



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		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.

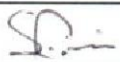

The Trustees give of their time freely and the Treasurer, as a Chartered Accountant, provides accountancy services free of charge to the Charity.

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	0	13,834
Payments		
Postage and packaging of Gamow bag	44	0
Domain name costs	43	0
Net deficit/surplus	(87)	13,834

Statement of assets and liabilities at 31 December 2021

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

Signed by



Simon Currin on behalf of the Trustees on 12 March 2022