

MEDICAL EXPEDITIONS

England & Wales · Charity number 1187187

Details

Status Registered

Legal form CIO

Registered 2020-01-03

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

Contact

Address Pinfold
Hyssington
Montgomery
SY15 6AT

Phone 07702634302

Email simon@medex.org.uk

Website www.medicalexpeditions.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:THE ADVANCEMENT OF EDUCATION AND THE PRESERVATION AND PROTECTION OF HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY BY:A) UNDERTAKING RESEARCH INTO ALTITUDE-RELATED ILLNESSES AND DISSEMINATING THE USEFUL RESULTS FOR PUBLIC BENEFITB) RAISING AWARENESS AND EDUCATING THE PUBLIC ABOUT ALTITUDE-RELATED ILLNESSES.

Activities: To inform those venturing to higher altitudes about the illnesses associated with altitude by developing an informative website, publication of a booklet called "Travel at High Altitude" in 18 different languages and the development of a smart phone app. Further information can be found on our website including the link to the app and downloadable versions of the booklet.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31		£213	£51	-
2024-12-31		£3	£89	-
2023-12-31		£0	£74	-
2022-12-31		£0	£80	-
2021-12-31		£0	£87	-
2020-12-31		£13,834	£0	-

Trustees

Name	Role	Appointed
Dr Simon Currin	Chair	2019-06-01
Dr David Collier		2019-06-01
Dr PAUL RICHARDS		2019-06-01
Sally Currin ACA		2019-06-01

MEDICAL EXPEDITIONS

England & Wales - Charity number 1187187

Accounts



Trustees' Annual Report for the period

From 1 January 2025 To 31 December 2025

Charity name: Medical Expeditions

Charity registration number: 1187187

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of education and the preservation and protection of health in particular but not exclusively by: a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefit b) raising awareness and educating the public about altitude-related illnesses
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The dissemination of a booklet entitled <i>Travel at High Altitude</i>, the sole aim of which is to educate the public on the health risks of going to high altitude in order to keep people safe.</p> <p>The undertaking of field research at altitude has become increasingly difficult due to the prohibitive cost of insuring research expeditions at altitude. Medical Expeditions is seeking similarly aligned UK charities still actively engaged in altitude research in order to support their efforts.</p> <p>The OCC App was last updated in November 2025 and gets used between 500 and 1,000 times a year. The website gets approximately 1,000 unique visits a year and receives links from 36 different travel medicine websites. We are very keen to ensure that the booklet continues to be freely accessible.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The charity is wholly run for public benefit. No sector of society is excluded from being able to access the booklet on <i>Travel at High Altitude</i> which is freely available on our website and app.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Travel and High Altitude Medicine booklet remains a popular download from our website. Briefly the website went down due to technical software issues and we were able to solve these issues quickly when users pointed out that the download was not working. The problem had arisen because our WordPress website needed some security upgrades and this highlighted the need to have some long term funds in place to maintain the website.</p> <p>The Medex App (The electronic form of Travel and High Altitude booklet in all 18 languages) remains fully functional though this too will require long term funding to maintain.</p> <p>As mentioned in the summary above, it is unlikely that further field research at altitude will be undertaken by Medical Expeditions because of the prohibitive cost of insurance. Medical Expeditions is seeking a similarly aligned UK charity that is actively engaged in field research at altitude in order to offer financial support with the funds not assigned to maintaining access to the Travel and High Altitude Booklet download and the App.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>The only expenses of the charity during the year were the cost of the domain name and bank charges for holding the bank account. Our bank, HSBC, is now providing free banking to Charities so that next year we should not incur any bank charges. Following the opening of a savings account to sit alongside our current bank account we have received bank interest on our funds and this is supporting the payment of the domain name fee.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.
Amount of reserves held	Para 1.22	£13,689
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable
--	-----------	----------------

Additional information (optional)

You may choose to include further statements where relevant about:

A description of the principal risks facing the charity	Para 1.46	The ability to attract new trustees
---	-----------	-------------------------------------

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	As a charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed at an AGM by a vote of members.

