

MEDWAY ASTHMA SELF HELP GROUP (MASH)

England & Wales · Charity number 1196597

Details

Other names MEDWAY ASTHMA SELF HELP

Status Registered

Legal form CIO

Registered 2021-11-16

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

Contact

Address Medway Asthma Centre
131 Watling Street
Gillingham
ME7 2YY

Phone 01634855844

Email admin@medwayasthmaselfhelp.co.uk

Website www.medwayasthmaselfhelp.co.uk

Activities

Objects: THE OBJECTS OF MASH ARE TO RELIEVE THE NEEDS OF PEOPLE DIAGNOSED WITH AND AFFECTED BY ASTHMA, AND BY EXTENSION THEIR FAMILIES AND CARERS, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF SUPPORT AND INFORMATION RELATING TO ITS CAUSES AND TREATMENT AND TO ADVANCE THE EDUCATION OF THE GENERAL COMMUNITY OF MEDWAY IN THE CONDITION OF ASTHMA.

Activities: Medway Asthma Self-Help (MASH) is committed to making information about asthma available to all people in Medway. It also provides access to professional help for people with asthma, and their carers, in Medway. It works closely with local health providers and other community organisations.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups

Geography

- Medway

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£22,148	£35,217	-	-
2024-09-30	£28,406	£31,535	-	-
2023-09-30	£19,301	£28,981	-	-
2022-09-30	£30,305	£26,851	-	-

Trustees

Name	Role	Appointed
Dr MARTIN FAREBROTHER	Chair	2024-11-21
BRIDGET NIGHTINGALE		2026-02-05
Christina Melanie Stamp		2025-09-10
Fiona Pender		2025-08-15
JUDITH PENDER		2010-01-14

MEDWAY ASTHMA SELF HELP GROUP (MASH)

England & Wales - Charity number 1196597

Accounts



2024 - 2025 ANNUAL REPORT

Medway Asthma Self Help

Registered Charity Number 1196597

Charitable Incorporated Organisation

01634 855844

www.medwayasthmaselfhelp.co.uk

admin@medwayasthmaselfhelp.co.uk

131 Watling Street, Gillingham, Kent ME7 2YY

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Medway Asthma Self Help **(MASH)**

Established in 1996, MASH supports people and families affected by asthma through provision of support and information relating to causes of asthma and its effective treatment, and by raising awareness of asthma in the general community of Medway.

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Acknowledgements

Dr Martin Farebrother
Alan Stockey
Cllr Chrissy Stamp
Emma Joy
Fiona Pender
Samantha Whybrow
Dr Paula Hamilton
Judith Pender
Julie Millett
Holly Avery
Kirsty Ferguson
Adam Spicer
Andrew McGoffog
Anir Manivannan
Arya Manivannan
Asha Saroy
Bridget Nightingale
Carole Coulthard
Clive Johnson
Diana Smith
Holly Recht
Isabella Boyle
Jessica Pender
Julie Critcher
Joanna Sloat
Katie Lowe
Mark Spicer
Michael Turner
Michaela Temperley
Nanili Manivannan
Peter Wearing
Sean Hanna
Wendy Plamer
Cllr Dan McDonald
Cllr Gary Etheridge
Cllr Hazel Brown
Cllr John Williams
Prof. John Dickinson
Chris and Christine Rogers
Dorte Gilry
Nicki Georgini
Asthma and Lung UK
Bedfont Scientific Ltd
Belinda @ Luci-Belle Crystals
British Lung Foundation
Ade Bimpy
Amy @ Tropic Skincare
Anne-Marie Moore
Barbara Smith
Belinda Baker
Canva
Central Theatre, Chatham
Charity Digital

Chloe-Anne Air Ambulance
Fundraiser
Co-op Community Fund
Charlotte @ Refind Glamour
Claire and Aidan @ Beyond
Beauty
Deborah @ Mid Kent
College
Diggerland, Strood
Dragonfly Crystals
East Medway University
of the Third Age (U3A)
EasyFundraising
Elite Kent Mobile Massage
Emma Vernon
Eureka Direct
Farmasi Beauty -Hannah
Fiona Mukhtar
Frank Whittaker
From Our Hands to Yours
Funding For All
Georgie Marian
Hannah Calvert
Healthwatch Medway
Heike Dardis
Historic Dockyard,
Chatham
Helen O'Neill
Iain Ferguson Carpentry
IONOS
Imprint Media Designs
Inter Medical
Kieran Poole
Kent Community
Foundation
In Kind Direct
Janet Cheeseman
Jennifer Sutton @ Wave Community
Bank
Julie Martin
Karen @ The Lotus Hair Room
Koko Tan and Brows
Kiki's Cakes
Kirstie Reynolds
Lauren Witham
Lisa Gibbs
Lisa Lee
Louise Peat
Louis Phillpot @ Medway Council
Maliwan Massage and Therapy
Margaret Smith
Microsoft
Mediclinic Pharmacy

Medway CCG
Medway Community
Healthcare
Medway Council
Medway Lottery Community Fund
Medway Park
Medway Voluntary Action
Melts By Lauren
Michelle Covill
Mini Maisie Makes
Munya Badze @ Medway Council
Nicola Kingston
Nucleus Arts
Omni Osteopathy
PayPal Giving Fund
Rachel Turner
Rainham Eco Hub
Rainham Nutrition Club
Robyn Mapp
Rochester Cathedral
Rochester Eco Hub
Roko Health Club
Sarah at Scentsy
Sally Anne
Spensley's Pharmacy,
Twydall
St Augustines Church
St Margaret's Millennium Centre
Sue Patey @ Colour 4 Confidence
Sylvia Ottway
Tesco Stores throughout
Medway and in particualr
Gillingham and Rainham
Tesco Community Fund
Tina Ullah
Tilly's Treasure Box
Terri Rhodes
The Department for Digital,
Cultural, Media and Sport DCMS)
The Gary Bush Foundation
The Growth Place
The Millennium Centre, Rainham
The Transformation Academy
The Whitehead Monkton
Charitable Foundation
Terri Rhodes
Universal Stores, Lower Stoke
University of Greenwich
University of Kent
Watling Street Post Office
Waitrose, Longfield

Chair of Trustee's Report

It has been 15 months since the last AGM in November 2024. Since then there have been two periods for MASH. For the first 9 months, up to July 2025 MASH achieved a great deal, with increased activity and strengthening of services. However in the last 6 months there have been major difficulties with the clinic service, as explained below. This has been very challenging.

As members will know, MASH has for more than 30 years provided an outreach and information service to asthma sufferers, their relatives, and others. Also for 28 years MASH has provided a clinic service, offering advice to those with asthma or possible asthma about diagnosis and management of their condition. This service is provided by an Asthma Specialist Nurse (ASN), who makes recommendations for patients and for their GPs. We know from feedback from patients, from GPs, from Medway Maritime Hospital, and from Medway Council, that this service is highly valued, and provides advice to many asthmatics that is not at present available elsewhere.

The first half of the year was overwhelmingly positive. With support from various funders including Tesco Community Grants and The Gary Bush Foundation, MASH undertook a full programme of outreach and fundraising – working in partnership with various other organisations including MCH and School nurses. Also with Medway Breathes, which particularly increases awareness and resources in schools. This is linked to the campaign to reduce car engine idling near schools. Our Coordinator Kirsty Ferguson strengthened her fundraising experience and skills through various training courses.

MASH invested in and developed our clinic service, with help from several funders including Whitehead and Monkton Charitable Foundation and Medway Lottery Community Fund, Medway Councillors Ward Improvement Funds and Bedfont Scientific Ltd. In May the clinic went digital with new clinic management software. The present Asthma Specialist Nurse, Holly Avery, who took over from Julie Millest in Autumn 2024, completed her training. A new spirometer was purchased. With the help of funders additional clinics were undertaken and the waiting list was significantly reduced.

During the first half of 2025 the Trustees were greatly assisted by Katie Lowe, who as a project reviewed and updated most of the important MASH policies. This was an important improvement in governance. MASH was also fortunate to be helped by another volunteer, Mark Spicer, an IT Specialist in business, who acquired free or at low cost better computer equipment and software, and implemented the new clinic management system. He is also now Data Protection Officer (DPO) for MASH. We are indebted to both Katie and Mark.

With great regret MASH was forced to suspend the clinic service in July 2025. One reason was the appearance of mould in the MASH premises, adjacent to the clinic room. This was traced to water penetration from a leaking gutter on the floor above. This has been repaired by the landlord, and the premises are drying out.

The other reason for the suspension is that it became apparent, in relation in particular to the restoration of a spirometry service, that some MASH clinic activities require registration with the Care Quality Commission (CQC). Since then, MASH has made considerable progress towards a CQC application. MASH trustees and volunteers have been working hard on the governance and budget implications, which will increase considerably associated with CQC registration, Good progress has been made and most major things are now in place to be able to submit an application.

The main outstanding requirement is to assure the CQC of funding to provide the clinic service. For many years, MASH has received NHS funding. This has now been terminated because the clinic service is not being provided, but the CQC application requires this, or equivalent funding guarantees, to be successful. The NHS funding met the major part of the expenses of the clinic. The Trustees think that a way forward has been found to re-instate at least part of the clinic service, partly using donated funds, and we hope that the CQC application can be submitted very soon.

MASH is largely a volunteer-led self-help group and without the support of our many volunteers and members we would not exist. In addition to Katie and Mark, already mentioned, we thank Andrew McGuffogg, for help with the accounts, and Bridget Nightingale and Peter Wearing. Also to Chris Harvey, for again examining and certifying the accounts. And particular thanks to Kirsty Ferguson, Administrator, Coordinator and Fundraiser, for her hard work and continued enthusiasm.

I would personally like to thank the Trustees for their help and hard work during this difficult year. Thanks to Emma Joy and Samantha Whybrow, who stood down during the year. We have been joined by Fiona Pender, formerly Administrator at MASH and now manager of a larger charity, and Chrissy Stamp, Councillor for Watling Ward. And especial thanks to Alan Stockey, who is standing down at the AGM. He has been Secretary, and took on the role of Treasurer in addition last year. He is also our main link to Medway Breathes, and the schools programmes, and will continue this link as a volunteer. Finally to Judith Pender, who has soldiered on despite a major injury, and is a founder member of MASH.

We desperately need more trustees to be able to continue MASH and we urge anyone who can help us to come forward to speak to us as soon as possible. We also need your ideas and feedback. Your views will help feed into the direction MASH will take at this challenging time. We need to know how we have helped so we can strengthen our case for support. We appeal to all to please respond to the survey which is soon to be circulated..

So we enter 2026 hoping to reach more people in the community than ever with outreach activities, and to re-instate the much-needed clinic service. I hope that there will be more news on some of these matters to report at the AGM.

Martin Farebrother
Chair of Trustees

Could you be a MASH Trustee?

We are always looking to expand and strengthen our trustee board, to help us continue to support people and families affected by Asthma in Medway.

We are looking to expand the board with a range of skills, expertise and interest in the following areas (including but not limited to)

- People with asthma
- People who care for or work with people with asthma
- People with Human Resource experience
- People with Accountancy experience
- People with Social Media experience
- People with IT experience



If you could give a few hours each month to support your local asthma charity, please get in touch to discuss on admin@medwayasthmaselfhelp.co.uk or call 01634 855844

Volunteering with MASH

MASH volunteers are an essential part of our charity. They help support our clinics, outreach, fundraising events and also help in the office. We are always looking to increase our number of volunteers, meaning we can increase our reach and services within the local community. Any amount of time that you are able to spare to help us, will be very gratefully received.

We would also like to hear from you if you have any fundraising ideas.

We are pleased to be part of the Medway Time Tempo Credit Scheme, allowing volunteers to earn Time Credits for their time contributed to MASH. These can be spent on accessing activities across a nationwide network, as well as within Medway.

You can email us on admin@medwayasthmaselfhelp.co.uk or call 01634 855844 to find out more.

*We ♥ our
Volunteers*

Coordinator Report

What a year we have had! With many ups and downs over the last 12 months, here are some highlights!

With an ever increasing waiting list, enquiries and calls for information, MASH has continued to serve the people of Medway who need us.

