neurone disease as a major part of our work. As of today there is still no cure and we see this as unacceptable. By providing awareness we hope to increase the odds of a cure being found sooner rather than later and help future generations.

History of the charity

Inspired by Alex Gibson, who was diagnosed with MND in 2018, CHALLENGING MND was created to provide financial assistance to sufferers of MND, to undertake lasting memorable challenges or events with friends and family.

With the onset of MND, and resulting deterioration of body function, the mind remains sharp and unaffected, making the importance of these memorable occasions invaluable.

A fundraising rugby match was held for Alex in October 2018, but rather than benefit from the proceeds of the event, Alex wanted to create something to benefit all people living with MND. The funds were used to kick start the charity, gaining charity status in March 2019.

To date, Alex's extraordinary efforts of climbing the 3 Peaks and cycling the 480 miles in between in one week; walking a double marathon; pedaloing the length of the Thames in world record time; and also help create this charity, continues to inspire not only those living with motor neurone disease, but also those who watch in wonderment at such great acts of selflessness in the face of adversity.

Grants

We are extremely appreciative to those organisations who have given us grants, whilst at the same time are so grateful to all those organisations and individuals who have taken their time to fundraise for us.

We received the following grants in the year:

Basildon Council	£5,000
Childwick Trust	£10,000
Bruce Wake Charitable Trust	£2,500
The Grace Trust	£1,500

Volunteers

The charity has given numerous motivational talks to schools; sports clubs; and corporate companies, talking about motor neurone disease and also how to deal with setbacks in life. These talks have always been received extremely well, leading to many people wanting to volunteer for the charity.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

Fundraising events this year include:

52 Mile Walk

Abseil off the Orbit

Pedalo World Record attempt

A virtual bike ride around the UK, performed by two Under 9 rugby teams.

We have also had a number of personal fundraising attempts including a team of 6 people cycling from Land's End to John O'Groats; and an individual fundraiser cycling 333 miles in 3 days.

Unfortunately, because of the Covid pandemic, we have had to cancel a number of fundraising events including a Family Mud Run; Premiership Rugby Club Bike Ride Challenge; a golf day; and traditionally our biggest fundraiser, our Gala Ball.

In light of the pandemic, we have tried to 'think out of the box' and produced a social media campaign of "Eat A Bulb of Garlic Challenge" which raised several thousand pounds. We also provided online quizzes during lockdown and created a walk 10,000 steps per day for the month of February challenge.

In total we have raised £92,452 through our fundraising efforts.

Additionally, our founder Alex Gibson also broke the world record for travelling the length of the Thames on a pedalo with 3 friends. This event was covered on national TV, radio and press; giving the charity fantastic exposure and raising awareness of motor neurone disease at the same time.

Achievements/Successes

Despite the devastating impact of the Covid 19 pandemic, we are proud that we have still managed to fundraise enough money to stabilise the charity financially and give us a solid platform to really push on in the next 12 months.

However, because people with MND were classed as extremely vulnerable, this meant they have had to shield for a large majority of the year, which in turn has affected the number of new beneficiaries we have been able to bring on board.

Having said that, we have managed to provide memorable days for beneficiaries in the latter part of the summer. This included one beneficiary pedalling 14 miles of the River Chelmer with family and friends on a pedalo; and also arranging for beneficiaries and their friends and family to abseil off the Orbit structure outside the London Stadium.

To be told "this is one of the best days of my life" at each of the events totally vindicates our objectives of "creating lifelong memories" and our reason for existence.

Challenging MND

Report of the Trustees for the Year Ended 31 March 2021

FINANCIAL REVIEW

Income

We have received income this through several revenue streams:

Event Sponsorship
Personal Sponsorship
Events
Donations
Grants

Income has decreased from £131,500 to £110,590. A decrease of 15.90%.

Expenditure currently stands at £146,200. This large increase in expenditure (£44,000 from previous year) is largely due the decision taken to gift the MND Association £100,000 to use within their Quality-of-Life Grants and Covid-19 Emergency Grants - two areas which align neatly with our ethos and aims.

