

STAND AGAINST MND ANNUAL RETURN FINANCIAL YEAR ENDING 31 MARCH 2023

Stand Against MND was formed in January 2020 by Sam Perkins following his diagnosis of motor neurone disease (MND) in March 2019. The purpose of the charity is two-fold: (1) to raise funds and awareness to support research into a cure for MND and (2) to provide funds to palliative care services that assist those who are affected by MND, including those diagnosed with MND, but also their family and friends.

The charity continues to achieve its objectives through a range of fundraising activities and promotional events including: auctioning fantastic prizes like a bespoke firepit, local choirs singing against MND and all of our fantastic TEAM SAM supporters hiking hills, running miles and biking challenges!

A message from our founder, Sam Perkins:

"Being diagnosed with MND at the age of 37 was devastating. The offers of help and support which flooded in from family and friends as they shared in my shock gave me a great deal of comfort. With support from my wife Emma, we decided to harness that goodwill and attempt to make a difference for the MND community and the future prospects for treatments for the disease.

I am delighted that the venture we started has continued to grow and flourish. As we continue to succeed and our fund raising accelerates I find myself increasingly motivated to do more, from a personal perspective this helps immeasurably in my private Stand Against MND.

This year was incredibly special for me as it saw me complete 'One More Tri' at the Outlaw Half in May. An opportunity I thought had passed me by as a result of the COVID pandemic. To take on such a personal challenge surrounded by an incredible number of people who have helped me so much over the years, made it one of the best and most emotional days of my life.



The concept of 'TEAM SAM' became visible that day. As we look forward to an exciting future for Stand Against MND, it's only right to acknowledge that TEAM SAM is there to push and support me in every day of this journey. The Charity would not be what it is without them.

There are too many to thank here individually, but special thanks must be made to Emma, my family, the trustees, our patron Jonny, my carers and a special mention to Sue who agreed to help me with the unenviable task of keeping me on top of my admin this year.

Thanks to all for joining me in the Stand Against MND."

Section 1	Our Year in Review: - Fundraising - Awareness - Donations
Section 2	What's next? - Fundraising - Awareness - Donations
Section 3	Trustee Report
Section 4	Accounts

1. OUR YEAR IN REVIEW

Fundraising¹

We have set out our flagship fundraising challenge and partnership below to give a flavour of how we raise funds to support research into a cure for MND and services offering palliative care to those diagnosed with the disease.



In addition to those key activities, we have had supporters undertake their own personal and team challenges ranging from team triathlons, spin challenges, litter picks, charity quizzes, climbing mountains, taking on “dragons” and so much more! We can’t thank our supporters enough for joining us in our Stand Against MND.

One More Tri

SAM’s flagship challenge was for our founder Sam to complete one more triathlon.

This was achieved with the support of a twenty-strong team of athletes and support staff, Sam crossed the [Nottingham Outlaw Half Triathlon](#) with the whole team and his friends and family.



¹ The charity raises funds from the public without engaging with professional fundraisers. The charity worked informally, without the need for a formal written agreement, with a small number of commercial organisations in the FYE 31 March 2023 including, HDI Global, HUUB Design, and Delichon Limited. The charity did not receive income from contracts with central government or local authorities or from outside the United Kingdom.



The event raised over £13,000 and generated significant awareness of motor neurone disease and the charity.

Various media outlets reported on the events, including BBC East Midlands Today, ITV Central, BBC Radio Nottingham, the Mirror online, Talk Sport, 220 Triathlon Magazine and across all of the charity's social channels. HUUB Design produced three short stories capturing both the run up and the day of the event.



The HUUB videos are available to watch on the links below.

[Episode 1: The Door Slammed Shut](#)

[Episode 2: Race Day Nerves](#)

[Episode 3: What A Day](#)



Friends, family and celebrities including Jonny Owen and Vicky McClure, Kevin Sinfield OBE, Chrissie Wellington OBE, Stuart Broad, Alexander Sims and a myriad of professional triathletes sent video messages in support of Sam's One More Tri challenge.

A huge thank you to all of Team Sam: Steph Cobb (swimmer towing 100kg boat), Nick Rawling (cyclist), Glenn Clark, Greg Mitchell, Richard Carey (run team 1), Jason Lee, Simon Fotheringham, Jack Hobbs, (run team 2), Anna Critchley, Matt Julier, Professor Steve Haake OBE (run team 3), Una Lacey, Dave Manning-Ohren, Tim Heming (run team 4) Victoria Stonehouse, Rebecca Clark, Emma Perkins (run team 5), Alan Perkins, Alex Gwyn Davies (cyclist support) and Tom Rawling (run support), along with carers Maria and Marcy who assisted Sam throughout the day.