We further increased our clinic capacity with thanks to a successful funding application to The Whitehead Monkton Charitable Foundation, allowing us for 2 extra clinic sessions a month for 6 months. This helped us to reduce our waiting list from 18 weeks to 8-10 weeks. It was wonderful to be able to help many of our clients and we was so pleased to be able to reduce their waiting time. The majority of our appointments have been face to face, with very few being carried out via telephone. This ensures everyone can have a thorough examination from Holly, our Specialist Asthma Nurse. We thank everyone for their patience for the ever growing waiting list, we will be with you as soon as we can.

With that said, we have had a few difficulties within our Centre and sadly had to temporarily close our clinics due to maintenance in the latter half of the year (please see Chair's Report on page 5) . This has taken longer than expected resulting in the waiting list now hitting 25 weeks.

We have also been very busy with our outreach events. We visited All Saints Church supporting Carers First, we also set up a stall at The Pentagon Centre, Chatham and spoke to many lovely visitors being able to give out advice and information to those in need. We visited Medway Schools as part of the Asthma Friendly Schools Scheme, informing staff about our services. We visited GP surgeries, speaking to the people who refer our clients to us and discussing asthma care. We also visited some of our regular events including The Medway Mile at Medway Park, The Rochester Eco Hub Christmas Fayre and The Salvation Army Christmas Fayre. We also spent some time in Medway Maritime Hospital during #AskAboutAsthma week speaking to both Healthcare Professionals and the general public.

We did an answer and question session, where we asked our clients for questions about asthma that they wanted answered. All of these can be found on our social media pages. We had questions that included 'Can children outgrow asthma', 'What is something you wish people understood better about living with asthma', 'What are signs of poorly controlled asthma in my child', 'How do I know if my child has asthma' 'What is the difference between a reliever and preventer inhaler', 'Can asthma be life threatening' 'Should I be using a spacer' and 'How much is too much of my reliever inhaler'. Please take a look on our social media pages on Facebook, Instagram and X to see the whole display of questions.



Via our outreach we visited several children and young peoples groups including Brownies, Beavers and Preschools, talking to them about how they can manage their own asthma and also how to support their peers if they have asthma too. The children were so engaged with what we was talking about and went away full of information and excitement.

We have partnered with the Medway Breathes project in supplying over 40 schools with Emergency Asthma Inhaler Kits too. This is a great initiative and with so many schools now having an emergency inhaler, meaning the children of Medway with asthma are even safer!

Our fundraising events have also been very successful with several quizzes, a Pamper Evening and a Christmas Market. All these events raise much needed funds for us. We also attended the Funding For All Makers Market, where we was kindly donated some beautifully baked goods and cushions from volunteers and a small local business to sell and raise some funds!

We have also been very busy submitting applications for bids, with several being successful and some still going through the shortlist process. It is increasingly more difficult, each year to be triumphant in bid applications, with only 1 in 6 bids being awarded. The competition is very fierce with so many worthwhile charities bidding for the same pot of money!

We have been fortunate to increase our volunteers pool with new recruits helping us with our IT system, bookkeeping and clinic sessions as well as our outreach! We are so grateful for all of our volunteers that give up their time to help us. Without you we would not be able to carry out the work that we do, so thank you to all of our wonderful volunteers!

Our trustee board has seen a few changes in the last 12 months, with us saying goodbye to Emma and Sam, and hello to Fiona and Chrissy. Thank you to all of our trustees for their continued hard work, enthusiasm and dedication to MASH!

Within our advice sessions, we have seen the implementation of some practice management software that allows us to digitalise our appointment system. It has proven to be very successful with emails being sent out to our clients upon booking an appointment and email reminders being sent via email and text on the run up to their appointment. It also allows us to pull data from it that we can easily analyse for our funding applications.

Kirsty Ferguson
Coordinator and Fundraiser



What is the MyAsthma App?

The my mHealth App (myAsthma) is a self management app, that is designed to empower patients with comprehensive tools and information to manage their asthma more effectively. It offers


- Personalised Asthma Action Plans
- Medication List
- Weather Reports
- Education
- Videos

The app is free to download, and you can log in via your NHS login




Should my child be using their spacer?

YES! Everyone should be using a spacer with a metered dose inhaler, even adults. Without a spacer, most of the medication ends up at the back of the throat or is swallowed. With a spacer, the majority of the medication reaches the airways where it is needed (as per image below)



Can asthma be life threatening?

Unfortunately, yes can be life threatening and over 1000 people a year die from asthma. This is why it is so important for asthma to be well controlled and for patients to understand when to seek medical help.



Clinic Report

Holly, our nurse has been busy seeing some wonderful clients this year. Please see what she has to say below . . .

‘It has been a busy year, seeing approximately 226 children and adults between October and July.

The new NICE guidelines on asthma were published in November 2024 and the new recommendations have been very interesting, advising that adults start on MART or AIR plans. Many adults seen in clinic have found this to be life changing for their symptoms and quality of life so this seems to be a very positive change to practice.

We continue to be supported by our amazing volunteers and Kirsty our admin, as well as external companies such as Bedfont who support us with our FeNO equipment servicing and parts. We also have purchased new spirometry equipment with support from the company, which will allow us to do additional testing in line with the NICE guidelines.’

Holly Avery
Specialist Asthma Nurse



Clinic Feedback

Here are the most common things our clients feedback to us . . .



Treasurer's Report

In 2024-25, MASH recorded an income of £22,148, down from £28,406 in 2023-24. At the end of September 2025, available funds totalled £26,825, of which £10,441 was held in reserve, including £7,441 wind-up funds. At the end of the year restricted funds carried through to 2025-26 amounted to £4,184.

One of the main sources of income for the year was from the NHS. This has been in place for many years to provide clinic support at our one-to-one advice clinics. Income was significantly less than previous years as a result of the ICB service provider structure reviews, which resulted in only a partial year's funding being received within this financial year. This has been the main reason for the drop in income year on year. Subsequently, following the pausing of our clinic service, for reasons outlined in the Chairmans report, the contract has now ended.

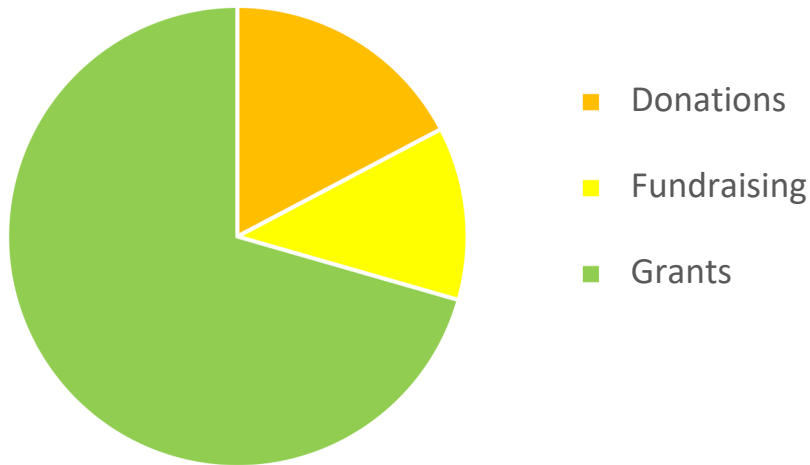
Other main sources of funds have included Ward Improvements Funds - Medway Councillors have been generous in remembering us in their allocations – these have been largely restricted to upgrades to our clinical operations. Since the clinics have been paused some of this has been carried over to 2026.

Other funders have included Tesco via their in store blue token votes, resulting in an award of £1,500 for clinics (£1,125 again carried forward, with a further £375 to be received at project end) and earlier in the year MASH secured a £2,500 grant from Whitehead Monckton which enabled us to add some additional clinics in order to address the waiting list and see more clients. The team have stepped up efforts to raise funds from trusts and foundations to help cover core costs as well as support of outreach projects. In 2026 MASH also aims to raise funds to reinstate our clinic service. We have had some success since the financial year end.

Just over £3,500 has been donated during the year, including £2,000 received from the Gary Bush Foundation with gratitude. Regular donations have equalled £255 - this is an area we see some potential to develop, starting with our appeal planned for January 2026.

Fundraising in the community was around the same level as the previous 2 years, largely from regular popular and well-established events including quizzes and pamper evenings. Moving forward MASH will be reviewing and strengthening its community fundraising efforts, while keeping well established events we will look for new ways to raise awareness of MASH in the community while raising much needed funds. MASH now aims to have at least one initiative each month

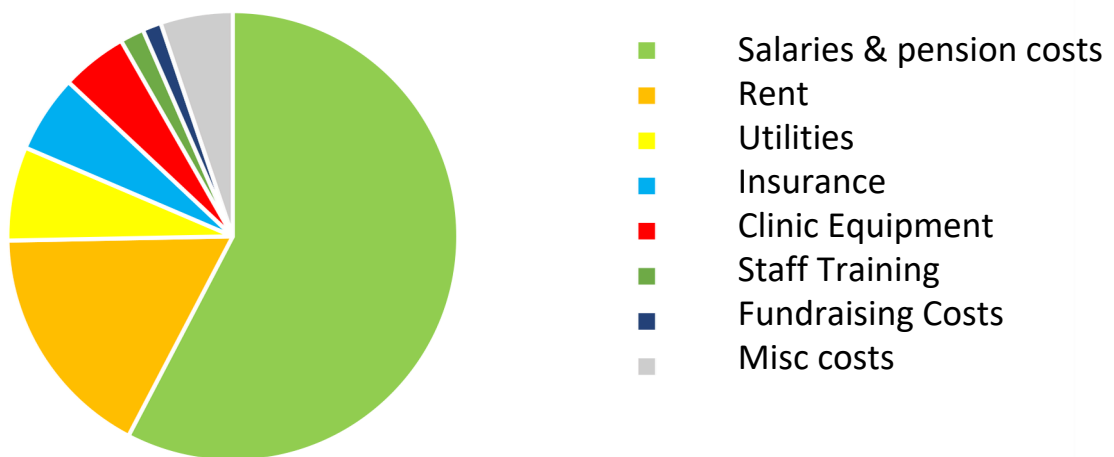
MASH Income 2024-25



MASH's 2024-25 expenditure was £35,217, broken down below. The largest outgoing was salaries of our two part-time employees and costs associated with our premises. The cost of running a weekly clinic, with an allocation of relevant costs is approximately £14,000 per year.

Costs have increased by almost 12% in 2024-5, largely as a result of investment in clinic operations and training, additional activities and obtaining specialist legal guidance associated with professional indemnity insurance.

MASH Expenditure 2024-25



With the income significantly lower than expenditure, MASH has seen a funding deficit of £13,069 in 2024-25, the deficit growing year on year in large part due to changes in the timing and allocation of NHS funding, previously paid on an annual basis and rising costs.

It has been a difficult six months at MASH; fundraising has been tricky with much uncertainty since July when we paused our clinics. Over the past six years our activities have been supplemented from a significant reserve, but the cushion has now largely gone. There is significant work to do to raise funds to cover operational costs into 2026-27, particularly in the light of the loss of the NHS funding that had been in place for many years. The trustees and staff are now working hard to address the shortfalls, seeking new sources of funding, massively increasing efforts with funding applications and community fundraising while looking for ways to streamline costs.

We are grateful to the organisations below who have helped our work with grants and donations.

I would also like to thank all individuals who have continued to support MASH and especially to Andrew McGuffog for his oversight of petty cash and credit card spending, and our independent examiner Chris Harvey for all the help and guidance he has given towards the preparation of the accounts.

Alan Stockey
Treasurer and Trustee

We are grateful to the following organisations who have supported our work with grants and donations



MASH - A Year In Photos



Medway Asthma Centre

Medway Asthma Self Help

Registered Charity Number 1196597

131 Watling Street, Gillingham, Kent ME7 2YY

01634 855844

admin@medwayasthmaselfhelp.co.uk

Facebook @Medway.SelfHelp

X @MedwayAsthma

Instagram @medwayasthma

Opening Times

Monday 9.00am -12 noon - Office Only

Thursday 5.00pm - 8.00pm - Phone Line Only

Friday 2.00-5.00pm - Clinic Only

Clinic Details

When the clinic service can be resumed, a 30-minute consultation with a specialist asthma nurse will be available on Fridays, by appointment only.