We decided to award such a large sum as we were unable to help as many people as we would have like throughout the year, due to the MND community having to shield throughout the pandemic.

We have two main streams of income: fundraising and grants. While fundraising is quite broad it includes money raised through our own fundraising as well as those who fundraise on our behalf. We will be adding extra focus to grants next year to help us grow the charity.

FUTURE PLANS

Currently, we are looking at rewording the constitution, in order to really help us achieve our ultimate goal of serving the MND community. By widening the remit, we as a collective organisation would be able to help provide more support and assistance to the MND beneficiary. This is currently being looked into in more depth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Organisational structure

Structure, Governance and Management

The Charity has four Trustees and one Patron. Our ex-trustee Andrew Cappaert, was appointed as Chief Executive in March 2020 on a consultancy basis and is responsible for the day-to-day running of the charity. The Trustees meet on a regular basis to discuss performance of the CEO and the direction of the charity. Together with the CEO, the Trustees confirm strategy and goals; as well as agreeing future fundraising events and ideas.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1182607

Principal address

Trustees

Mr A Gibson

Mr J West

Mr P Everitt

Ms Watson (appointed 2.4.20)

Challenging MND

Report of the Trustees
for the Year Ended 31 March 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

SUMMARY

In such tough unprecedented circumstances this year, we are very proud to have:

" increased the awareness of Motor Neurone Disease as an illness with no cure"

" Increased the awareness of Challenging MND"

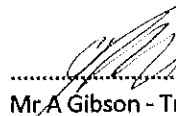
" Grown the charity financially"

Although we would have liked to have brought more beneficiaries on board, this was obviously affected by the Covid 19 pandemic, we are very positive with our ability to increase these numbers in the coming 12 months.

As a new charity, we have learned to adapt; expect the unexpected; and resolve subsequent problems that may arise. We are honoured to have such an amazing network of volunteers and supporters, without whom our work would be so much harder.

Finally, we are of course indebted to our awe-inspiring beneficiaries who have given us such incredible feedback that we are continually inspired to work harder every day to create lifelong memories.

Approved by order of the board of trustees on 16/12/21..... and signed on its behalf by:


.....
Mr A Gibson - Trustee

Independent Examiner's Report to the Trustees of
Challenging MND

Independent examiner's report to the trustees of Challenging MND

I report to the charity trustees on my examination of the accounts of Challenging MND (the Trust) for the year ended 31 March 2021.

Responsibilities and basis of report

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

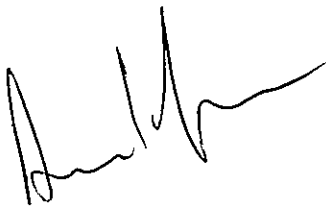
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do 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.



Daniel Bull
DANIEL JAMES
UNIT L
RADFORD BUSINESS CENTRE
RADFORD WAY
BILLERICAY
Essex
CM12 0BZ

Date:16/12/21.....

Challenging MND

Statement of Financial Activities
for the Year Ended 31 March 2021

	Notes	31.3.21 Unrestricted fund £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		91,592	88,938
Charitable activities			
Grants		19,000	-
Other trading activities	2	-	42,572
Total		110,592	131,510
EXPENDITURE ON			
Raising funds	3	39,898	46,527
Charitable activities			
Grants		103,451	-
Total		143,349	46,527
NET INCOME/(EXPENDITURE)		(32,757)	84,983
RECONCILIATION OF FUNDS			
Total funds brought forward		84,983	-
TOTAL FUNDS CARRIED FORWARD		52,226	84,983

The notes form part of these financial statements

Challenging MND

Balance Sheet
31 March 2021

	Notes	31.3.21 Unrestricted fund £	31.3.20 Total funds £
FIXED ASSETS			
Tangible assets	6	2,326	3,488
CURRENT ASSETS			
Debtors	7	2,075	2,781
Cash at bank		47,825	81,243
		<hr/>	<hr/>
		49,900	84,024
CREDITORS			
Amounts falling due within one year	8	-	(2,529)
		<hr/>	<hr/>
NET CURRENT ASSETS		49,900	81,495
		<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		52,226	84,983
		<hr/>	<hr/>
NET ASSETS		52,226	84,983
		<hr/> <hr/>	<hr/> <hr/>