Of course our biggest thank you is for Sam Perkins for his brave and unrelenting attitude and outlook in the face of such adversity, to coordinate and participate in this event personally is truly inspirational.

Special thanks to the Outlaw organisers for ensuring Team SAM and Sam himself were well looked-after throughout the event, HUUB Design for providing the stunning team shirts and beautiful videos and photos capturing the day and Delichon Limited for providing a fully modified race chair for Sam. Without the support of these organisations, friends and family making Sam's wish to cross a triathlon finish line one more time would not have been possible.

HDI Global

SAM is proud to be the charity partner of HDI Global in 2022.

Throughout the duration of the partnership, HDI have raised over £4,500 through Chinese New Year competitions, Spooktacular Bake Sales, bike rides, triathlon challenges and have supported our own Christmas raffle by donating one of our big ticket prizes.



In Summer 2022, Sam was welcomed to the HDI offices in London to meet some of the staff driving fundraising activities and to tell them a little about the difference their money will make to the lives of those diagnosed with MND.

We are grateful for the time, effort and dedication of the staff at HDI.

Rushcliffe Golf Club

The Rushcliffe Golf Club ladies selected Stand Against MND as their chosen charity for 2022 and held various fund raising events over the course of the year.

The highest profile event was the Annual Charity Golf Day which saw a packed field compete to win the day.



Sam attended the event during the afternoon seeing competitors, including his dad, head off from the first tee. Sam then returned during the evening and gave a speech, thanking everyone for their support.

Over the year the ladies raised over £5,000 and we are extremely grateful for their continued enthusiasm for raising funds and awareness for the Charity.

Awareness

Commonwealth Baton Bearer

Sam was nominated to bear the Queen's Commonwealth Baton on the first leg of its tour in Derby City centre. Sam was pushed in his Outlaw race chair by his cousin, Ben Neath, who had nominated Sam for the role.

Ben said:

"As soon as I saw that the nomination process for being a Baton Bearer had opened I knew that Sam was a perfect fit. I wanted to nominate him as a way of not only recognising his achievements with Stand Against MND but also his unwavering positivity that has inspired others to challenge themselves, but also to say thank you for everything he has done for me personally."

"I'm also incredibly grateful to be asked to push Sam along his leg of the relay, it'll be a really proud moment for me and it will be very special to share that with Sam."



Pride of Rushcliffe winner



We were thrilled to have our founder, Sam Perkins, be nominated for and win the [Pride of Rushcliffe Award](#).

The Award's celebrate Rushcliffe's volunteers, businesses, organisations, environmentalists and the best of its health and wellbeing, sport and food and drink sectors.

Sam received the Pride of Rushcliffe Award for founding the charity Stand Against MND.

Leader of Rushcliffe Borough Council Cllr Simon Robinson said:

"Sam's story is an exceptional example of the incredible spirit an individual can show in the light of such adversity and he is an inspiration to us all. As his nominator stated, he is a well-loved person in the community and the definition of a person that makes you proud to live in Rushcliffe through all his work and positivity and I couldn't agree more."

Parliamentary Visit



Sam was invited to meet with his local MP, Ruth Edwards, at the Houses of Parliament to discuss his experience of MND and how Ruth and her colleagues can advocate for MND warriors in Parliament.

Sam also attended the public gallery to watch Prime Minister Rishi Sunak's inaugural Prime Minister's Questions and met with the Speaker of the House, the Rt Hon Sir Lindsay Hoyle, to discuss improvements to accessibility at the Houses of Parliament.

The charity will continue to work with Ruth and her team to advocate for matters that impact the MND community.

The University of Nottingham Visit

On 21 June 2022, Global MND Awareness Day, Sam was delighted to mark the occasion by visiting MND researchers at the [University of Nottingham](#), and presenting a donation cheque for £20,000.

This money will be dedicated by the [MND Association](#) towards funding projects which advance the discovery of treatments and cures for MND.

As part of his visit, Sam was given a tour of the laboratory facilities used by the MND research team. He was also able to discuss progress made by one of the projects funded by Stand Against MND with the lead researcher.

Sam said:

"It is fantastic to see where some of the research we fund takes place, and to meet Professor Layfield and his team. They are the ones at the coalface every day trying to help people like me.

Hearing about the work they do and how Stand Against MND funding has made a difference brings a sense of pride and strengthens my determination to do more."