Financial Statement

For the year ended 30th September 2025

For Medway Asthma Self Help

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General Information

Independent Examiner's Report

Receipts and Payment Accounts

Medway Asthma Self Help (MASH)

General Information for the year ended 30th September 2025

Trustees:

Mr. Alan Stockey (Treasurer)
Ms. Chrissy Stamp
Miss Emma Joy
Ms. Fiona Pender
Mrs. Judith Pender
Mr. Martin Farebrother (Chair)
Miss. Samantha Whybrow

Address:

131 Watling Street,
Gillingham,
Kent,
ME7 2YY

Charity Number: 1196957

Independent Examiner: Mr Christopher Harvey



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Medway Asthma Self Help Group

No (if any)
1196597

CC16a

Receipts and payments accounts

For the period from	Period start date 01/10/2024	To	Period end date 30/09/2025
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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					
Donations	3,502	-	-	3,502	4,136
Grants	6,358	9,268	-	15,626	20,946
Fundraising	2,449	-	-	2,449	2,776
Interest	571	-	-	571	548
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	12,880	9,268	-	22,148	28,406
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,880	9,268	-	22,148	28,406
A3 Payments					
Rent & Insurance	7,398	562	-	7,961	6,312
Telephone & Internet	876	-	-	876	1,387
Water, electricity & cleaning	935	562	-	1,498	1,880
Fundraising & publicity	473	-	-	473	1,180
Training	1	605	-	606	920
Stationery & postage	105	-	-	105	-
Clinic	46	1,624	-	1,670	673
Miscellaneous	1,531	123	-	1,654	1,296
Bank Fees	68	-	-	68	35
Salaries and pension costs	14,993	5,314	-	20,308	17,852
	-	-	-	-	-
Sub total	26,426	8,791	-	35,217	31,535
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	26,426	8,791	-	35,217	31,535
Net of receipts/(payments)	- 13,546	477	-	- 13,069	- 3,129
A5 Transfers between funds	922	- 922	-	-	-
A6 Cash funds last year end	35,265	4,629	-	39,894	43,024
Cash funds this year end	22,642	4,184	-	26,825	39,895

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank Accounts	12,069	4,184	-
	Petty Cash	131	-	-
	Reserves	10,441	-	-
	Total cash funds	22,641	4,184	-
	<small>(agree balances with receipts and payments account(s))</small>	Agreement Error	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details		-	-
			-	-
			-	-
			-	-
			-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details		-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval

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England & Wales - Charity number 1196597

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MEDWAY ASTHMA SELF HELP



ANNUAL REPORT 2023 - 2024

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Charitable Incorporated Organisation

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Established in 1996, MASH supports people and families affected by asthma through the provision of support and information relating to the causes of asthma and its effective treatment, and by raising awareness of asthma in the general community of Medway

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Acknowledgements

MASH is very fortunate to be supported by many people and organisations this year. A number of them are acknowledged below.

Dr Clive Johnson	Charity Digital	Omni Osteopathy
Alan Stockey	Co-op Community Fund	Rainham Eco Hub
Emma Joy	Charlotte @ Refind Glamour	Rhia's Treasures
Wei Wei	Claire and Aidan @ Beyond Beauty	Rochester Eco Hub
Samantha Whybrow	Deborah @ Mid Kent College	Roko Health Club
Dr Paula Hamilton	Diggerland, Strood	Sarah at Scentsy
Judith Pender	Dragonfly Crystals	Smile Publications
Julie Millest	East Medway University of the Third Age (U3A)	Spensley's Pharmacy, Twydall
Holly Avery	EasyFundraising	St Augustines Church
Andrew McGoffog	Farmasi Beauty -Hannah	Sue Patey @ Colour 4 Confidence
Anir Manivannan	Fiona Mukhtar	Sylvia @ Avon
Arya Manivannan	Funding For All	Tesco Stores throughout Medway and in particular Gillingham and Rainham
Asha Saroy	Gillingham Street Angels	Tesco Community Fund
Bridget Nightingale	Healthwatch Medway	The Department for Digital, Cultural, Media and Sport DCMS)
Carole Coulthard	Historic Dockyard, Chatham	The Gary Bush Foundation
Diana Smith	Helen O'Neill	The Millenium Centre, Rainham
Fiona Pender	Iain Ferguson Carpentry	The Transformation Academy
Holly Recht	IONOS	Terri Rhodes
Isabella Boyle	Imprint Media Designs	Universal Stores, Lower Stoke
Jessica Pender	Jodie Brown @ Simple But Delicious	University of Greenwich
Julie Critcher	Kent Community Foundation	University of Kent
Joanna Sloat	In Kind Direct	Watling Street Post Office
Katie Lowe	Karen @ The Lotus Hair Room	WHoo Cares
Michael Turner	Koko Tan and Brows Lounge	Woodville Halls, Gravesend
Michaela Temperley	Landsec Futures Community Grant	Zoe Humm @ Tropic Skincare
Nanili Manivannan	Maliwan Massage and Therapy	
Sean Hanna	Mediclinic Pharmacy	
Wendy Plamer	Medway CCG	
Cllr Dan McDonald	Medway Community Healthcare	
Cllr Gary Etheridge	Medway Council	
Cllr Hazel Brown	Medway Park	
Cllr John Williams	Medway Voluntary Action	
Prof. John Dickinson	Melts By Lauren	
Chris and Christine Rogers	Nucleus Arts	
Dorte Gilry		
Nicki Georgini		
Asthma and Lung UK		
Bedfont Scientific Ltd		
Belinda @ Luci-Belle Crystals		
British Lung Foundation		
Amy @ Tropic Skincare		
Canva		
Central Theatre, Chatham		

Trustee's Report

A year of change and transition...

In closing out another successful year of delivering asthma advice and testing (for well over two hundred clients), and wider awareness raising of asthma to the community of Medway, we are struck by the continued uncertainty that small charities like MASH face.

Uncertainty prevailed over the future of the clinic for much of the year until we found a successor to Julie Millest (our MASH Nurse), who has recently retired, after twenty years of fabulous service to MASH. Our plans to train up a replacement did not ultimately materialise, but we are now delighted to welcome Holly Avery to our team, who having successfully completed her probation period formally took over clinic duties in October. Let us also express our continued thanks and recognition to Bridget Nightingale who has so regularly supported the MASH Clinic Days (with Dr. Clive Johnson and Kirsty Ferguson holding the fort when she couldn't make it), providing a welcome smile at front of house.

After difficulties with our banking supplier, Dr. Clive Johnson has successfully taken MASH through a period of uncertainty to emerge with a new banking supplier. Well done indeed to Clive for his patience and perseverance, extricating MASH from our historic provider and putting in place much of the needed protocols for the new arrangements. Thanks also to Judith Pender, who has continued to provide much needed support throughout this tricky period of transition.

The Board of Trustees also continues to be in transition, with Wei Wei giving her resignation earlier in the year, as well as Clive resigning and recently supporting the transition of his Treasurer responsibilities. We would like to recognise both for their contributions to MASH, and note unfortunately Dr. Paula Hamilton has not had the time availability she had hoped to dedicate to MASH and has also recently resigned from our Board. We are delighted however to welcome Emma Joy as a Trustee, who brings a wealth of commissioning knowledge and experience, and we hope to soon welcome back Dr. Martin Farebrother, who if elected will rejoin our team of Trustees.

Our recent planning sessions have positioned clear tactical priorities, of which our transition of financial operations from Clive and Judith, MASH's funding strategy and volunteer recruitment are our clear top three; we will move onto other recognised challenges when we have capacity to do so. MASH strives to be a self-help organisation, but it will also continue to welcome applications from those without asthma keen to make a difference. An improved and focused bench strength of volunteers will further support Kirsty in the fabulous balancing act she has dealt with week-on-week, between her roles as both coordinator and fundraiser. While we may not always be in a position to recruit those with asthma to expand our team, we recognise that there remains a need to strengthen the voice of those with asthma across the Medway community. We will evaluate and leverage tools and approaches available to us, to both maintain and develop MASH's services as needed.

Our current, and growing waiting list of clinic appointments illustrates MASH's popularity, success of our outreach and the continued need for the service. We aim to evaluate opportunities for some basic triaging of our waiting list (if only to ensure we see the most pressing cases earlier if possible) and to set and manage clinic capacity to target appointment wait times. New opportunities have also emerged for MASH to explore already available social prescribing platforms, both to further raise awareness of MASH, and to collect available financial referral awards from GPs; MASH will position itself to exploit these.

Our new volunteers, trustees and personnel bring with them new insights and capabilities to help keep MASH focused and efficient in meeting its defined objectives, and we thank all for their continued determination and efforts.

There remains great potential for MASH, but we acknowledge we are competing in a toughening market for available grant funding and volunteer time. To combat these challenges, we will remain open to both traditional and new clinic operations, means of fund raising, and volunteer and trustee recruitment.

Alan Stockey (Trustee)

On behalf of the Board of Trustees

Could you be a MASH Trustee?

We are always looking to expand and strengthen our trustees board, to help us continue to support people and families affected by Asthma in Medway.

We are looking to expand the board with a range of skills and expertise (including but not limited to)

- People with asthma
- People who care for or work with people with asthma
- People with Human Resources experience
- People with Accountancy experience
- People with Media experience
- People with IT experience



If you could give a few hours each month to support your local asthma charity, please get in touch to discuss : admin@medwayasthmaselfhelp.co.uk or call 01634 855844

Volunteering With MASH

MASH volunteers are an essential part of our charity. They help support our clinics, outreach, fundraising events and also help in the office. We are always looking to increase our number of volunteers, meaning we can increase our reach and services within the local community. Any amount of time that you are able to spare to help us, we will be very grateful.

We would also love to hear from you if you have any fundraising ideas.

We are pleased to be part of the Medway Time Tempo Credits scheme, allowing volunteers to earn Time Credits for their time contributed to MASH. These can be spent on accessing activities across a nationwide network, as well as within Medway.

You can email us at admin@medwayasthmaselfhelp.co.uk or call us on 01634 855844 to find out more



Coordinator's Report

2024 has been our busiest yet! Our clinics are constantly fully booked and we have now reached a 15 week wait to see Holly our Nurse. We started increasing capacity for our advice sessions back in February to help to reduce the demand we saw creeping in but have seen an unprecedented increase in the last few months that has meant people are now having to wait longer than ever to see us. We are working hard to get everyone seen as soon as possible and are thankful for everyone's patience whilst we do this. We continue to be flexible with our appointments and have a good mix of face to face appointments and telephone appointments.

Our trustee board continues to develop and have recently welcomed another new trustee who has expertise in project and change management. An 'old' friend is also returning to our trustee board and we look forward to welcoming them officially after the AGM. We have also said a sad goodbye to several trustees throughout the year and thank them for their hardwork and dedication in keeping MASH running smoothly. This year has also seen several new recruits into our volunteer pool including help in the office, the refreshing of our policies and procedures and at our outreach events. Our volunteers are invaluable to us as without them we are not able to run events and raise vital funds for MASH. We are always looking for new trustees and volunteers so please do get in contact if you are interested.

We have been diverse in how we do our outreach this year and have 'dipped our toes' into online webinar presentations, partnering with Bedfont in talking about asthma and what we do. The link to see this webinar has been shared on our social platforms but can also be found here -

https://www.nobreathfeno.com/wp-content/uploads/2024/09/Children-With-Asthma-Webinar.mp4?utm_medium=email&hsenc=p2ANqtz-9b39DafUWT3PyI6-kSmJ4SJoM-hUdiY1i80YCblrvoOJ9jwErQcCZutZCits_BjpTKGFE0wgNqbmjG18_6l4yocauGA&hsmi=326001479&utm_content=326001479&utm_source=hs_email

We also spent World Asthma Day at Medway Maritime Hospital talking to members of the public about MASH, taking enquiries and handing out information. If you saw our socials on the day, we also had a number of videos and pictures talking about the work we do and giving out some details about asthma management. These are still available for you to see on our socials sites too. Once again, we have attended many outreach events including some new places and some old. We took residence in Rochester Cathedral for a couple of afternoons during the summer to see our friends in Rochester. We have also attended the Hempstead Village Fair, Cliffe D-Day Celebrations, St Augustine's Church and the annual Medway Mile. We love being out and about meeting everyone!



