

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  
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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; pedalling 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:

  
.....  
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 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  
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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 £
<b>INCOME AND ENDOWMENTS FROM</b>			
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
<b>EXPENDITURE ON</b>			
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)
<b>RECONCILIATION OF FUNDS</b>			
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 £
<b>FIXED ASSETS</b>			
Tangible assets	5	2,692	2,326
<b>CURRENT ASSETS</b>			
Debtors	6	-	2,075
Cash at bank		145,996	47,825
		<u>145,996</u>	<u>49,900</u>
<b>NET CURRENT ASSETS</b>		<u>145,996</u>	<u>49,900</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>148,688</u>	<u>52,226</u>
<b>NET ASSETS</b>		<u>148,688</u>	<u>52,226</u>
<b>FUNDS</b>	7		
Unrestricted funds		148,688	52,226
<b>TOTAL FUNDS</b>		<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 £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	91,592
Charitable activities	
Grants	19,000
<b>Total</b>	<b>110,592</b>
<b>EXPENDITURE ON</b>	
Raising funds	39,898
Charitable activities	
Grants	103,451
<b>Total</b>	<b>143,349</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>(32,757)</b>
<b>RECONCILIATION OF FUNDS</b>	
Total funds brought forward	84,983
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>52,226</b>



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

### 6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22 £	31.3.21 £
Trade debtors	-	75
Prepayments and accrued income	-	2,000
	-	2,075

### 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
<b>TOTAL FUNDS</b>	52,226	96,462	148,688

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
<b>TOTAL FUNDS</b>	161,991	(65,529)	96,462

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
<b>TOTAL FUNDS</b>	<b>84,983</b>	<b>(32,757)</b>	<b>52,226</b>

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)
<b>TOTAL FUNDS</b>	<b>110,592</b>	<b>(143,349)</b>	<b>(32,757)</b>

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
<b>TOTAL FUNDS</b>	<b>84,983</b>	<b>63,705</b>	<b>148,688</b>

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
<b>TOTAL FUNDS</b>	<b>272,583</b>	<b>(208,878)</b>	<b>63,705</b>

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 £
<b>INCOME AND ENDOWMENTS</b>		
Donations and legacies		
Donations	92,835	91,592
Other trading activities		
Fundraising events	65,006	-
Charitable activities		
Grants	4,150	19,000
<b>Total incoming resources</b>	<b>161,991</b>	<b>110,592</b>
<b>EXPENDITURE</b>		
Other trading activities		
Event costs	32,501	5,624
Plant and machinery	766	1,162
Computer equipment	134	-
	<b>33,401</b>	<b>6,786</b>
Charitable activities		
Grants to institutions	-	100,000
Beneficiary payments	6,380	3,451
	<b>6,380</b>	<b>103,451</b>
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
	<b>25,111</b>	<b>32,948</b>
Finance		
Bank charges	637	164
<b>Total resources expended</b>	<b>65,529</b>	<b>143,349</b>
<b>Net income/(expenditure)</b>	<b>96,462</b>	<b>(32,757)</b>

This page does not form part of the statutory financial statements