Reference and Administrative details

Charity name	Medical Expeditions
Other name the charity uses	
Registered charity number	1187187
Charity's principal address	Pinfold Hyssington Montgomery Powys SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair		
2	Dr David Collier			
3	Dr Paul Richards			
4	Mrs Sally Currin	Treasurer		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
---	------

Exemptions from disclosure



Reason for non-disclosure of key personnel details

No exemptions from disclosure

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Simon Currin	Mrs Sally Currin
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date 7/5/26

Medical Expeditions
Charitable Incorporated Organisation

Receipts and payments accounts
For the year ended 31 December 2025

Registered with the Charity Commission For England and Wales

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the year ended 31 December 2025

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

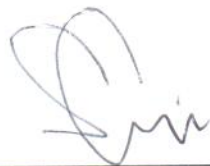
Receipts and Payments Accounts for the year ended 31 December 2025

	2025	2024
	£	£
Receipts		
Total receipts – bank interest	213	3
	<u> </u>	<u> </u>
Payments		
Bank charges	35	60
Domain name costs	16	29
	<u> </u>	<u> </u>
Net deficit/surplus	<u> </u> <u> </u>	<u> </u> <u> </u>

Statement of assets and liabilities at 31 December 2025

	2025	2024
	£	£
Cash at bank - HSBC	13,689	13,527
	<u> </u>	<u> </u>
Net assets	<u> </u> <u> </u>	<u> </u> <u> </u>
Unrestricted funds brought forward	13,527	13,613
Payments in year	162	(86)
	<u> </u>	<u> </u>
Unrestricted funds carried forward	<u> </u> <u> </u>	<u> </u> <u> </u>

Signed by



Simon Currin on behalf of the Trustees on 04/05/2026

MEDICAL EXPEDITIONS

England & Wales - Charity number 1187187

Accounts



Trustees' Annual Report for the period

From 1 January 2024 To 31 December 2024

Charity name: Medical Expeditions

Charity registration number: 1187187

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of education and the preservation and protection of health in particular but not exclusively by: a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefit b) raising awareness and educating the public about altitude-related illnesses
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The dissemination of a booklet entitled Travel at High Altitude, the sole aim of which is to educate the public on the health risks of going to high altitude in order to keep people safe. The undertaking of field research at altitude has become increasingly difficult due to the prohibitive cost of insuring research expeditions at altitude. Medical Expeditions is seeking similarly aligned UK charities still actively engaged in altitude research in order to support their efforts.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The charity is wholly run for public benefit. No sector of society is excluded from being able to access the booklet on Travel at High Altitude which is freely available on our website and app.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Travel and High Altitude Medicine booklet remains a popular download from our website. Briefly the website went down due to technical software issues and we were able to solve these issues quickly when users pointed out that the download was not working. The problem had arisen because our WordPress website needed some security upgrades and this highlighted the need to have some long term funds in place to maintain the website.</p> <p>The Medex App (The electronic form of Travel and High Altitude booklet in all 18 languages) remains fully functional though this too will require long term funding to maintain.</p> <p>As mentioned in the summary above, it is unlikely that further field research at altitude will be undertaken by Medical Expeditions because of the prohibitive cost of insurance. Medical Expeditions is seeking a similarly aligned UK charity that is actively engaged in field research at altitude in order to offer financial support with the funds not assigned to maintaining access to the Travel and High Altitude Booklet download and the App.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The only expenses of the charity during the year were the cost of the domain name and bank charges for holding the bank account. The good news for this year is that we were finally able to open a savings account to sit alongside our current bank account. A small amount of interest will now be earned each year that will contribute towards the costs of bank charges.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.
Amount of reserves held	Para 1.22	£13,527
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Additional information (optional)

You may choose to include further statements where relevant about:

A description of the principal risks facing the charity	Para 1.46	The ability to attract new trustees
---	-----------	-------------------------------------

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g. unincorporated association , CIO)	Para 1.25	As a charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed at an AGM by a vote of members.