Our new roller banners at our World Asthma Day stall at Medway Maritime Hospital



Julie and Holly



2024 Medway Mile

Our quizzes and pamper evenings continue to be a popular evenings for us and are a good way for us to raise funds! We have a lot of volunteer support for these events and are continuously thankful for the time our volunteers give up for us. Our pamper evenings are becoming so popular we are looking into new venues to help increase capacity for therapists and sellers in order to keep up with demand!

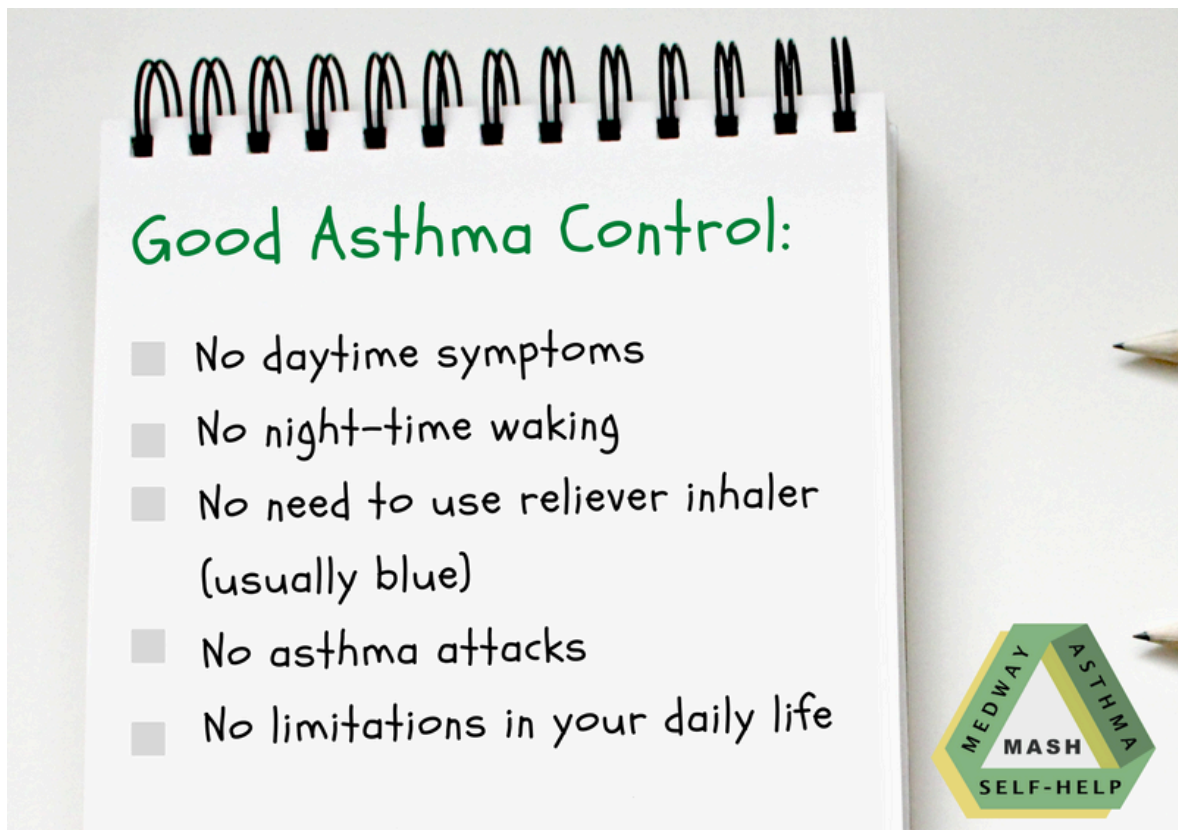
We have been busy this year refreshing the design of our leaflets and roller banners, thanks to some of the funding we have received. We are so happy with the outcome. These can now be seen on display at our MASH outreach events and in our MASH centre. They look super!

We are aware that there continues to be an increase in people not carrying cash around with them. Due to this we have now decided to invest in a card payment machine to allow our supporters to pay via bank card or a digital wallet. We have just started trialing this, and have had a successful payment go through into our bank! Our 'Sum Up' machine can now be used for donations and at our outreach and fundraising events! By branching out into the digital world more, we can hopefully encourage more people to donate to us with ease.

This October has also seen a huge change at MASH, where Julie, our Specialist Asthma Nurse for over 20 years has now retired. Her dedication, hard work and expertise has helped so many people in Medway. Julie has handed the baton over to our new nurse, Holly, who is continuing the great work that Julie has done over the years. We want to say 'Thank you' to Julie for her commitment to MASH and wish her a 'Happy Retirement'. A massive 'Welcome' to Holly too.

Thank you so much to everyone who had helped MASH with either donations, time or support this year. Without your kindness we would not be able to continue providing the great services that we do!

Kirsty Ferguson
Coordinator





Could you help keep MASH afloat?

Are you sound for a pound?

Are you able to make a small monthly donation to MASH?

Every pounds makes such a difference to us and helps us to continue to provide our services throughout Medway.

£1 pays for a stamp to send a letter to vulnerable clients to confirm their appointment

£5 allows 1 person a free asthma allergy test to help recognise their triggers

£10 provides our weekly clients with leaflets and factsheets after each advice sessions

£25 provides weekly clinics with the consumables needed for diagnosis and reviews

If you feel you are able to help , no matter how modestly, please let us know.

NOTES

Do You Shop Online?

You can help MASH raise free funds when you shop online via the EasyFundraising website / app. All you need to do is sign up on the EasyFundraising website at <https://www.easyfundraising.org.uk/> or download the app from smartphone or tablets app store to register. Choose MASH as your chosen charity.

Each time you shop online, login to your EasyFundraising account, find the store in the search bar and click through to their website. Easy Fundraising will do the rest.

It's free to sign up, and will not cost you any extra when buying online. There are over 7000 brand partners you can shop with, who donate part of what you spend to a cause of your choice.



Want to support MASH and have a chance of winning prizes?

We are always looking for new supporters via the Medway Lottery.

It is a weekly lottery they raises money for good causes in Medway. Each ticket cost £1 a week and has a 1 in 50 chance of winning a prize.

Tickets have 6 numbers each, between 0 and 9. The draw is made every Saturday night. Prizes are given to players with tickets that match the first or last 2 to 6 numbers. Match all 6 numbers and win £25,000!

There are many other prizes to be won!

2 matched numbers = 3 extra tickets

3 matched numbers = £25

4 matched numbers = £250

5 matched numbers = £2,000

6 matched number = £25,000

From every ticket that is sold, 60p will go to good causes in Medway. What's even better is you can choose which good cause you want 50p of the 60p to go to.

Visit <https://www.medwaylottery.co.uk/> to sign up, and search for Medway Asthma Self Help in the search bar!



Clinic Report

This will be my final AGM clinic report for MASH as I retired in October.

For over twenty years I have worked as an Asthma Specialist Nurse at MASH and I feel very privileged to have been part of such a great local charity.

I have worked with so many dedicated volunteers, administrators and trustees whose support have been invaluable in the smooth running of the weekly clinics.

During the past year the asthma clinics have been at full capacity and for first time sadly, we have had a waiting list of patients wanting clinic appointments.

As I leave, I am reassured knowing that the clinics are now in the very capable hands of our new asthma nurse, Holly Avery. Holly is going to be a fantastic asset to MASH, and I know she will carry on the work with the same dedication, passion and care that I have tried to do in the past.

Julie Millest
MASH Asthma Nurse

This is my first clinic report as the new MASH asthma nurse. I have been a qualified children's nurse for over 14 years and have a varied nursing background; I have worked as a university lecturer and have also worked clinically on a general paediatric ward here in Kent and also in a tertiary centre in London. I still do weekly clinical shifts on a children's ward. I also have experience as a parent of a child with asthma, and other members of my family have asthma too. I firstly wanted to say a huge thank you to Julie for being so generous with her time, and sharing her knowledge and skills with me the last few months as we have been working together. I'm really sad to see Julie leave but know she has a busy retirement to enjoy!

I am settling into the role now, which I am really enjoying. The clinics are busy and we unfortunately still have a waiting list.

There are new NICE/BTS/SIGN asthma guidelines due to be published this month which will be interesting to read; the recommendations from this will likely impact on what we do at MASH and the objective testing that is required to diagnose people with asthma.

Lastly I would like to say thank you to all our volunteers and Kirsty, our administrator, who all keep MASH running smoothly.

Holly
MASH Asthma Nurse



Clinic Feedback

Helpful and informative

Clear information and helpful knowledge

Very pleasant nurse and staff

Very approachable, clear and friendly

Explained how to use pump

I got the answers I needed

Very competent

When asked what we did well during advice sessions we received this feedback ...

Professional and thorough

Everything

Test procedure clearly explained

Made me feel comfortable

Amazing, very helpful and reassuring

Effective observations and understanding of m child's symptoms

Explain that as a parent, I am doing everything right

The testing and advice was very good

Explained things I wasn't aware of and gave advice and referrals

Testing. Explained the results and a plan of actions

Lovely service, very useful

Explaining Asthma and how to use pumps. You are perfect.

Treasurer's Report 2023- 2024

Funds

The funds held by MASH as of the end of the accounting year 2023/24, close of banking on 30th September 2024, were £39,894. This total includes the balance held in petty cash.

Restricted Funds

Of the funds held at 30th September, £4629.36 are restricted for specific purposes as follows:

Funder	Project	Sum Restricted Brought Forward 2024-25
Coop	Community Events, focus ME1	£571.36
Tesco	Youth Drop-In	£1,866.00
Ward Improvement Funds	Nurse Salary	£2,000.00
Ward Improvement Funds	Nurse Training	£192.00
Total		£4,629.36

These funds are included in the total funds held. These funds are liable to be returned to funders if the requirements of the funding are not met. It is not clear what action might be taken if the funds were not available for return.

Reserves

Also included in the funds held at 30th September is £9,313 nominally reserved as follows:

□ £7,313 for closure. This sum for closure consists of three months' salary for our two employees plus on costs, three months' rent and three months of other utilities, bills and insurance, pro rata where applicable. Further details are available.

□ £2,000 for contingencies. Trustees in 2022 resolved to allocate £1,000 p.a. to the contingency reserve. The key issue for the contingency reserve is the full repairing lease which we have with the landlord. This makes us liable for all repairs. Historically, repairs have been made by the landlord but we cannot guarantee this will continue and the landlord has not agreed to renegotiate this aspect of the lease.

Our examiner has pointed out that these funds are an internal accounting provision and that they are not protected.

The key issues affecting the accounts in 2023/24 are as follows:

1. The shortfall of £9,680 in the accounting year 2022/23 was reduced in the accounting year 2023/24 to £3,130. While this is a positive development, there is a clear need for a strategy to ensure the closure of any budget shortfall rather than subsidising it in the short term

from reserves. The total shortfall funded from reserves is £12,810 over the past two accounting years. MASH will run out of funds if we continue to run a shortfall. There is also a need for a clear budget for each financial year, with targets for income. There have been regular management accounts presented to trustees each month from March 2024.

2. It should be recognised that the reduction in the shortfall in 2023-24 is in large part due to the successful bids that Kirsty, supported by Judith and others, has made during this year.

3. On the suggestion of the AGM in November 2023, trustees resolved to open bank accounts with the Charities Aid Foundation Bank and to close the three Barclays accounts. This resolution was in line with the report to the 2023 AGM about the difficult procedures put in place by Barclays Bank in response to MASH becoming a CIO and the challenge we had in complying. The new accounts were successfully opened in early 2024. All payments to and from the old accounts had to be transferred individually to the new accounts. This has now been completed and the Barclays accounts closed in August 2024. MASH now has a CAF Cash account and a CAF Gold account. It is possible that these accounts will make possible investment opportunities with CAF bank to increase our income.

4. It was also suggested at the 2023 AGM that MASH investigate Xero accounting software which may make administration of our accounts easier. This has not been done during 2023-24 but will be worth exploring.

