



## Trustees' Annual Report for the period

			Period start date			Period end date		
<b>From</b>	Day 01	Month 01	Year 2022	<b>To</b>	Day 31	Month 12	Year 2022	

### Section A Reference and administration details

<b>Charity name</b>	Medical Expeditions
<b>Other names charity is known by</b>	
<b>Registered charity number (if any)</b>	1187187
<b>Charity's principal address</b>	Pinfold
	Hyssington
	Montgomery, Powys
<b>Postcode</b>	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 3<sup>rd</sup> 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**

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

**Statement of assets and liabilities at 31 December 2022**

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

Signed by



Simon Currin on behalf of the Trustees on 12 June 2023