Reference and Administrative details

Charity name	Medical Expeditions
Other name the charity uses	
Registered charity number	1187187
Charity's principal address	Pinfold Hyssington Montgomery Powys SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair		
2	Dr David Collier			
3	Dr Paul Richards			
4	Mrs Sally Currin	Treasurer		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
---	------

Exemptions from disclosure

Reason for non-disclosure of key personnel details

No exemptions from disclosure

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

Dr Simon Currin	Mrs Sally Currin
-----------------	------------------

Position (eg Secretary, Chair, etc)

Chair	Treasurer
-------	-----------

Date

--

Medical Expeditions
Charitable Incorporated Organisation

Receipts and payments accounts
For the year ended 31 December 2024

Registered with the Charity Commission For England and Wales

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the year ended 31 December 2024

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions


Charitable Incorporated Organisation

Receipts and Payments Accounts for the year ended 31 December 2024

	2024	2023
	£	£
Receipts		
Total receipts – bank interest	3	0
	<u> </u>	<u> </u>
Payments		
Bank charges	60	60
Domain name costs	29	14
	<u> </u>	<u> </u>
Net deficit/surplus	<u> </u> <u> </u> (86)	<u> </u> <u> </u> (74)

Statement of assets and liabilities at 31 December 2024

	2024	2023
	£	£
Cash at bank - HSBC	13,527	13,613
	<u> </u>	<u> </u>
Net assets	<u> </u> <u> </u> 13,527	<u> </u> <u> </u> 13,613
Unrestricted funds brought forward	13,613	13,687
Payments in year	(86)	(74)
	<u> </u>	<u> </u>
Unrestricted funds carried forward	<u> </u> <u> </u> 13,527	<u> </u> <u> </u> 13,613

Signed by  _____

Simon Currin on behalf of the Trustees on 27 February 2025

MEDICAL EXPEDITIONS

England & Wales - Charity number 1187187

Accounts



Trustees' Annual Report for the period

From 1 January 2023 To 31 December 2023

Charity name: Medical Expeditions

Charity registration number: 1187187

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of education and the preservation and protection of health in particular but not exclusively by: a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefit b) raising awareness and educating the public about altitude-related illnesses
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The dissemination of a booklet entitled Travel at High Altitude, the sole aim of which is to educate the public on the health risks of going to high altitude in order to keep people safe. The undertaking of field research at altitude has become increasingly difficult due to the prohibitive cost of insuring research expeditions at altitude. Medical Expeditions is seeking similarly aligned UK charities still actively engaged in altitude research in order to support their efforts.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The charity is wholly run for public benefit. No sector of society is excluded from being able to access the booklet on Travel at High Altitude which is freely available on our website and app.

Achievements and Performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>The Travel and High Altitude Medicine booklet remains a popular download from our website. Briefly the website went down due to technical software issues and we were able to solve these issues quickly when users pointed out that the download was not working. The problem had arisen because our WordPress website needed some security upgrades and this highlighted the need to have some long term funds in place to maintain the website.</p> <p>The Medex App (The electronic form of Travel and High Altitude booklet in all 18 languages) remains fully functional though this too will require long term funding to maintain.</p> <p>As mentioned in the summary above, it is unlikely that further field research at altitude will be undertaken by Medical Expeditions because of the prohibitive cost of insurance. Medical Expeditions is seeking a similarly aligned UK charity that is actively engaged in field research at altitude in order to offer financial support with the funds not assigned to maintaining access to the Travel and High Altitude Booklet download and the App.</p>
--	------------------	---

Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>The only expenses of the charity during the year were the cost of the domain name and bank charges for holding the bank account.</p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.</p>
<p>Amount of reserves held</p>	<p>Para 1.22</p>	<p>£13,613</p>
<p>Reasons for holding zero reserves</p>	<p>Para 1.22</p>	<p>Not applicable</p>
<p>Details of fund materially in deficit</p>	<p>Para 1.24</p>	<p>Not applicable</p>
<p>Explanation of any uncertainties about the charity continuing as a going concern</p>	<p>Para 1.23</p>	<p>Not applicable</p>

Additional information (optional)

You may choose to include further statements where relevant about:

<p>A description of the principal risks facing the charity</p>	<p>Para 1.46the</p>	<p>The ability to attract new trustees.</p>
--	---------------------	---

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	As a charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed at an AGM by a vote of members.