Nottingham Forest Football Club



At the beginning of January, Sam wrote a letter to Nottingham Forest manager Steve Cooper to thank him for all of the teams recent success. In light of his MND diagnosis, Sam hadn't expected to see such a period of improvement.

To his great delight Steve Cooper phoned Sam the following day to tell him how inspirational he had found the letter.

The BBC contacted Sam as they wanted to [feature his story](#) at the following game against Leicester City. Sam did not know that the BBC had arranged for him to meet Steve after the game, and the meeting was

even happier after a Brennan Johnson brace saw Forest win the game 2-0.

Of the surprise meet and greet with Steve, Sam said: "I've been fortunate enough to have some pretty special days since my MND diagnosis almost 4 years ago. Yesterday however, was one of the best."

Since then, Sam has formed a solid relationship with Steve and the team at Nottingham Forest which has generated greater awareness of the Charity and MND through additional reports from the [BBC](#) and participation from the [Nottingham Forest players](#) in Charity promotions.

Points of Light Award Winner



On 22 March 2023, we were overwhelmed to learn that Sam had been awarded a [Points of Light Award](#) by the Prime Minister, Rishi Sunak.

Points of Light awards are given to individuals who have made an exceptional contribution to their region or community. The Prime Minister said:

"I want to thank you for all you are doing to help people like yourself who have been diagnosed with Motor Neurone Disease. I was amazed to hear how you completed last year's Outlaw Half Triathlon while in a wheelchair and on a ventilator. Your strength and determination are truly inspiring. Through your fantastic fundraising and your charity, Stand Against MND, you are helping to progress vital research. I share your hope and belief that one day we will find a cure for this awful disease."



Sam has been invited to the Houses of Parliament to meet the Prime Minister and receive his Award.

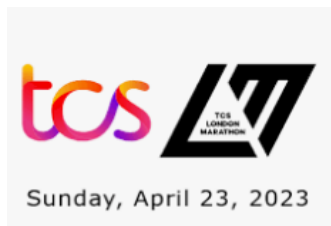
Donations

The Charity is thrilled to have made the following donations totalling £105,100.00 in FYE 31 March 2023:

- 1) 11 April 2022 £10,000 to the MNDA research project: "Connecting microRNA and autophagy disturbances in MND" – Nottingham University.
- 2) 11 April 2022 £5,000 to the MNDA Nottinghamshire Branch providing funds for equipment grants for local MND patients.
- 3) 11 April 2022 £5,000 to the Nottinghamshire Hospice helping to maintain a local palliative care service.
- 4) 7 July 2022 £20,000 to the Motor Neurone Disease Association to top up the budget for promising research projects.
- 5) 14 March 2023 £100 to the MNDA Nottinghamshire Branch for one of their local fundraisers.
- 6) 14 March 2023 £25,000 to the MNDA research project "Extracellular vesicle mediated export of microRNAs in ALS/FTD: regulation, functional consequences and biomarker significance" to mark the launch of our research partnership with the University of Nottingham.
- 7) 15 March 2023 £25,000 to the Motor Neurone Disease Association (this is a connected donation to point 6 above).
- 8) 31 March 2023 £5,000 to the MNDA Manchester Branch providing funds for equipment grants for local MND patients. Manchester was selected in recognition of one of our youngest fundraisers, Olly Foster, who is based in the area.
- 9) 31 March 2023 £10,000 to LOROS to enable the hospice to provide an extra day per week of Health Care Assistant support in patient homes throughout the Leicestershire region.

2. WHAT'S NEXT?

Fundraising



In February 2023, Sam announced he would be one of only a few assisted wheelchair users to participate in the 2023 London Marathon on 23 April and would be pushed by one of his all-time sporting heroes, Chrissie Wellington OBE alongside a support team of carers, friends and family. Sam appeared on [talkSPORT with Jonny Owen](#), [BBC News](#) and [BBC East Midlands](#) to talk more

about the challenge. Fundraising began at the end of this financial year with the event due to take place at the start of our next financial year (ending 31 March 2024).

Sam will also establish a broader campaign to encourage and motivate individual and group fundraisers outside the Charity-led challenges.

Awareness

Sam will continue to develop key existing relationships with the aims of:

- recruiting a second patron to support the Charity alongside our first patron, Jonny Owen;
- maintaining our contributions and support of relevant research projects;
- campaigning for increased support and funding for research into a cure for MND from the Government and other charities; and
- generating further opportunities for the Charity to raise awareness of MND throughout the wider public.

Donations

The Charity will maintain its focus on donating the majority of funds raised towards research projects seeking to advance progress to find a cure for MND with remaining funds donated to palliative care providers that support people with MND and their families.