5. During the year our electricity provider, Good Energy, made a substantial recalculation of our bill going back to the opening of our account, together with a substantial increase in our monthly bill. Trustees complained through Good Energy's internal complaints procedure and the back payment was reduced. On that basis, trustees decided to settle and a repayment of approximately £800.00 was made to Good Energy, together with our increased monthly bill.

6. There are opportunities for renegotiating contracts with our providers. Kirsty successfully renegotiate both IONOS and BT contracts, halving the monthly payments to IONOS and achieving a substantial reduction in the BT bill. Currently, the Good Energy account seems to be a potential target for renegotiation.

7. It is important to recognise the support of our examiner, Chris Harvey, who has given a great deal of help in the operation of the accounting spreadsheet and in the final preparation of the accounts.

8. MASH needs to develop tools to be able to analyse the income and expenditure for individual events. While the outcomes of events, such as outreach, are not solely financial, it would be good to be able to assess them individually. Some start on this has been made with the Restricted Funds spreadsheet and clearer control of expenditure on restricted funds.

Medway Asthma Centre



Medway Asthma Self Help

Registered Charity Number 1196597

131 Watling Street, Gillingham, Kent ME7 2YY

01634 855844

admin@medwayasthmaselfhelp.co.uk

Facebook: @Medway.SelfHelp

X : @MedwayAsthma

Instagram: @medwayasthma

Opening Times

Monday 9.00am - 12noon Office Only

Thursday 5.00pm - 8.00pm (telephone line only)

Friday 2.00pm - 5.00pm

Clinic Details

A 30-minute consultation with a specialist asthma nurse on Fridays, by appointment only.

Charity Name Medway Asthma Self Help	No (if any)
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CC16
a

Receipts and payments accounts

For the period from	Period start date 01/10/2023	To	Period end date 30/09/2024
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Section A Receipts and payments

	Unrestr cted funds to the nearest £	Restrict ed funds to the nearest £	Endowm ent funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	4,136	-	-	4,136	3,780
Grants	15,476	5,470	-	20,946	12,546
Fund Raising	2,776	-	-	2,776	2,754
Interest	548	-	-	548	221
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
total (Gross income for AR)	22,936	5,470	-	28,406	19,301
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,936	5,470	-	28,406	-
A3 Payments					
Rent & insurance	3,004	3,308		6,312	7,452
telephone & internet/zoom	1,093	294		1,387	1,333
water, electricity & cleaning	1,768	112		1,880	836

Fundraising & publicity	- 651	1,831	-	1,180	1,073
Training	-	920	-	920	875
stationery & postage	- 350	350	-	-	724
clinic	673	-	-	673	992
miscellaneous	1,296		-	1,296	453
Bank Fees	35			35	
salaries & pension costs	11,714	6,138	-	17,852	15,243
Sub total	18,583	12,953	-	31,535	28,981

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

total payments	18,583	12,953	-	31,535	28,981
s/(payments)	4,353	- 7,483	-	- 3,130	- 9,680
A5 Transfers b	-	-	-	-	-
A6 Cash funds	30,912	12,112	-	43,024	52,706
this year end	35,265	4,629	-	39,894	43,024

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

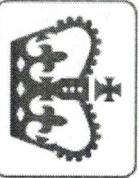
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Accounts	25,857	4,629	-
	Petty Cash	95		-
	Reserves	9,313	-	-
	Total cash funds	35,265	4,629	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Signed by one
or two trustees
on behalf of all
the trustees

Signature

Print Name

Date of
approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Medway Asthma Self Help

**On accounts for the year
ended**

30 September 2024

**Charity no
(if any)**

11966597

Set out on pages

1

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/09/2024.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

C. Harvey

Date:

03/11/2024

Name:

Christopher Harvey

**Relevant professional
qualification(s) or body
(if any):**

Address:

56 Herbert Road
Rainham
Kent ME8 9DA

MEDWAY ASTHMA SELF HELP GROUP (MASH)

England & Wales - Charity number 1196597

Accounts

MEDWAY ASTHMA SELF HELP



ANNUAL REPORT 2022 - 2023

Registered Charity Number 1196597
Charitable Incorporated Organisation

Medway Asthma Self - Help **(MASH)**

Established in 1996, MASH supports people and families affected by asthma through the provision of support and information relating to the causes of asthma and its effective treatment, and by raising awareness of asthma in the general community of Medway

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Acknowledgements

MASH is very fortunate to be supported by many people and organisations this year. A number of them are acknowledged below.

Clive Johnson	Coop store throughout	Sarah at Scentsy
Maggie Cane	Medway and in particular	Smile Publications
Dr Peter Burt	Borstal	Spensley's Pharmacy,
Wei Wei	Peters Village	Twydall
Julie Millest	Rochester Riverside	St Augustines Church
Sharon Asare	Creams, Chatham	Susan Munday
Samantha Whybrow	Deborah @ Mid Kent	Sylvia @ The Body Shop at
Dr Paula Hamilton	College	Home
Judith Pender	Diggerland, Strood	Tesco Stores throughout
Anir Manivannan	Dragonfly Crystals	Medway and in particular
Arya Manivannan	East Medway University	Gillingham and Rainham
Asha Saroy	of the Third Age (U3A)	The Department for Digital,
Bridget Nightingale	EasyFundraising	Cultural, Media and Sport
Carole Coulthard	Fiona Mukhtar	DCMS)
Diana Smith	Funding For All	The Gary Bush Foundation
Fiona Pender	Gillingham Street Angels	The Gladiator Group
Jessica Pender	Gillingham Rotary Club	The Massage Booth
Julie Critcher	in particular Barry Gillam	The Royal Engineers Room
Michael Turner	and John Allen	The Transformation Academy
Michaela Temperley	Healthwatch Medway	Universal Stores, Lower Stoke
Nanili Manivannan	Historic Dockyard,	University of Greenwich
Sean Hanna	Chatham	University of Kent
Wendy Plamer	IONOS	Watling Street Post Office
Cllr Dan McDonald	Kent Community	WHoo Cares
Cllr Gary Etheridge	Foundation	Woodville Halls, Gravesend
Cllr Hazel Brown	In Kind Direct	
Cllr John Williams	Koko Tan and Brows	
Cllr Simon Curry	Lounge	
Dr S Paramothayan	Loopy Nails	
Dr S Singham	Mediclinic Pharmacy	
Prof. John Dickinson	Medway CCG	
Alan Stockey	Medway Community	
Chris and Christine Rogers	Healthcare	
Dorte Gilry	Medway Council	
Nicki Georgini	Medway Park	
Asthma and Lung UK	Medway Voluntary Action	
Bedfont Scientific Ltd	Molly Maleed	
British Lung Foundation	Nucleus Arts	
Amy @ Tropic Skincare	Rainham Eco Hub	
Canva	Rhia's Treasures	
Central Theatre, Chatham	Rochester Eco Hub	
Coop Local Community Fund	Roko Health Club	

Chairperson's Report

I am pleased to report another successful year for MASH supporting the people of Medway who have asthma and their families and also raising awareness of the condition. Our specialist asthma nurse, Julie, has held our weekly asthma clinics providing vital support alongside Sharon, who is currently working through her training, paid for by us. Julie has also conducted our allergy testing clinics in which many people have been seen. We look forward to Sharon being able to cover for Julie and to extend our reach throughout Medway. I pay tribute, too, to our hardworking and dedicated Coordinator, Kirsty, who has made sure MASH functions, organising our fundraising and our outreach sessions, supporting trustees, and working with our partners on key events, such as the educational day.

We have had a busy year. There have been regular outreach sessions where we have been able to spread the word, we have held quizzes that have been well-supported and successful and, at the time of writing, Kirsty is busy organising the first pamper evening we have held for a little while. We joined with the University of Kent and the Respiratory team at Medway Maritime to organise the second of our educational events at the Maritime campus and welcomed people with asthma as well as professionals.

We have faced a challenge this year. Our move to become a Charitable Incorporated Organisation over the past couple of years resulted in our bank, Barclays, insisting on us opening a new account. Barclays then took six months to give us the opportunity to do that and there have been internal delays since then. Thankfully, our previous treasurer, Judith, who stood down as trustee last year, undertook to operate our existing bank account in the meantime. We are extraordinarily grateful to Judith for this. At the time of writing the procedure still has not been completed.

Another challenge is that there seems to be less money around for grants. Over the pandemic period we were lucky to have financial support but, as we thought it might be, the post-pandemic period has become more difficult. We are also due to renew our relationship with the local medical authority, the Integrated Care Board, who will be considering their community services. We are not yet aware of the process for that renewal or what view the ICB might take.

We are delighted to welcome new trustees Paula and Samantha, but we still need trustees for the MASH board, particularly trustees who are able to take a role in operating our charity. I hope to provide an update to this at the meeting. However, I do have to report the sad news that Maggie Cane will be stepping down at the AGM as a trustee and as treasurer. Maggie has been a real strength to the board over the past few years and we will be sorry to see her go.

I hope that MASH continues to have a future as a resource for the people of Medway in the years to come.

Clive Johnson
Chair of Trustees

Could you be a MASH Trustee?

We are always looking to expand and strengthen our trustees board, to help us continue to support people and families affected by Asthma in Medway.

We are looking to expand the board with a range of skills and expertise (including but not limited to)

- People with asthma
- People who care for or work with people with asthma
- People with Human Resources experience
- People with Accountancy experience
- People with Media experience
- People with IT experience



If you could give a few hours each month to support your local asthma charity, please get in touch to discuss : admin@medwayasthmaselfhelp.co.uk or call 01634 855844

Volunteering With MASH

MASH volunteers are an essential part of our charity. They help support our clinics, outreach, fundraising events and also help in the office. We are always looking to increase our number of volunteers, meaning we can increase our reach and services within the local community. Any amount of time that you are able to spare to help us, we will be very grateful.

We would also love to hear from you if you have any fundraising ideas.

We are pleased to be part of the Medway Time Tempo Credits scheme, allowing volunteers to earn Time Credits for their time contributed to MASH. These can be spent on accessing activities across a nationwide network, as well as within Medway.

You can email us at admin@medwayasthmaselfhelp.co.uk or call us on 01634 855844 to find out more



Co-ordinator's Report

2023 has proven to be a yet another very busy year here at MASH. Our face to face clinics are proving to be as busy as ever, with many people waiting at least 4 weeks to see Julie our Nurse. We continue to see many new clients during our sessions but also many returning clients for either follow up appointments or for their annual review. We have seen a decline in telephone appointments now that Covid restrictions have eased. However, we are still flexible in the way we run our sessions.

We have recently welcomed several new trustees onto our board who bring with them lots of expertise in many different areas including paediatric asthma, local air pollution and management and leadership. We have also welcomed a selection of new volunteers to our group that allow us to run our fundraising events, and to help our outreach and clinic afternoons to run smoothly and effectively. However, we would love to see our trustee board and volunteer pool continue to increase, so please get in contact if you are interested in helping us.

We continue to offer virtual support online with newsletters and presentation slides available to our supporters. We also participated in the #askaboutasthma campaign where we shared lots of information on our social media platforms. During the year we have also been able to attend a lot more outreach events that are based within the local community including many of our favourite events such as the Medway Mile where Deano made yet another great effort in the Mascot Race, Hempstead Village Fair, Mid Kent College Freshers Week and Tracey Crouch MPs over 55s Fair. We have also continued to work with St Augustines Church at their Place of Welcome Mornings and Autumn Fair and have enjoyed several mornings promoting our Community Fund Campaign with several Co-op Branches in Rochester.

This year has also seen the return of our popular Pamper Evenings. We were so pleased to welcome some old faces back to hold their wonderful stalls, and love the new relationships we have built with our new stall holders. It was a great success raising over £400 for MASH! We are really looking forward to organising our next Pamper Evening in early 2024, so if you are interested in holding a stall, either selling items or as a therapist, or would love to come and join us, please do not hesitate to get in contact.



In May we held our first World Asthma Day event. This event had many attendees from many different companies and charities that support us and the work that we do, including Medway Community Healthcare, Bedfont Scientific Ltd, Healthwatch Medway, The Rotary Club Gillingham and The Gary Bush Foundation, along with some of our Trustees and volunteers. It was a great success with many conversations around asthma and how we can collectively have a further positive impact on the asthma community in Medway. We were also very honoured to accept a £1,000 cheque from our friends at The Rotary Club, Gillingham as well as having the Mayor of Medway in attendance to reopen our clinic space officially during this event.