Reference and Administrative details

Charity name	Medical Expeditions
Other name the charity uses	
Registered charity number	1187187
Charity's principal address	Pinfold Hyssington Montgomery Powys SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair		
2	Dr David Collier			
3	Dr Paul Richards			
4	Mrs Sally Currin	Treasurer		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
---	------

Exemptions from disclosure



Reason for non-disclosure of key personnel details

No exemptions from disclosure

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Simon Currin	Mrs Sally Currin
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	28. AUGUST 2024.	

Medical Expeditions
Charitable Incorporated Organisation

Receipts and payments accounts
For the year ended 31 December 2023

Registered with the Charity Commission For England and Wales

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the year ended 31 December 2023

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and Payments Accounts for the year ended 31 December 2023

	2023	2022
	£	£
Receipts		
Total receipts	0	0
	<u> </u>	<u> </u>
Payments		
Bank charges	60	60
Domain name costs	14	0
	<u> </u>	<u> </u>
Net deficit/surplus	(74)	(60)
	<u> </u>	<u> </u>

Statement of assets and liabilities at 31 December 2023

	2023	2022
	£	£
Cash at bank - HSBC	13,613	13,747
	<u> </u>	<u> </u>
Net assets	13,613	13,747
	<u> </u>	<u> </u>
Unrestricted funds brought forward	13,687	13,747
Payments in year	(74)	(60)
	<u> </u>	<u> </u>
Unrestricted funds carried forward	13,613	13,687
	<u> </u>	<u> </u>

Signed by



Simon Currin on behalf of the Trustees on 27 August 2024

MEDICAL EXPEDITIONS

England & Wales - Charity number 1187187

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day	Month	Year	To	Day	Month	Year
	01	01	2022		31	12	2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Pinfold	
Hyssington	
Montgomery, Powys	
Postcode	SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair		
2	Dr David Collier			
3	Dr Paul Richards			
4	Mrs Sally Currin	Treasurer		

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	As a Charitable Incorporated Organisation (CIO)
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Appointed at an AGM by a vote of members.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The advancement of education and the preservation and protection of health in particular but not exclusively by:

- a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefit
- b) raising awareness and educating the public about altitude-related illnesses

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity was registered by the Charities Commission in England and Wales on 3rd January 2020. Since 1994 the charity had been incorporated and registered in Scotland and had conducted several medical research expeditions over the years, disseminating the results of the research at academic meetings. Educational courses in altitude medicine were run for clinicians. In addition the charity had been instrumental in the setting up of the diploma in Mountain Medicine and had underwritten the diploma until its transfer to the Royal College of Surgeons in Edinburgh in 2016.

One lasting legacy of all the research is the Travel at High Altitude booklet, written and compiled by the Charity in 2007 and published in booklet form to be given free of charge to people travelling to high altitudes and to those that work in the trekking industry to help to educate travellers in the health issues faced at altitude.

The Trustees have had regard to the guidance issued by the Charity Commission on public benefit and this booklet is available free of charge on an App to everyone and advertised via the Medical Expeditions website.

As the Trustees and activities had moved south of the border over the years, the decision was made to transfer the charitable organisation to be regulated in England and Wales and to close the Scottish charity. The assets from the Scottish charity were transferred to the new CIO in April 2020 and the Scottish charity and company were closed in September 2020.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The charity has continued to maintain a website and an app to enable ready access to the booklet, Travel at High Altitude, which is now a well known and highly regarded guide for people who trek and climb at altitude.