3. TRUSTEE REPORT

Finances

The charity's financial period runs from 1 April to 31 March.

At the start of the financial year ending 31 March 2023 the charity carried over £52,903.28

Income for the financial year ending 31 March 2023 was £76,462.89

Expenses for the financial year ending 31 March 2023 was £5,450.05

Donations for the financial year ending 31 March 2023 was £105,100.00

This meant at the end of the financial year the Charity held £18,916, which is still more than the charity's constitution originally intended. The reason for this is that the Charity raised £13,704 in the last month of the financial year.

Going forward the Charity is going to examine how much money it should be holding at any one time due to the significant amount of money we are now raising.

The charity trustees received no remuneration for the work they did as trustees.

The Trustees declare that there have been no serious incidents and, as such, no serious incidents have been reported to the Charity Commission.

Trustee payments

Through the business, Aloha Creative Limited, Rebecca Clark (trustee and director of Aloha Creative Limited) received payment for graphic design, merchandise and printing services provided to the charity.

Paragraph references in the tables below are to SORP FRS 102.

Charity name	Stand Against MND
Other name the charity uses	SAM
Registered charity number	1187436
Charity's principal address	12 Leveret Way, East Leake, Loughborough, Leicestershire, LE12 6XX

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Alan Samuel Perkins	Founder and Chair	N/A	N/A
Emma Reid	Secretary	N/A	N/A
Alastair John Hall	Treasurer	N/A	N/A
Rebecca Clark	N/A	N/A	N/A
Victoria Clare Alvis	N/A	N/A	N/A
Greg William Mitchell	N/A	N/A	N/A
Richard Carey	N/A	N/A	N/A

Summary of the purposes of the charity as set out in its governing document	Para 1.17	The purpose of the charity is: 1) the promotion and funding of research into the nature, causes, diagnosis, prevention, treatment and cure of motor neurone disease and the publication of the results of such research; and 2) the provision of support, assistance and information to people affected (directly or indirectly) by motor neurone disease through clinical, hospice or other forms of palliative care.
--	------------------	--

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 charity has undertaken a range of activities to raise funds and awareness in line with its purpose. In particular, fundraising activities have included: the One More Tri challenge as well as various individuals undertaking their own personal challenges whilst raising funds for SAM. Awareness of MND has taken place by forming and growing relationships with various media outlets including BBC East Midlands Today and ITV as well as using social media to share events and achievements.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees receive updates from the Charity Commission regarding being a trustee. The trustees have had regard to the guidance issued by the Charity Commission in public benefit.
Policy on grant making	Para 1.38	The charity policy on grant making permits the trustees to approve the making of a grant to organisations that have the same or similar objectives to the charity.
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	The following donations were made by the charity: 1) 11 April 2022 £10,000 to the MNDA Research project: "Connecting microRNA and autophagy disturbances in MND" – Nottingham University. 2) 11 April 2022 £5,000 to the MNDA Nottinghamshire Branch.

		3) 11 April 2022 £5,000 to the Nottinghamshire Hospice 4) 7 July 2022 £20,000 to the Motor Neurone Disease Association 5) 14 March 2023 £100 to the MNDA Nottinghamshire Branch. 6) 14 March 2023 £25,000 to the Motor Neurone Disease Association 7) 15 March 2023 £25,000 to the Motor Neurone Disease Association 8) 31 March 2023 £5,000 to the Motor Neurone Disease Association 9) 31 March 2023 £10,000 to LOROS
--	--	--

Financial Review

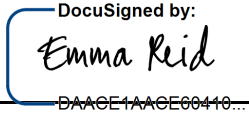
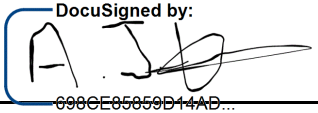
Review of the charity's financial position at the end of the period	Para 1.21	At the end of the period the charity had raised a total of £76,463 with an additional amount of £52,903 remaining from the previous period. Of this combined total the charity donated £105,100, spent £2,095 on administrative fees and purchased £3,254.45 in merchandise. This left a total £18,916 in Cash funds and approximately assets worth £2,000.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity's policy is to hold about £10,000 in reserve. This is to fund merchandise and events that we will look to hold throughout the year.
Amount of reserves held	Para 1.22	£18,916 in cash funds and £2,000 worth of merchandise assets.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A
The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity's principal sources of funds are from private fundraising.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The charity is not investing any of its funds.
A description of the principal risks facing the charity	Para 1.46	The key principal risk for the charity remains the effect the pandemic has had on the ability to coordinate in-person events that provide an opportunity to raise funds and awareness of the charity and its objectives.
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	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	As set out in the constitution, apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity.
Relationship with any related parties	Para 1.51	The charity uses Aloha Creative Limited to provide graphic design and printing services. Rebecca Clark (trustee) is a director of Aloha Creative Limited.