Our second Asthma Educational Event took place in July this year and was once again a huge success. Along with our partners and experts from Medway Maritime Hospital, University of Kent, University of Greenwich, Medway Community Healthcare and Medway Council we arranged a slightly different set up to how last years event ran, with talks from Dr Shanthi Paramothayan, Dr Surendra Sigham both from Medway Maritime Hospital, and Alan Stockey from Rainham Clever Breathers. The presentation slides from both Dr Paramothayan and Dr Singham can be found on our website <https://www.medwayasthmahelp.co.uk/asthma-educational-event/>. It was great to see so many people come to learn more about asthma!

We have also continued to hold our popular quiz nights, in partnership with Roko Health Club. We have welcomed faces new and old and had so much fun along the way. Events like this continue to help us raise ever important funds for MASH, along with meeting new people and maybe learning something new!

Being part of the local Co-op Community Fund for the last year has also allowed us to start reaching areas that have been a little difficult for us to reach before. We have attended Peters Village and Rochester Riverside Co-ops to promote our charity cause which we have found very beneficial. We have recently been told that we have been awarded £4,344.72 from the Co-op, which will go to help our outreach to in the ME1 area. We have loved our developing relationships with everyone involved with the Co-op.

We have also been fortunate enough to have several supporters participate in a 10km Sponsored Run around Chatham Maritime and raise over £150 for MASH. We hope to make this an annual event, with more of our supporters participating each time. So, if you like running, or want a challenge, please get in contact to register for TEAM MASH 2024. We are also open to any other sponsored event that you may want to challenge yourself with, so please send your ideas to us so we can help you with your event.

Lastly, we were also very lucky to be chosen by our local Tesco stores this year, to be part of the Community Scheme, where shoppers were able to vote for their favourite charity to receive first, second or third prize. We were in two rounds of voting and in total received £1,500 from them for a new project that will launch in 2024. Keep your eyes peeled on our social media pages for further details!

Thank you so much to everyone who had helped MASH with either donations, time or support this year. Without your kindness we would not be able to continue providing the great services that we do!

Kirsty Ferguson
Coordinator





Could you help keep MASH afloat?

Are you sound for a pound?

Are you able to make a small monthly donation to MASH?

Every pounds makes such a difference to us and helps us to continue to provide our services throughout Medway.

£1 pays for a stamp to send a letter to vulnerable clients to confirm their appointment

£5 allows 1 person a free asthma allergy test to help recognise their triggers

£10 provides our weekly clients with leaflets and factsheets after each advice sessions

£25 provides weekly clinics with the consumables needed for diagnosis and reviews

If you feel you are able to help , no matter how modestly, please let us know.

NOTES

Do You Shop Online?

You can help MASH raise free funds when you shop online via the EasyFundraising website / app.

EasyFundraising has over 7000 brand partners who will donate part of what you spend to a cause of your choice, at no extra cost to you.

Just sign up on the EasyFundraising website at <https://www.easyfundraising.org.uk/> or download the app from smartphone or tablets app store to register.



Fancy doing a sponsored event?

We would love to hear from anyone who might be interested in taking part in some challenge / sponsored event, including walks, runs, swims, cycles, abseils, team based assault courses or dragon boat racing.

We have recently had a small team run the Chatham Maritime 10km and raise some much needed funds for us. We are looking to expand our team for 2024, so if you fancy getting your running shoes on and giving yourself a challenge, please speak to Kirsty our Coordinator.



Clinic Report

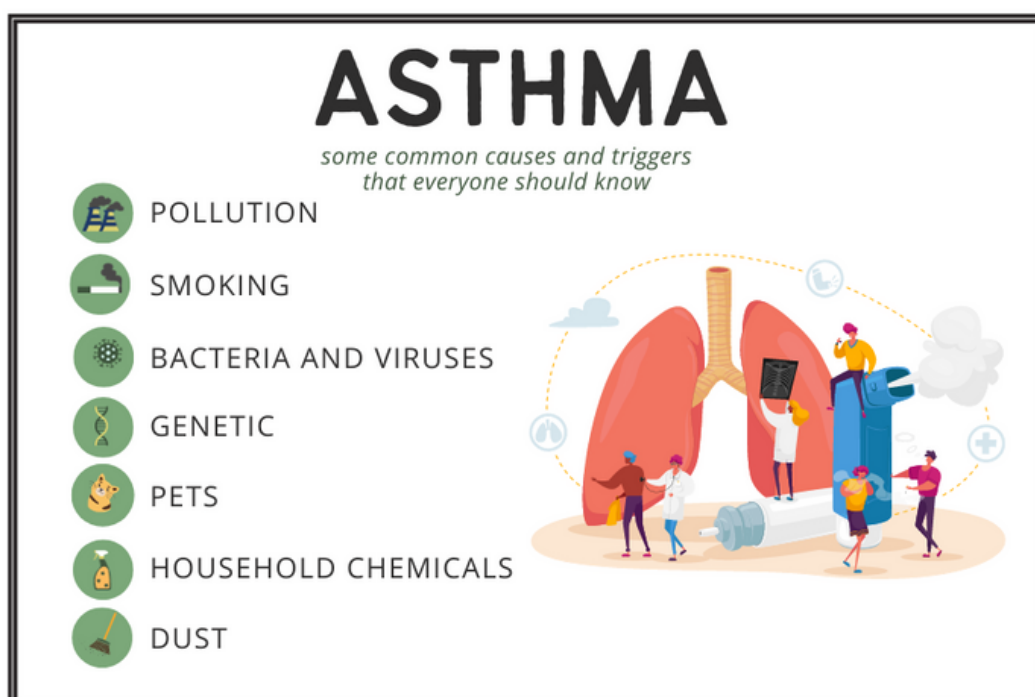
It has been great to have been able to get back to normal in clinics over these past 12 months, following the restrictions due to COVID19.

Clinics resumed back at the MASH building and we have been able recommence Spirometry and FeNO testing as well as doing a couple of Allergy clinics. The need for appointments has not diminished and our Friday clinics have been booked solidly throughout the year. During this past year, medical articles and press releases from asthma charities have highlighted the severe shortage of basic diagnostic tests in Primary Care. For many GP practices, lack of funding for tests and the shortage of skilled practitioners mean that such tests are often unavailable, leading to delays in diagnosis and ongoing asthma management. Such reports reinforce the continued need for services like the asthma clinic provided by MASH.

Many thanks for the volunteers who tirelessly do the administration in the clinic each week, with particular thanks to Bridget Nightingale who has done the bulk of the Friday afternoons. Her attention to detail and her knowledge from her previous long experience in the field of asthma care is such a great help to me and to our clients. Thank you, Bridget.

In March of this year we were able to recruit Sharon Asare as a trainee Asthma Nurse. Sharon who is a Registered General Nurse has been learning in the clinics whilst undertaking an Asthma Diploma. We look forward to Sharon undertaking more clinical work in the future.

Julie Millest
MASH Asthma Nurse



Clinic Feedback

Calmly and expertly explained and conducted test

Information given to me was clear and I was well listened to

Good, clear information said with a smile

Useful info and showing videos on how to use inhalers

Explained in depth and made to feel confident enough to know what to do

Informative, friendly service

Made me feel at ease

Made me feel at ease

All was excellent

Very informative and clear plan, very nice people

Explained everything correctly so I understand more

Very understanding to my condition and offered insight into living with asthma

Good patient care, listened to history, answered questions and explained clearly.

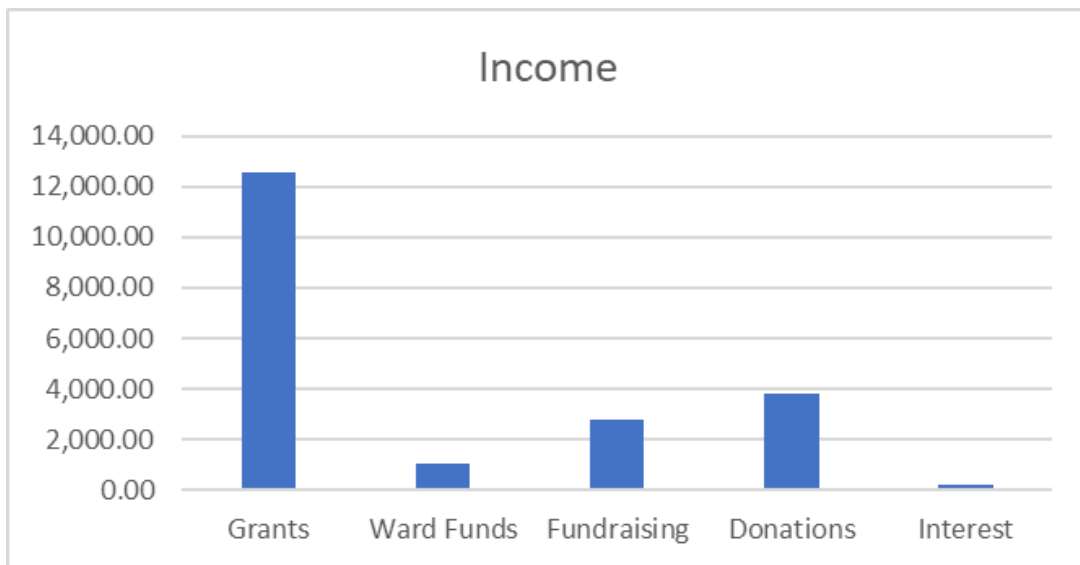
Lots of information and clear discussion

Explained about asthma and use of medication and inhalers. Gave me Asthma Action Plan and explained what to do if I have an attack

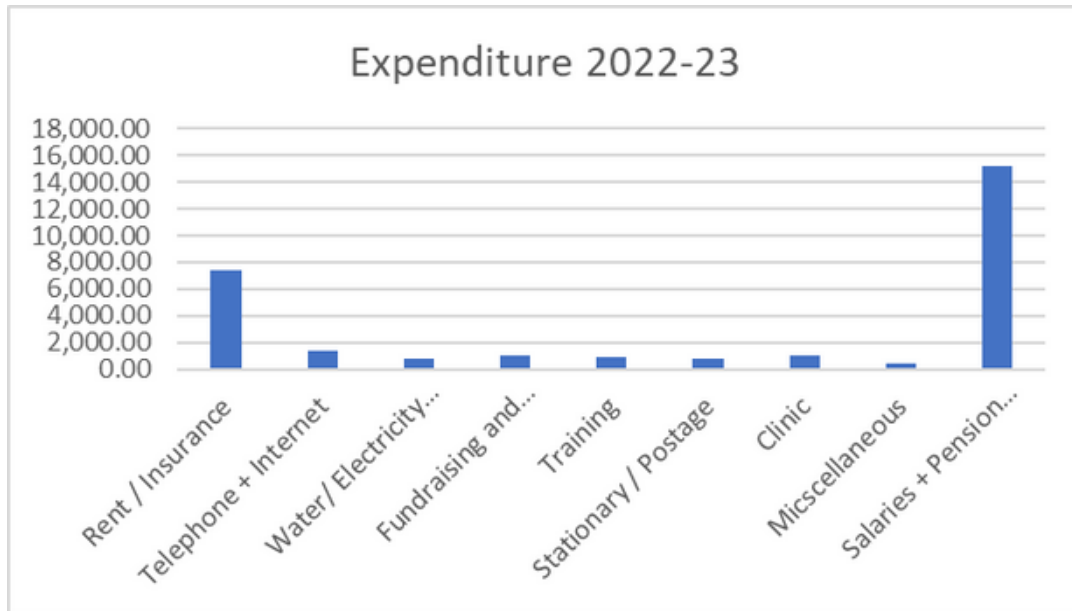
Treasurer's Report 2022 - 2023

At the end of September 2023, MASH has £43,024 in available funds. Of the funds available, £7086 is held in reserve and £6000 in restricted funds to complete specific projects as agreed with funders.