There is a link on the UK Government health travel advice website to the booklet under the section on altitude illness:

<https://travelhealthpro.org.uk/factsheet/26/altitude-illness>

Our current aim is to continue to support the distribution of the booklet free of charge.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.

Details of any funds materially in deficit

No funds are in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity will look to raise additional funds should its future activity require significant funding. The only ongoing costs of the Charity are the annual cost of the domain name for the Charities web site and from January 2022 has been the cost of bank charges as all banks are now charging charities. The Trustees give of their time freely and the Treasurer, as a Chartered Accountant, provides accountancy services free of charge to the Charity.

Section F



Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Simon Currin	Mrs Sally Currin
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date 20 JUNE 2023

Medical Expeditions
Charitable Incorporated Organisation

Receipts and payments accounts
For the year ended 31 December 2022

Registered with the Charity Commission For England and Wales

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the year ended 31 December 2022

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and Payments Accounts for the year ended 31 December 2022

	2022	2021
	£	£
Receipts		
Total receipts	0	0
	<u> </u>	<u> </u>
Payments		
Bank charges	60	0
Postage and packaging of Gamow bag	0	44
Domain name costs	0	43
	<u> </u>	<u> </u>
Net deficit/surplus	(60)	(87)
	<u> </u>	<u> </u>

Statement of assets and liabilities at 31 December 2022

	2022	2021
	£	£
Cash at bank - HSBC	13,687	13,747
	<u> </u>	<u> </u>
Net assets	13,687	13,747
	<u> </u>	<u> </u>
Unrestricted funds brought forward	13,747	13,834
Payments in year	(60)	(87)
	<u> </u>	<u> </u>
Unrestricted funds carried forward	13,687	13,747
	<u> </u>	<u> </u>

Signed by



Simon Currin on behalf of the Trustees on 12 June 2023

MEDICAL EXPEDITIONS

England & Wales - Charity number 1187187

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day	Month	Year	To	Day	Month	Year
	01	01	2021		31	12	2021

Section A Reference and administration details

Charity name

Medical Expeditions

Other names charity is known by

Registered charity number (if any)

1187187

Charity's principal address

Pinfold
 Hyssington
 Montgomery, Powys
 Postcode SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair		
2	Dr David Collier			
3	Dr Paul Richards			
4	Mrs Sally Currin	Treasurer		

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	As a Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Appointed at an AGM by a vote of members.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The advancement of education and the preservation and protection of health in particular but not exclusively by:

- a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefit
- b) raising awareness and educating the public about altitude-related illnesses

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity was registered by the Charities Commission in England and Wales on 3rd January 2020. Since 1994 the charity had been incorporated and registered in Scotland and had conducted several medical research expeditions over the years, disseminating the results of the research at academic meetings. Educational courses in altitude medicine were run for clinicians. In addition the charity had been instrumental in the setting up of the diploma in Mountain Medicine and had underwritten the diploma until its transfer to the Royal College of Surgeons in Edinburgh in 2016.

One lasting legacy of all the research is the Travel at High Altitude booklet, written and compiled by the Charity in 2007 and published in booklet form to be given free of charge to people travelling to high altitudes and to those that work in the trekking industry to help to educate travellers in the health issues faced at altitude.

The Trustees have had regard to the guidance issued by the Charity Commission on public benefit and this booklet is available free of charge on an App to everyone and advertised via the Medical Expeditions website.

As the Trustees and activities had moved south of the border over the years, the decision was made to transfer the charitable organisation to be regulated in England and Wales and to close the Scottish charity. The assets from the Scottish charity were transferred to the new CIO in April 2020 and the Scottish charity and company were closed in September 2020.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Our plans for 2021 were once again put on hold due to the pandemic. As much of our work involves advising and educating people that go to high altitude, due to the difficulty of travelling during 2021, we have been inactive. In addition, as three of the four trustees are clinicians, they have been very busy with their day jobs. There are now signs that travel to high altitude will be recovering a little and recently a medic reached for the advice on our app during a patient consultation on advice for travel to altitude. We look forward to being able to pursue our plans once restrictions are lifted and the new normal settles down.