Declarations

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

Signed on behalf of the charity's trustees

Signature	 DAACE1AACE00410...	 698CE85859D14AD...
Full name	Emma Reid	Alastair John Hall
Position	Secretary	Treasurer
Date		

4. ACCOUNTS



CHARITY COMMISSION

FOR ENGLAND AND WALES

Stand against MND

No (if any)

Receipts and payments accounts

CC16a

For the period from

Period start date

To

Period end date

01/04/2022

31/03/2023

Section A Receipts and payments

		Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts	Date					
	JUSTGIVING Fundraising	28/03/2023	£499.32	-	£499	-
	JUSTGIVING Fundraising	27/03/2023	734.42	-	£734	-
	JUSTGIVING Fundraising	21/03/2023	348.82	-	£349	-
	PKF COOPER PARRY G	20/03/2023	100	-	£100	-
	JUSTGIVING Fundraising	20/03/2023	3033.7	-	£3,034	-
	JUSTGIVING Fundraising	14/03/2023	496.91	-	£497	-
	JUSTGIVING Fundraising	13/03/2023	1297.23	-	£1,297	-
	JUSTGIVING Fundraising	07/03/2023	93.78	-	£94	-
	JUSTGIVING Fundraising	06/03/2023	1797.96	-	£1,798	-
	RUSHCLIFFE GOLF CL	03/03/2023	5302.42	-	£5,302	-
	JUSTGIVING Fundraising	28/02/2023	72.41	-	£72	-
	CHARITIES TRUST	27/02/2023	5	-	£5	-
	JUSTGIVING Fundraising	27/02/2023	277.17	-	£277	-
	JOHN REID	27/02/2023	1500	-	£1,500	-
	PERKINS A S V04	27/02/2023	250	-	£250	-
	JUSTGIVING Fundraising	21/02/2023	52.24	-	£52	-
	JUSTGIVING Fundraising	20/02/2023	326.42	-	£326	-
	JUSTGIVING Fundraising	14/02/2023	65.27	-	£65	-
	JUSTGIVING Fundraising	13/02/2023	204.2	-	£204	-
	Unnamed donation	08/02/2023	500	-	£500	-
	JUSTGIVING Fundraising	07/02/2023	45.1	-	£45	-
	JUSTGIVING Fundraising	06/02/2023	1020.13	-	£1,020	-
	AMAZON EUROPE CORE	31/01/2023	88.48	-	£88	-
	CHARITIES TRUST	31/01/2023	5	-	£5	-
	JUSTGIVING Fundraising	31/01/2023	97.6	-	£98	-
	JUSTGIVING Fundraising	30/01/2023	1104.92	-	£1,105	-
	JUSTGIVING Fundraising	24/01/2023	62.92	-	£63	-
	JUSTGIVING Fundraising	23/01/2023	563.56	-	£564	-
	SHOPIFY International Payment	19/01/2023	14.45	-	£14	-
	JUSTGIVING Fundraising	17/01/2023	267.16	-	£267	-
	JUSTGIVING Fundraising	16/01/2023	262.9	-	£263	-
	SHOPIFY International Payment	12/01/2023	14.45	-	£14	-
	JUSTGIVING Fundraising	11/01/2023	6.89	-	£7	-
	SHOPIFY International Payment	11/01/2023	28.9	-	£29	-
	JUSTGIVING Fundraising	09/01/2023	1418.23	-	£1,418	-
	SHOPIFY International Payment	05/01/2023	43.35	-	£43	-
	JUSTGIVING Fundraising	04/01/2023	16.62	-	£17	-
	PHYSIONEEDS EAST	04/01/2023	15	-	£15	-
	Raffall Limited	30/12/2022	684	-	£684	-
	Raffall Limited	30/12/2022	306	-	£306	-
	SHOPIFY International Payment	30/12/2022	66.86	-	£67	-
	Cash raised	28/12/2022	225.89	-	£226	-

Stand Against MND is a charitable incorporated organisation
 Registration Number: 1187436 Registered Address:12 Leveret Way, East Leake, Loughborough, Leicestershire, LE12 6XX
info@standagainstmnd.com