The total income for 2022-2023 was just over £19,000. The sources of income are shown in the table below. MASH is grateful for the continuing support from the CCG who contributed the largest proportion of this years income. Medway Councillors have been generous in remembering us in their Ward Fund allocations and grants were achieved by means of competitive bidders to funders. Fundraising has continued , supplemented by personal donations from our supporters either by small monthly standing orders or as a one-off sum. Included in the fundraising is also money raised by supporters remembering us when they shop online, at Co-op stores and supporting the Medway Lottery. Interest on the savings account was negligible this year.



This year MASH had a total expenditure of £28,981. The way in which the money was spent is detailed in the table below and in the accounts. The main expenses are salaries and items related to the MASH premises, they reflect and preparing the premises to be fully open.



I would like to thank all the individuals who have continued to support MASH and especially to the independent examiner Mr C Harvey for all the help he has given towards the preparation of the accounts and the advice he has given.

Maggie Cane
Treasurer

We are grateful to the following organisations who have supported our work with grants and donations.



St. Augustine's Gillingham

At the  of the community



Medway Asthma Centre



Medway Asthma Self Help

Registered Charity Number 1196597

131 Watling Street, Gillingham, Kent ME7 2YY

01634 855844

admin@medwayasthmaselfhelp.co.uk

Facebook: @Medway.SelfHelp

X : @MedwayAsthma

Instagram: @medwayasthma

Opening Times

Monday 9.00am - 12noon Office Only

Thursday 5.00pm - 8.00pm (telephone line only)

Friday 2.00pm - 5.00pm

Clinic Details

A 30-minute consultation with a specialist asthma nurse on Fridays, by appointment only.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Medway Asthma Self Help	No (if any) 1196597
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CC16a

Receipts and payments accounts

For the period from	Period start date 10/01/2022	To	Period end date 30/9/2023
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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					
Donations	2780	1000	0	3780	1555
Fund raising	2754	0	0	2754	1938
Grants	12546	0	0	12546	26369
Interest	177	44	0	221	4
refunds			0	0	439
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	18,257	1,044	-	19,301	30,305
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,257	1,044	-	19,301	30,305
A3 Payments					
Rent + insurance	4,993	2,459	-	7,452	8,708
Telephone + internet	893	440	-	1,333	1,146
Water/electricity/cleaning	560	276	-	836	896
Fundraising + publicity	448	625	-	1,073	585
Training	-	875	-	875	-
Stationary + postage	485	239	-	724	64
Clinic	118	874	-	992	254
Miscellaneous	303	150	-	453	317
Salaries + pension conts	13,243	2,000	-	15,243	13,980
Sub total	21,043	7,938	-	28,981	25,950
A4 Asset and investment purchases, (see table)					
Air ventilator	-	-	-	-	899
	-	-	-	-	-
Sub total	-	-	-	-	899
Total payments	21,043	7,938	-	28,981	26,849
Net of receipts/(payments)	- 2,786	- 6,894	-	- 9,680	3,456
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	33,698	19,006	-	52,704	49,250
Cash funds this year end	30,912	12,112	-	43,024	52,706

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	current accounts	30,854	5,026	-
	reserves	-	7,086	-
	petty cash	58		-
	Total cash funds	30,912	12,112	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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	
	Wei Wei	WEI WEI	15/12/2023	
	Dr Clive Johnson	Dr Clive Johnson	15/12/2023	

MEDWAY ASTHMA SELF HELP GROUP (MASH)

England & Wales - Charity number 1196597

Accounts

Medway Asthma Self Help Annual Report 2021-2022



Registered Charity Number 1196597

Charitable Incorporated Organisation

Medway Asthma Self-Help (MASH)

Established in 1996, MASH aims to support people and families affected by asthma through the provision of support and information relating to the causes of asthma and its effective treatment, and by raising awareness of asthma in the general community of Medway.

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Acknowledgements

MASH is very fortunate to be supported by many people and organisations this year. A number of them are acknowledged below.

Cllr Clive Johnson	Cllr Nusrat Ahmed	Medway Pride
Prof John Dickinson	Cllr Stephen Hubbard	Medway Pride Radio
Judith Pender	Amazon Smile	Medway Voluntary Action
Maggie Cane	ASDA Chatham	Mid Kent College
Dr Peter Burt	Bedfont Scientific Ltd	Nucleus Arts
Wei Wei	British Lung Foundation	Radio Sunlight
Julie Millest	Canva	Roko Health Club
Bridget Nightingale	Central Theatre, Chatham	Sewing Together
Diana Smith	Cliffe Memorial Hall Charity	Spensley's Pharmacy
Carole Coulthard	Coop Local Community Fund	Twydall
Fiona Pender	Coop Stores throughout	St Augustines Church
Michael Turner	Medway and in particular	Tesco Extra Gillingham
Julie Critcher	Canterbury Street	The Department for
Wendy Palmer	Gillingham Road	Digital, Cultral, Media
Sean Hanna	Medway City Estate	and Sports (DCMS)
Asha Saroy	Hempstead	The Colyer Fergusson Trust
Anir Manivannan	East Medway University of the	The Philip and Connie
Nalini Manivannan	Third Age (U3A)	Phillips Foundation
Laura Wren	easyfundraising	The Mason Mile
Nicki Giorgini	Gillingham Street Angels	The Net Magazine
Michaela Temperly	Healthwatch Medway	Universal Stores, Lower
Chris and Christine Rogers	Historic Dockyard, Chatham	Stoke
Dorte Gilry	Holland and Barrett	University of Kent
Cllr Sijuwade Adeoye	Gillingham	University of Kent School
Cllr Hazel Brown	Hempstead Valley	of Sport and Exerise Sciences
Cllr Harinder Mahil	Hospital Radio, Medway	Watling Street Post Office
Cllr Vince Maple	In Kind Direct	wHoo Cares
Cllr Dan McDonald	It's The Biz, Medway	
Cllr Chrissy Stamp	Kent Community Foundation (KCF)	
Cllr John Williams	KM Charity Team	
Cllr Jan Aldous	Medway CCG	
Cllr Elizabeth Turpin	Medway Community Healthcare	
Cllr Rupert Turpin	Medway Corporate Giving Fund	
Cllr Matt Fearne	Medway Council	
Cllr Alex Paterson	Medway Foodbank	
Cllr Chris Buckwell	Medway Messenger	
Cllr Barry Kemp	Medway Park	

Chairperson's Report

Welcome to Medway Asthma Self-Help's 2022 Annual General Meeting! We have the opportunity, once again, to meet in person at MASH's base. It is good to be back, though the Covid pandemic is far from over, particularly for those of us who are vulnerable. I hope that you and your family have been safe and well over the past few difficult years.

I am pleased to say that MASH has continued its work over the past year and, in fact, we have managed to expand our activities as we return to something like normal. I pay tribute to our new Coordinator, Kirsty Ferguson, who has made an excellent start and has definitely hit the ground running. We have returned to our continuing programme of outreach activities throughout Medway. We also held our first in-person fundraising quiz in August.

I pay tribute, too, to our Specialist Asthma Nurse, Julie, who has restarted face-to-face advice sessions at Medway Park, thanks to our partners at the University of Kent. Julie's support is essential to so many people in Medway. We are restarting advice sessions at MASH's base, though we hope to develop a programme of sessions around Medway so that we can meet the needs of our communities further afield. We also hope to restart our allergy testing sessions.

This year, thanks to our developing links with our partners at Medway Maritime Hospital and at the University of Kent, we had the first of what we hope will become a regular fixture: the Asthma Education Day. The event was held at the Maritime Campus with a range of partners and many visitors who were professionals or people with asthma. The event was a great success and we hope it will become an annual event.

We have funding for a part-time locum specialist nurse but, so far, have not been able to recruit one. If you know a nurse who may be able to help with cover for Julie and additional clinics around Medway, please put them in touch. MASH will pay for the appropriate specialist training.

MASH would not function without our volunteers, who support our outreach and advice sessions and our fundraising. I warmly thank them for all their hard work and their commitment to people with asthma. Our volunteers are at the heart of our work. If you would like to be a volunteer for MASH, and can spare a few hours occasionally, please be assured that we need you! Just let us know.

My thanks also to our trustees. We have been meeting fortnightly for some time now. Sadly, we are saying goodbye as a trustee to our Vice-Chair, Prof. John Dickinson, who is stepping down at the AGM, though John assures us that he will still be able to support us. Thank you, John, for all your hard work over the past years. I am also sad to announce that Judith Pender, a Founding Trustee of MASH, with twenty-six years of service to our charity, and our current Treasurer, is also standing down as a trustee. Judith has been at the heart of MASH for so long and her commitment to the charity is so strong that it will be difficult to

imagine our trustee meetings without her. Having said that, like John, Judith has said that she still intends to support MASH after she steps down. I'm sure all of us in the MASH family would like to say a big thank you to Judith for all her work over the years. I thank all our trustees: Maggie Cane, Dr Peter Burt and Wei Wei. We would always like to be joined by new trustees, so please contact us if you can help. If you would like an informal chat to find out about the role, we will be happy to arrange that.

This is a difficult time for charities, especially small charities. Future funding is uncertain and costs are rising. MASH is a strong community with a proud history that provides essential support for the people of Medway and we continue to face the future with confidence.

Clive Johnson
Chair of Trustees

Could you be a MASH trustee?

We are seeking to expand and strengthen our trustee board to help us to continue to support people and families affected by asthma in Medway.

We are looking to expand the board with a range of skills and experience, including (but not limited to):

- People with asthma
- People who care for or work with people with asthma
- People with Human Resources experience
- People with Accountancy experience
- People with Media experience



If you could give a few hours each month to support your local asthma charity, please get in touch to discuss: medwayasthmaselfhelp@btconnect.com or call 01634 855844



We're part of the
Co-op Local Community Fund

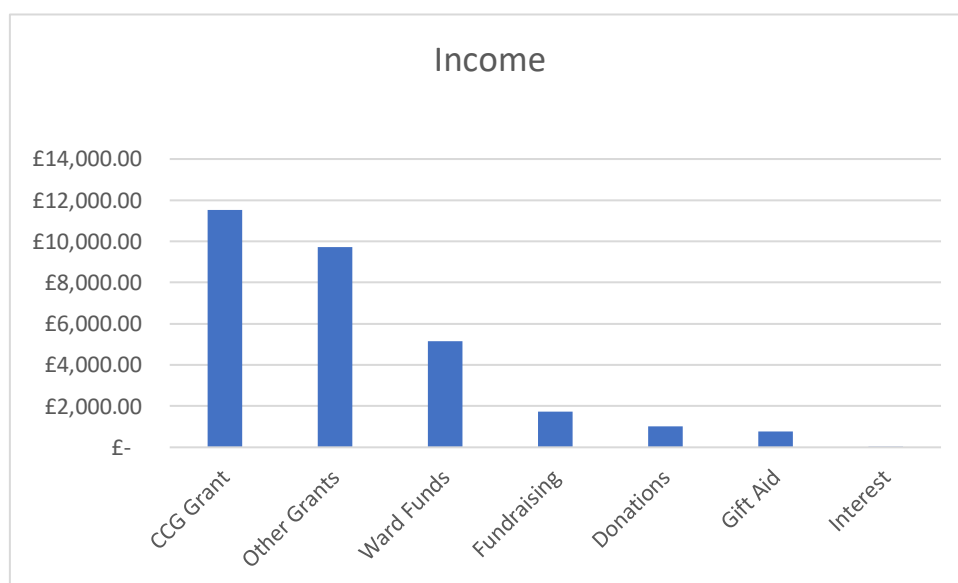
**Select us as
your cause**

coop.co.uk/membership

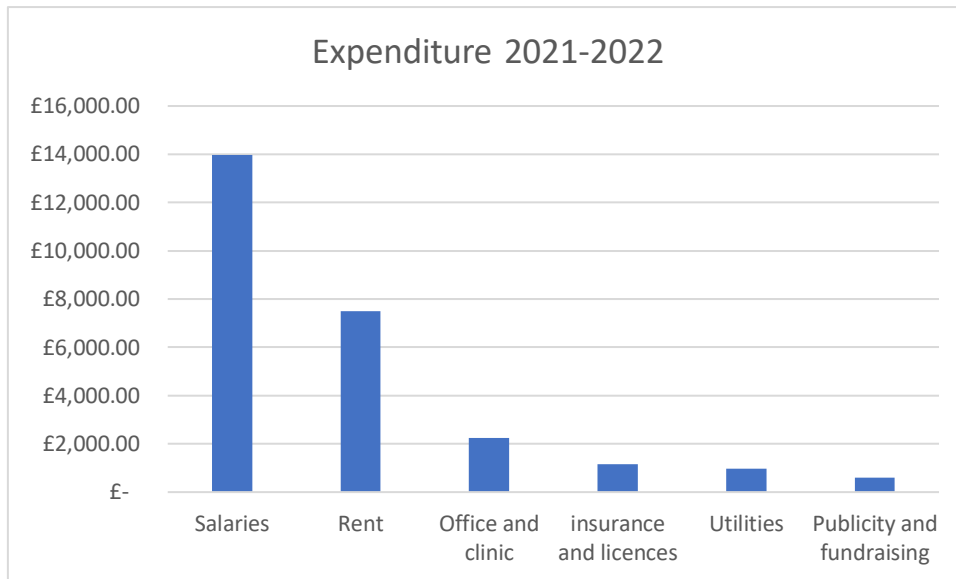
Treasurer's Report 2021-2022

At the end of September 2022, MASH had £52700 in available funds, a slight surplus on last year. Of the funds available £7042 is held in reserve and £12000 is in funds to restricted funds to complete specific projects as agreed with funders.