Mention must be made of the exceptional work done during the COVID crisis by clinicians who have been previous trustees of Medical Expeditions and/or involved in the development of research and education for the charity.

- 1) Professor Andrew Pollard had been knighted for the clinical development of the Oxford AstraZeneca vaccine against COVID-19.
- 2) Volunteers who had trained or been involved in Medical Expeditions activities over the years have been prominent in the care of patients with severe COVID-19, linked to interests in low oxygen level.
- 3) One of our current trustees has been prominent in the research on severe COVID-19, linked to interests in low oxygen level (including the GenOMICC study on the genetics of severe COVID-19 published in Nature).
- 4) Dr Nick Mason, another of the Medical Expeditions alumni won the prestigious Amateur Photographer Power of Photography Award for 2021 on capturing the experience of working on ITU during the pandemic in photographs and text, which was published in The Guardian nationally.

There are many others who have contributed in numerous ways through their links to Medical Expeditions and the networks that have been established over the years, which can be called upon in an emergency, demonstrate that the work of the charity has had many benefits to the wider community.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.

Details of any funds materially in deficit

No funds are in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity will look to raise additional funds should its future activity require significant funding. The only ongoing costs of the Charity are the annual cost of the domain name for the Charities web site and from January 2022 will be the cost of bank charges as all banks are now charging charities. During the year one of the trustees packaged and posted a gamow bag to be used on a Diploma in Mountain Medicine course at a cost of £44.



The Trustees give of their time freely and the Treasurer, as a Chartered Accountant, provides accountancy services free of charge to the Charity.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Simon Currin	Mrs Sally Currin
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date 29 MARCH 2022

Medical Expeditions
Charitable Incorporated Organisation

Receipts and payments accounts
For the year ended 31 December 2021

Registered with the Charity Commission For England and Wales on 3rd January 2020,

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the year ended 31 December 2021

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and Payments Accounts for the year ended 31 December 2021

	2021 £	3 rd January 2020 to 31 st December 2020 £
Receipts		
Received from Medical Expeditions, a Scottish registered charity, on its closure	0	13,834
Total receipts	<u>0</u>	<u>13,834</u>
Payments		
Postage and packaging of Gamow bag	44	0
Domain name costs	43	0
Net deficit/surplus	<u>(87)</u>	<u>13,834</u>

Statement of assets and liabilities at 31 December 2021

	2021 £	2020 £
Cash at bank - HSBC	13,747	13,834
Net assets	<u>13,747</u>	<u>13,834</u>
Unrestricted funds brought forward	13,834	0
Payments in year	(87)	13,834
Unrestricted funds carried forward	<u>13,747</u>	<u>13,834</u>

Signed by _____



Simon Currin on behalf of the Trustees on 12 March 2022

MEDICAL EXPEDITIONS

England & Wales - Charity number 1187187

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	03	01	2020		31	12	2020

Section A Reference and administration details

Charity name

Medical Expeditions

Other names charity is known by

Registered charity number (if any) 1187187

Charity's principal address

Pinfold

Hyssington

Montgomery, Powys

Postcode

SY15 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Simon Currin	Chair	3.1.20 to 31.12.20	
2	Dr David Collier		3.1.20 to 31.12.20	
3	Dr Paul Richards		3.1.20 to 31.12.20	
4	Mrs Sally Currin	Treasurer	3.1.20 to 31.12.20	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

As a Charitable Incorporated Organisation (CIO)

Trustee selection methods
(eg. appointed by, elected by)

Appointed at an AGM by a vote of members.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The advancement of education and the preservation and protection of health in particular but not exclusively by:

- a) undertaking research into altitude-related illnesses and disseminating the useful results for public benefit
- b) raising awareness and educating the public about altitude-related illnesses

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The charity was registered by the Charities Commission in England and Wales on 3rd January 2020. Since 1994 the charity had been incorporated and registered in Scotland and had conducted several medical research expeditions over the years, disseminating the results of the research at academic meetings. Educational courses in altitude medicine were run for clinicians. In addition the charity had been instrumental in the setting up of the diploma in Mountain Medicine and had underwritten the diploma until its transfer to the Royal College of Surgeons in Edinburgh in 2016.