Raffall Limited	28/12/2022	49.5	-	-	£50	-
JUSTGIVING Fundraising	28/12/2022	136.14	-	-	£136	-
PHYSIONEEDS EAST	23/12/2022	30	-	-	£30	-
Cash raised	23/12/2022	2768.5	-	-	£2,769	-
Raffall Limited	21/12/2022	64.8	-	-	£65	-
Raffall Limited	21/12/2022	10.8	-	-	£11	-
Raffall Limited	21/12/2022	3.6	-	-	£4	-
Raffall Limited	21/12/2022	89.1	-	-	£89	-
Raffall Limited	21/12/2022	19.8	-	-	£20	-
Raffall Limited	21/12/2022	301.5	-	-	£302	-
Raffall Limited	21/12/2022	196.2	-	-	£196	-
SHOPIFY International Payment	21/12/2022	14.45	-	-	£14	-
JUSTGIVING Fundraising	20/12/2022	41.52	-	-	£42	-
SHOPIFY International Payment	20/12/2022	73	-	-	£73	-
JUSTGIVING Fundraising	19/12/2022	201.42	-	-	£201	-
SHOPIFY International Payment	16/12/2022	43.35	-	-	£43	-
SHOPIFY International Payment	14/12/2022	28.9	-	-	£29	-
SHOPIFY International Payment	13/12/2022	28.9	-	-	£29	-
JUSTGIVING Fundraising	12/12/2022	151.05	-	-	£151	-
SHOPIFY International Payment	12/12/2022	14.28	-	-	£14	-
SHOPIFY International Payment	08/12/2022	43.6	-	-	£44	-
SHOPIFY International Payment	07/12/2022	175.71	-	-	£176	-
JUSTGIVING Fundraising	06/12/2022	37.99	-	-	£38	-
JUSTGIVING Fundraising	06/12/2022	184.99	-	-	£185	-
SHOPIFY International Payment	06/12/2022	101.07	-	-	£101	-
SHOPIFY International Payment	05/12/2022	57.8	-	-	£58	-
SHOPIFY International Payment	02/12/2022	51.81	-	-	£52	-
SHOPIFY International Payment	01/12/2022	43.35	-	-	£43	-
CHARITIES TRUST	30/11/2022	100	-	-	£100	-
SHOPIFY International Payment	30/11/2022	101.9	-	-	£102	-
JUSTGIVING Fundraising	29/11/2022	22.55	-	-	£23	-
JUSTGIVING Fundraising	28/11/2022	400.8	-	-	£401	-
A Stonehouse	24/11/2022	66.8	-	-	£67	-
JUSTGIVING Fundraising	22/11/2022	589.21	-	-	£589	-
JUSTGIVING Fundraising	21/11/2022	179.67	-	-	£180	-
AMAZON EUROPE CORE	15/11/2022	61.02	-	-	£61	-
JUSTGIVING Fundraising	15/11/2022	103.05	-	-	£103	-
JUSTGIVING Fundraising	14/11/2022	3183.47	-	-	£3,183	-
JUSTGIVING Fundraising	08/11/2022	36.8	-	-	£37	-
JUSTGIVING Fundraising	07/11/2022	799.13	-	-	£799	-
JUSTGIVING Fundraising	02/11/2022	34.43	-	-	£34	-
JUSTGIVING Fundraising	31/10/2022	309.52	-	-	£310	-
JUSTGIVING Fundraising	25/10/2022	299.24	-	-	£299	-
JUSTGIVING Fundraising	24/10/2022	204.6	-	-	£205	-
JUSTGIVING Fundraising	19/10/2022	146.02	-	-	£146	-
JUSTGIVING Fundraising	17/10/2022	1254.08	-	-	£1,254	-
JUSTGIVING Fundraising	12/10/2022	168.78	-	-	£169	-
JUSTGIVING Fundraising	10/10/2022	883.35	-	-	£883	-
JUSTGIVING Fundraising	05/10/2022	65.26	-	-	£65	-
JUSTGIVING Fundraising	03/10/2022	568.08	-	-	£568	-
JUSTGIVING Fundraising	27/09/2022	79.52	-	-	£80	-
JUSTGIVING Fundraising	27/09/2022	304.6	-	-	£305	-
JUSTGIVING Fundraising	20/09/2022	130.59	-	-	£131	-
JUSTGIVING Fundraising	20/09/2022	452.53	-	-	£453	-