The notes form part of these financial statements

Challenging MND

Balance Sheet - continued
31 March 2021


FUNDS	9		
Unrestricted funds		<u>52,226</u>	<u>84,983</u>
TOTAL FUNDS		<u><u>52,226</u></u>	<u><u>84,983</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on16/12/21.....
and were signed on its behalf by:


.....
Mr J West - Trustee


.....
Mr P Everitt - Trustee


.....
Mr A Gibson - Trustee


.....
Ms Watson - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Ice Custom Trike, which was purchased to provide use for the beneficiaries, is to be written down over 4 years.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Challenging MND

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

2. OTHER TRADING ACTIVITIES

31.3.21	31.3.20
£	£
-	42,572
<u> </u>	<u> </u>

Fundraising events

3. RAISING FUNDS

Raising donations and legacies

31.3.21	31.3.20
£	£
-	5,935
<u> </u>	<u> </u>

Support costs

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	88,938
Other trading activities	42,572
Total	<u>131,510</u>
EXPENDITURE ON	
Raising funds	46,527
NET INCOME	<u>84,983</u>
TOTAL FUNDS CARRIED FORWARD	<u>84,983</u>

Challenging MND

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

6. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2020 and 31 March 2021	4,650
DEPRECIATION	
At 1 April 2020	1,162
Charge for year	1,162
At 31 March 2021	2,324
NET BOOK VALUE	
At 31 March 2021	2,326
At 31 March 2020	3,488

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Trade debtors	75	2,264
Prepayments and accrued income	2,000	517
	<u>2,075</u>	<u>2,781</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Trade creditors	-	29
Other creditors	-	2,500
	<u>-</u>	<u>2,529</u>

9. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	84,983	(32,757)	52,226
	<u>84,983</u>	<u>(32,757)</u>	<u>52,226</u>
TOTAL FUNDS	<u>84,983</u>	<u>(32,757)</u>	<u>52,226</u>

Challenging MND

Notes to the Financial Statements - continued
for the Year Ended 31 March 2021

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	110,592	(143,349)	(32,757)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>110,592</u>	<u>(143,349)</u>	<u>(32,757)</u>

Comparatives for movement in funds

	Net movement in funds £	At 31.3.20 £
Unrestricted funds		
General fund	84,983	84,983
	<hr/>	<hr/>
TOTAL FUNDS	<u>84,983</u>	<u>84,983</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	131,510	(46,527)	84,983
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>131,510</u>	<u>(46,527)</u>	<u>84,983</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	-	52,226	52,226
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>-</u>	<u>52,226</u>	<u>52,226</u>

Challenging MND

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	242,102	(189,876)	52,226
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>242,102</u>	<u>(189,876)</u>	<u>52,226</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

Challenging MND

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	91,592	88,938
Other trading activities		
Fundraising events	-	42,572
Charitable activities		
Grants	19,000	-
Total incoming resources	<u>110,592</u>	<u>131,510</u>
EXPENDITURE		
Other trading activities		
Event costs	5,624	39,430
Plant and machinery	1,162	1,162
	<u>6,786</u>	<u>40,592</u>
Charitable activities		
Grants to institutions	103,451	-
Support costs		
Management		
Insurance	140	574
Telephone	278	264
Postage and stationery	21	119
Advertising	2,509	195
Registration fee	-	695
Professional fees	30,000	3,750
	<u>32,948</u>	<u>5,597</u>
Finance		
Bank charges	164	338
Total resources expended	<u>143,349</u>	<u>46,527</u>
Net (expenditure)/income	<u>(32,757)</u>	<u>84,983</u>

This page does not form part of the statutory financial statements