One lasting legacy of all the research is the Travel at High Altitude booklet, written and compiled by the Charity in 2007 and published in booklet form to be given free of charge to people travelling to high altitudes and to those that work in the trekking industry to help to educate travellers in the health issues faced at altitude.

The Trustees have had regard to the guidance issued by the Charity Commission on public benefit and this booklet is available free of charge on an App to everyone and advertised via the Medical Expeditions website.

As the Trustees and activities had moved south of the border over the years, the decision was made to transfer the charitable organisation to be regulated in England and Wales and to close the Scottish charity. The assets from the Scottish charity were transferred to the new CIO in April 2020 and the Scottish charity and company were closed in September 2020.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

During 2020, the work that commenced in 2019 to move the Scottish registered charity to England and Wales was concluded with the successful registration of Medical Expeditions with the Charities Commission in England and Wales on 3rd January 2020. Following this registration the process to close the Scottish charity and transfer the assets to the new Charitable Incorporated Organisation was undertaken. The assets which comprised the funds in the bank account of £13,834 were transferred in April 2020 and despite the restrictions imposed by COVID, the closure of the Scottish charity and incorporated company were achieved in September 2020.

Plans for 2020 had included the launch of the new charity, recruitment of new Members and Trustees and further development of our Travel at High Altitude App however all has been put on hold. Three of the four trustees, being clinicians have been heavily involved in the country's response to the COVID pandemic. In addition, travel for leisure purposes and trekking to high altitudes has all but ceased.

We look forward to being able to pursue our plans once restrictions are lifted and the new normal settles down.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Charity will maintain sufficient reserves to enable it to fulfil its current activity of supporting an online App to promote healthy travelling at altitude.

Details of any funds materially in deficit

No funds are in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The charity will look to raise additional funds should its future activity require significant funding. No payments have been made in the current year of the new charity. The Charity has one debt to pay at 31st December 2020 which is £28 for the hosting of its domain name. The Trustees give of their time freely and the Treasurer, as a Chartered Accountant, provides accountancy services free of charge to the Charity.

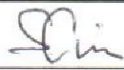
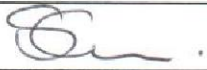
Section F

Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Simon Currin	Mrs Sally Currin
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	5 th April 2021	

**Medical Expeditions
Charitable Incorporated Organisation**

**Receipts and payments accounts
For the period 3rd January 2020 to 31st December 2020**

Registered with the Charity Commission For England and Wales on 3rd January 2020,

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and payments accounts for the period ended 31 December 2020

Trustees: Dr Simon Currin
Dr David Collier
Dr Paul Richards
Mrs Sally Currin

Address: Pinfold
Hyssington
Montgomery
Powys
SY15 6AT

Bank details: HSBC

Charitable number: 1187187

Medical Expeditions

Charitable Incorporated Organisation

Receipts and Payments Accounts for the period ended 31 December 2020

3rd January 2020
To 31st December 2020

£

Receipts

Received from Medical Expeditions,
a Scottish registered charity, on its closure 13,834

Total receipts 13,834

Payments

There was no expenditure in the period 0

Net of receipts and payments and cash funds this year end 13,834

Statement of assets and liabilities at 31 December 2020

31st December 2020

£

Cash at bank - HSBC 13,834

Net assets 13,834

Unrestricted funds 13,834

Signed by  _____

Simon Currin on behalf of the Trustees on 5th April 2021