JUSTGIVING Fundraising	14/09/2022	68.85	-		£63	-
GIVING COM LTD	13/09/2022	905.71	-		£906	-
JUSTGIVING Fundraising	06/09/2022	62.9	-		£63	-
JUSTGIVING Fundraising	05/09/2022	320.92	-		£321	-
JUSTGIVING Fundraising	30/08/2022	109.21	-	-	£109	-
JUSTGIVING Fundraising	30/08/2022	423.33	-		£423	-
HORSFORTH BREWERY	30/08/2022	350	-		£350	-
JUSTGIVING Fundraising	23/08/2022	328.59	-		£329	-
JUSTGIVING Fundraising	22/08/2022	593.88	-		£594	-
AMAZON EUROPE CORE	16/08/2022	57.16	-		£57	-
JUSTGIVING Fundraising	16/08/2022	190.83	-		£191	-
WHYTE DANIEL	16/08/2022	167	-		£167	-
JUSTGIVING Fundraising	15/08/2022	1656.45	-		£1,656	-
JUSTGIVING Fundraising	09/08/2022	305.99	-		£306	-
JUSTGIVING Fundraising	08/08/2022	1490.11	-		£1,490	-
JUSTGIVING Fundraising	02/08/2022	1120.81	-		£1,121	-
JUSTGIVING Fundraising	02/08/2022	112.75	-		£113	-
JUSTGIVING Fundraising	26/07/2022	18.97	-		£19	-
JUSTGIVING Fundraising	25/07/2022	335.84	-		£336	-
GIVING COM LTD	20/07/2022	163.8	-		£164	-
JUSTGIVING Fundraising	18/07/2022	251.86	-		£252	-
JUSTGIVING Fundraising	12/07/2022	29.67	-		£30	-
JUSTGIVING Fundraising	11/07/2022	877.22	-		£877	-
JUSTGIVING Fundraising	06/07/2022	163.85	-	-	£164	-
JUSTGIVING Fundraising	05/07/2022	465.71	-		£466	-
JUSTGIVING Fundraising	28/06/2022	145.62	-		£146	-
JUSTGIVING Fundraising	28/06/2022	795.29	-		£795	-
JUSTGIVING Fundraising	21/06/2022	221.93	-		£222	-
JUSTGIVING Fundraising	20/06/2022	1175.45	-		£1,175	-
JUSTGIVING Fundraising	14/06/2022	224.9	-		£225	-
JUSTGIVING Fundraising	13/06/2022	843.56	-	-	£844	-
JUSTGIVING Fundraising	07/06/2022	474.88	-	-	£475	-
JUSTGIVING Fundraising	06/06/2022	975.99	-	-	£976	-
JUSTGIVING Fundraising	31/05/2022	1225.85	-	-	£1,226	-
JUSTGIVING Fundraising	31/05/2022	3472.02	-	-	£3,472	-
JUSTGIVING Fundraising	24/05/2022	738.3	-	-	£738	-
JUSTGIVING Fundraising	23/05/2022	5643.04	-	-	£5,643	-
Stripe Payments UK	20/05/2022	15.45	-	-	£15	-
JUSTGIVING Fundraising	17/05/2022	527.06	-	-	£527	-
JUSTGIVING Fundraising	16/05/2022	3941.97	-	-	£3,942	-
JUSTGIVING Fundraising	11/05/2022	354.9	-	-	£355	-
AMAZON EUROPE CORE	09/05/2022	58.31	-	-	£58	-
JUSTGIVING Fundraising	09/05/2022	2909.98	-	-	£2,910	-
JUSTGIVING Fundraising	04/05/2022	892.77	-	-	£893	-
JUSTGIVING Fundraising	03/05/2022	258.77	-	-	£259	-
JUSTGIVING Fundraising	26/04/2022	115.12	-	-	£115	-
JUSTGIVING Fundraising	25/04/2022	994.77	-	-	£995	-
JUSTGIVING Fundraising	19/04/2022	472.15	-	-	£472	-
GIVING COM LTD SAF	13/04/2022	54.58	-	-	£55	-
JUSTGIVING Fundraising	11/04/2022	282.09	-	-	£282	-
JUSTGIVING Fundraising	06/04/2022	53.32	-	-	£53	-
JUSTGIVING Fundraising	04/04/2022	193.6	-	-	£194	-

	<i>Sub total (Gross income for AR)</i>	76,463	-	-	76,463	-
A2 Asset and investment sales, (see table).						
		-	-	-	-	-
		-	-	-	-	-
	<i>Sub total</i>	-	-	-	-	-
	<i>Total receipts</i>	76,463	-	-	76,463	-