The total income for 2021-2022 was just over £30000. The sources of income are shown in the figures below. MASH is grateful for continuing support from CCG who contributed the largest proportion of income this year. Medway Councillors have been generous in remembering us in their Ward Fund allocations and grants were achieved by means of competitive bidding to funders. Fundraising has continued supplemented by personal donations from our supporters either by a small monthly standing order or as a one-off sum. Including in the fundraising is also money raised by supporters remembering us when they shop online, at Co-op stores and by supporting the Medway Lottery. Interest on the savings accounts was negligible this year.



This year MASH had a total expenditure of £25952. The way in which the money was spent is detailed in the figure below and in the accounts. The main expenses are salaries and items related to the MASH premises, and reflect maintaining and preparing the premises to be fully open.



I would like to thank all the individuals who have continued to support MASH and especially to the independent examiner Mr C Harvey for all the help he has given towards the preparation of the accounts and the advice he has given.

Judith Pender
Treasurer

We are grateful to the following organisations who have supported our work with grants.



Local Community Fund



Volunteering with MASH

MASH volunteers are an essential part of our charity. They help support our clinics, outreach, fundraising events and also help in the office. If you could spare MASH a few hours every now and then or even on a frequent basis, then please get in touch.

If you have an outreach or fundraising idea then we would love to hear from you.

We are pleased to be part of the Medway Time Credits scheme, which allows volunteers to earn Time Credits for their time contributed to MASH. These can then be spent on accessing activities across a nationwide network, as well as within Medway.

You can email us on medwayasthmaselfhelp@btconnect.com or call us on 01634 855844 to find out more.

Could you help keep MASH afloat?

Could you make a small monthly donation? If you feel you are able to help, no matter how modestly, please let us know.

You can email us on medwayasthmaselfhelp@btconnect.com, call us on 01634 855844, pick up a form from reception at the Medway Asthma Centre at 131 Watling Street or visit our website for more information www.medwayasthmaselfhelp.co.uk

Thank you!

Are you shopping online?

You can help Medway Asthma Self Help raise free funds when you shop online via the easyfundraising website / app or when using amazon smile at smile.amazon.co.uk

Please support us at no cost to you and get a donation from thousands of retailers directly to us by registering your support at

www.easyfundraising.org.uk/causes/medwayasthma/
www.smile.amazon.co.uk

Fancy doing a sponsor event?

We would love to hear from anyone who might be interested in taking part in some challenge / sponsored events including walks, runs, swims, cycling, abseils, team-based assault courses or dragon boat racing. Please contact us for more details.

Thank you

Clinic Report

Since my last clinic report we have resumed face-face asthma clinics. These commenced late last year and apart from a few weeks where we had to go back to telephone consultations due to the rise in COVID19 rates in December 2021 / January 2022, we have been able to continue weekly clinics. Due to practical problems with the MASH building we were unable to use it for clinics until a few weeks ago. We were, however, given the use of a room at Medway Park Sports Centre for our weekly clinics. We thank John Dickinson and the School of Sport and Exercise Science for the use of the room at Medway Park and I would also like thank the staff at the Sports Centre, who were always helpful, and our volunteers who helped during the period.

It is now good to be back 'home' at MASH for clinics. The reception space and clinic area make it more conducive for clients, volunteers and myself.

Following the pandemic, where much routine diagnostic testing was stopped, it has been useful to be able recommence testing, such as spirometry and FeNO testing, and plans are in place to start our Allergy Skin Prick Testing Clinic in December. We have a considerable waiting list for allergy testing so it may take a while to get through them all.

Hopefully, the coming year will see our asthma clinics getting back to normal and we can continue in our aim of helping, giving information and support to those with asthma throughout Medway.

Julie Millest
MASH Asthma Nurse



**Are you using your reliever
inhaler (usually blue) three
or more times a week?**

It's a sign that your asthma
is not under control - you
should book an asthma
review

Call 01634 855844 or email medwayasthmaselfhelp@btconnect.com
www.medwayasthmaselfhelp@btconnect.com



Clinic Feedback

We asked our patients what we did well at our advice sessions, this is what they said

Friendly,
provided
information a
got the ball

Seen quickly and
tested quickly

Informative,
welcoming,
friendly

Good Advice

Everything
very
thorough

Really
informative,
friendly

Explained
everything and
ran checks

Information was
helpful, arranged
action plan

Explaining to a
level we
understand

Listen, explain,
support and sign
post

Excellent info,
warm welcome
and friendly

Very clear
advice

Coordinator's Report

What a year 2022 has been! Many changes have happened within MASH this year including a new coordinator, new trustees and the reopening of all the fun activities we are used to participating in. MASH has once again continued to support its community throughout the difficult and changing times that we currently have, signposting information to those who need it regarding their concerns for asthma or Covid and more. We have been able to reopen our face to face clinics with our asthma nurse Julie and offer telephone appointments for those who are unable to make our clinic in person. Precisely what MASH was made to do!

We have continued to offer virtual support online, including an Asthma Advent Calendar and newsletters. In more recent times we have appreciated the many events that have taken place locally that we have been able to participate in, including Safety in Action Day, School Jubilee Fayres, Coffee Mornings and Fresher's Week. Deano, our mascot, has also been back in action at the Medway Mile whilst also celebrating the Queen's Platinum Jubilee!



Deano and his friend Olly the Owl at this years Medway Mile



Deputy Chair of Trustees Professor John Dickinson and Trustee Peter Burt with attendees at our Asthma Educational Event



Maggie, MASH Trustee at Safety in Action Day

This year has also seen our very first Asthma Educational Event. This was a great success with patients, carers and healthcare professionals all able to come together collectively and speak with our experts from Medway Hospital, University of Kent, University of Greenwich at Medway, Medway Community Healthcare and Medway Council and learn about everything Asthma!

With the country's lockdown finishing and the reopening of all sectors, our famous Quiz Nights restarted with a bang in July. Working in partnership with Roko Health Club we intend to bring this back on a regular basis, raising ever important funds for MASH and gaining some extra knowledge in the process.

With the slow opening of the community this year, MASH has been trying to reach out to those harder to reach demographic areas that need our support. We have attended outreach events in Cliffe and are working with wHoo Cares, based on the Hoo Peninsula to impact the harder to reach areas. I am excited to say that we have 3 dates already booked in with them and the various activities they do and are very much looking forward to meeting everyone.

Within the next few weeks we will also be reopening our Allergy Clinic sessions. Over the Covid lockdowns we have been unable to run these sessions and have therefore accrued a rather long waiting list. Now that we have had our refurbishments completed, we are able to reopen these sessions. Our first, being held in December is already full!

We are also really grateful to Medway councillors who have supported our work with donations from their Ward Funds this year. We have used this to purchase a new printer for our office that will enable us to be more efficient with the way we print and scan.

Lastly, I'm pleased to let you know that we have been chosen by our local Co-op shops to be part of the Co-op Local Community Fund, helping to further our outreach to the ME1 area! This means that with every £1 that is spent by a Co-op member, we will receive 1p! If you are a Co-op member all you need to is select us as your chosen charity, or follow the link below to find us. It is never too late to sign up to become a Co-op member and help us raise those most important funds! <https://membership.coop.co.uk/causes/74790>

Kirsty Ferguson
Coordinator

Notes

Medway Asthma Centre



Medway Asthma Self Help

Registered Charity Number 1196597

131 Watling Street, Gillingham, Kent ME7 2YY

01634 855844

medwayasthmaselfhelp@btconnect.com

Facebook: [@Medway.selfhelp](https://www.facebook.com/Medway.selfhelp)

Twitter: [@MedwayAsthma](https://twitter.com/MedwayAsthma)

Instagram: [@medwayasthma](https://www.instagram.com/medwayasthma)

Office Opening Times

Monday 9.00am – 12noon

Thursday 5.00pm – 8.00pm (telephone only)

Friday 2.00pm – 5.00pm

Clinic Details

A 30-minute consultation with a specialist asthma nurse on Fridays, by appointment only.



Receipts and payments accounts

CC16a

For the period from	01/10/2021	To	30/09/2022
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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					
CCG	11,525	-	-	11,525	11,525
Medway Councils Ward Funds	2,993	2,349	-	5,149	1,250
Phillips and Corrie	-	5000	-	5,000	-
Collyer Ferguson	2500	-	-	2,500	2,500
Coop	2194.69	-	-	2,196	1,640
Fundraising	1,838	-	-	1,838	7,818
Donations	791.93	-	-	792	847
Gift Aid	763	-	-	763	-
Refunds	439.24	-	-	439	-
Interest	4	-	-	4	3
Sub total (Gross income for AR)	22,966	7,349	-	30,305	24,183
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,966	7,349	-	30,305	24,183
A3 Payments					
Salaries	18,897	3,114	-	13,901	14,739
Rent	7,500	-	-	7,500	4,500
Publicity	595	-	-	595	846
Internet	216	-	-	216	229
Telephone	772	-	-	772	664
Travel	10	-	-	10	-
Insurance	1,208	-	-	1,208	1,857
Sundries	306	-	-	306	122
Postage & Stationery	54	-	-	54	19
Clinic	254	-	-	254	-
Cleaning	289	-	-	289	33
Light and heat	275	-	-	275	716
Water	102	-	-	102	151
Training	-	-	-	-	-
zoom	159	-	-	159	-
Waste	230	-	-	230	-
Sub total	22,836	3,114	-	25,952	23,055
A4 Asset and investment purchases, (see table)					
Air ventilator	-	899	-	899	-
Sub total	-	899	-	899	-
Total payments	22,836	4,013	-	26,861	23,055
Net of receipts/(payments)	118	3,336	-	3,454	1,128
A5 Transfers between funds	-	2,000	-	-	-
A6 Cash funds last year end	35,630	13,470	-	49,290	-
Cash funds this year end	33,698	19,006	-	52,704	1,128

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	operating funds in bank	33,576	11,954	-
	reserves	-	7,042	-
	cash	22	-	-
	Total cash funds	33,598	19,006	-

(agree balances with receipts and payments account(s))

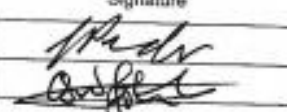
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office computers	(unrestricted)/U	350	150
	Office Printer	Unrestricted R	717	-
	Scanner	R	1,405	700
	Filing cabinet	U	100	00
	Fire extinguisher	U	156	80
	Projector	R	317	180
	Laptops	R	1,643	1,500
	Fernc monitor	donation	1,000	900
	Air Cleaner	R	399	399

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	J JOHNSON CLIVE JOHNSON	15/11/22 15/11/22



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Medway Asthma Self Help

On accounts for the year ended

30 September 2022

Charity no (if any)

1058749

Set out on pages

1

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30 / 09 / 2021.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

[Signature box]

Date:

November 2022

Name:

Christopher Harvey

Relevant professional qualification(s) or body (if any):

--

Address:

56 Herbert Road
Gillingham
Kent ME8 9DA

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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