

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 Doddie 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**

	Notes	31.3.23 Unrestricted fund £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	259,258	92,835
Charitable activities	4		
Grants		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	6		
Grants		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)	-
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>

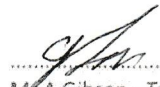
The notes form part of these financial statements

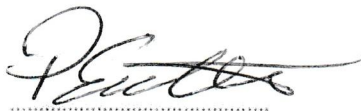
Challenging MND

Balance Sheet - continued
31 March 2023

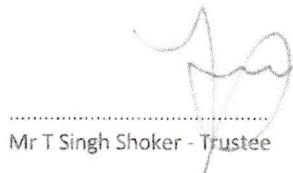
FUNDS	14		
Unrestricted funds		434,846	148,688
TOTAL FUNDS		434,846	148,688

The financial statements were approved by the Board of Trustees and authorised for issue on 30.12.2023
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 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		291,283	99,437
Cash flows from investing activities			
Purchase of tangible fixed assets		(399)	(1,266)
Net cash used in investing activities		(399)	(1,266)
Change in cash and cash equivalents in the reporting period		290,884	98,171
Cash and cash equivalents at the beginning of the reporting period		145,996	47,825
Cash and cash equivalents at the end of the reporting period		436,880	145,996

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	259,258	92,835

3. OTHER TRADING ACTIVITIES

	31.3.23	31.3.22
	£	£
Fundraising events	277,663	65,006

4. INCOME FROM CHARITABLE ACTIVITIES

	31.3.23	31.3.22
	£	£
Grants	55,120	4,150

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
	157,793	59,149

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	<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	65,006
Total	<u>161,991</u>
EXPENDITURE ON	
Raising funds	59,149

**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	<u>65,529</u>
NET INCOME	96,462
RECONCILIATION OF FUNDS	
Total funds brought forward	52,226
TOTAL FUNDS CARRIED FORWARD	<u>148,688</u>

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	<u>5,383</u>	<u>932</u>	<u>6,315</u>
DEPRECIATION			
At 1 April 2022	3,090	134	3,224
Charge for year	1,927	233	2,160
At 31 March 2023	<u>5,017</u>	<u>367</u>	<u>5,384</u>
NET BOOK VALUE			
At 31 March 2023	<u>366</u>	<u>565</u>	<u>931</u>
At 31 March 2022	<u>2,293</u>	<u>399</u>	<u>2,692</u>

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	14,067	-

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade creditors	17,032	-

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	148,688	286,158	434,846

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	592,041	(305,883)	286,158

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	52,226	96,462	148,688

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	592,041	161,991
EXPENDITURE		
Other trading activities		
Event costs	108,604	32,501
Trustees' expenses	837	-
Plant and machinery	1,927	766
Computer equipment	233	134
	111,601	33,401
Charitable activities		
Grants to institutions	54,500	-
Beneficiary payments	93,590	6,380
	148,090	6,380
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
	43,363	25,111
Finance		
Bank charges	2,829	637
Total resources expended	305,883	65,529
Net income	286,158	96,462

This page does not form part of the statutory financial statements