A3 Payments						
Donation to LORDS	31/03/2023	10000	-	-	£10,000	-
Donation to MND Association	31/03/2023	5000	-	-	£5,000	-
Just Giving Costs	27/03/2023	46.8	-	-	£47	-
Donation to MND Association	15/03/2023	25000	-	-	£25,000	-
Donation to MND Association	14/03/2023	25000	-	-	£25,000	-
Donation to MNDA - Nottinghamshire branch	14/03/2023	100	-	-	£100	-
Payment to The Rushcliffe Golf for event	13/03/2023	897.6	-	-	£898	-
Shopify Payment	13/03/2023	258	-	-	£258	-
Gsuite payment	02/03/2023	19.2	-	-	£19	-
Just Giving Costs	27/02/2023	46.8	-	-	£47	-
Shopify Payment	09/02/2023	14.82	-	-	£15	-
Gsuite payment	02/02/2023	9.2	-	-	£9	-
Just Giving Costs	25/01/2023	46.8	-	-	£47	-
Shopify Payment	09/01/2023	54.27	-	-	£54	-
Gsuite payment	03/01/2023	9.2	-	-	£9	-
Just Giving Costs	28/12/2022	46.8	-	-	£47	-
Shopify Payment	09/12/2022	85.12	-	-	£85	-
Gsuite payment	02/12/2022	9.2	-	-	£9	-
Just Giving Costs	25/11/2022	46.8	-	-	£47	-
Payment to Aloha Creative Ltd for merchandise	24/11/2022	1380	-	-	£1,380	-
Gsuite payment	02/11/2022	9.2	-	-	£9	-
Just Giving Costs	25/10/2022	46.8	-	-	£47	-
Gsuite payment	03/10/2022	9.2	-	-	£9	-
Just Giving Costs	26/09/2022	46.8	-	-	£47	-
Gsuite payment	02/09/2022	9.2	-	-	£9	-
Just Giving Costs	25/08/2022	18	-	-	£18	-
Gsuite payment	02/08/2022	9.2	-	-	£9	-
Just Giving Costs	25/07/2022	18	-	-	£18	-
Donation to MND Association	07/07/2022	20000	-	-	£20,000	-
Payment to Aloha Creative Ltd for merchandise	07/07/2022	1568.4	-	-	£1,568	-
Payment to Aloha Creative Ltd for merchandise	07/07/2022	186	-	-	£186	-
Gsuite payment	04/07/2022	9.2	-	-	£9	-
Just Giving Costs	27/06/2022	18	-	-	£18	-
Shopify Payment	09/06/2022	12.25	-	-	£12	-
Gsuite payment	06/06/2022	9.2	-	-	£9	-
Just Giving Costs	25/05/2022	18	-	-	£18	-
Gsuite payment	03/05/2022	9.2	-	-	£9	-
Just Giving Costs	25/04/2022	18	-	-	£18	-
Donation to MND Association	11/04/2022	10000	-	-	£10,000	-
Donation to Nottinghamshire Hospice	11/04/2022	5000	-	-	£5,000	-
Donation to MNDA - Nottinghamshire branch	11/04/2022	5000	-	-	£5,000	-
Payment to Andy Stonehouse	04/04/2022	120.05	-	-	£120	-
Shopify Payment	04/04/2022	235.62	-	-	£236	-
Gsuite payment	04/04/2022	9.12	-	-	£9	-
		-	-	-	-	-
Sub total		£110,450.05	-	-	110,450	-

A4 Asset and investment purchases, (see table)							
		-	-	-	-	-	-
		-	-	-	-	-	-
	<i>Sub total</i>	-	-	-	-	-	-
	<i>Total payments</i>	110,450	-	-	110,450	-	-
	<i>Net of receipts/(payments)</i>	- 33,987	-	-	- 33,987	-	-
A5 Transfers between funds		-	-	-	-	-	-
A6 Cash funds last year end		52,903	-	-	52,903	-	-
	<i>Cash funds this year end</i>	18,916	-	-	18,916	-	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Money raised not yet donated. 18,916 - - Total cash funds (agree balances with receipts and payments account(s)) OK	18,916	-	-
B2 Other monetary assets	Details - - - - - -	-	-	-
B3 Investment assets	Details Fund to which asset belongs Cost (optional) Current value (optional) - - - - -	-	-	-
B4 Assets retained for the charity's own use	Details Fund to which asset belongs Cost (optional) Current value (optional) - - - - - - - -	-	-	-

B5 Liabilities

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees				
Signature		Print Name	Date of approval	
<i>A J Hall</i>		Alastair Hall	08/02/2024	
<i>E Reid</i>		Emma Reid	11/02/2024	