

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

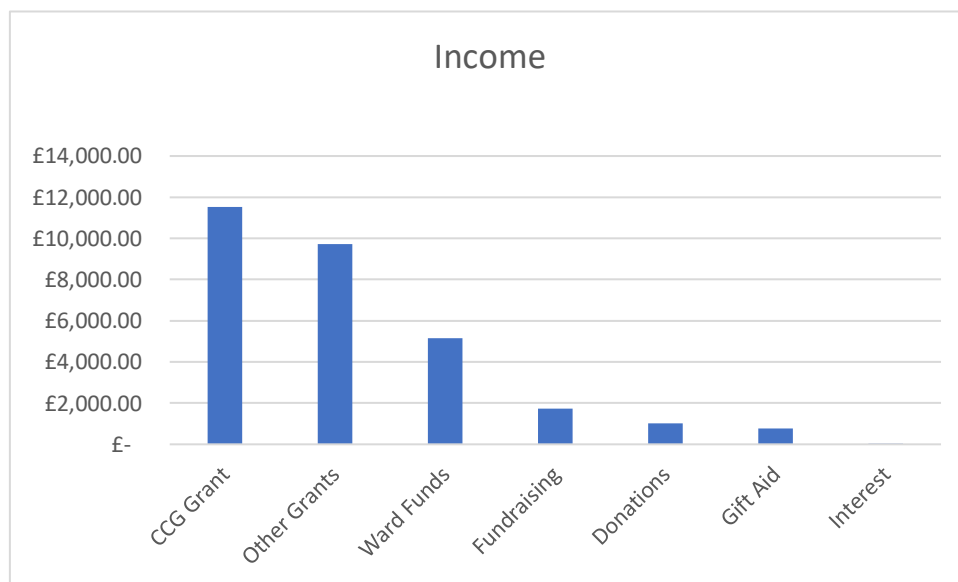
**Select us as
your cause**

coop.co.uk/membership

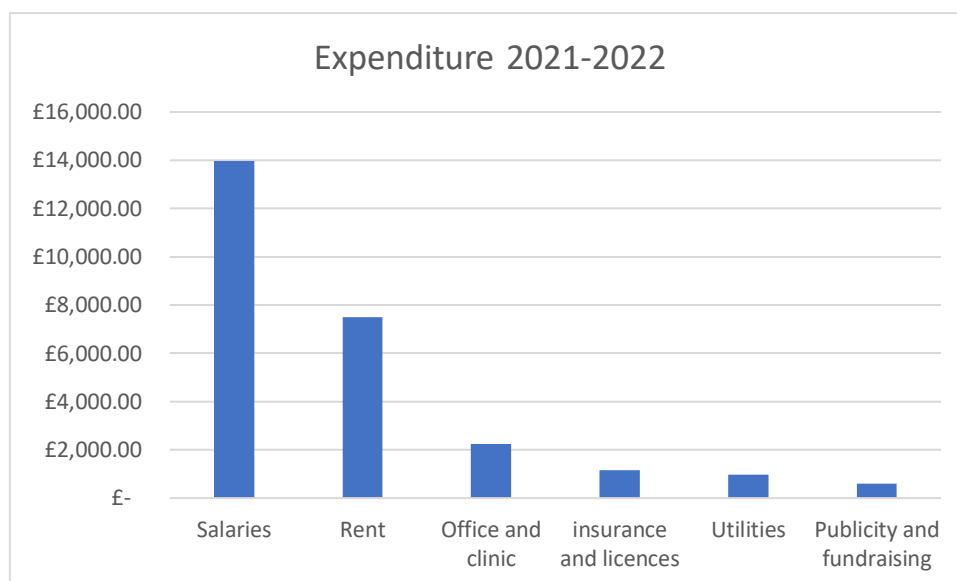
Treasurer's Report 2021-2022

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.



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

Informative,
welcoming,
friendly

Seen quickly and
tested quickly

Everything
very
thorough

Really
informative,
friendly

Good Advice

Information was
helpful, arranged
action plan

Explaining to a
level we
understand

Explained
everything and
ran checks

Listen, explain,
support and sign
post

Very clear
advice

Excellent info,
warm welcome
and friendly

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

Twitter: @MedwayAsthma

Instagram: @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.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Medway Asthma Self Help

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 Connie	-	5000	-	5,000	-
Collyer Ferguson	2500	-	-	2,500	2,500
Coop	2194.69	-	-	2,195	1,040
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)	22,956	7,349	-	30,305	24,183
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,956	7,349	-	30,305	24,183
A3 Payments					
Salaries	18,897	3,114	-	13,601	14,739
Rent	7,593	-	-	7,500	4,500
Publicity	585	-	-	585	846
Internet	216	-	-	216	229
Telephone	772	-	-	772	664
Travel	10	-	-	18	-
Insurance	1,208	-	-	1,288	1,857
Sundries	306	-	-	335	122
Postage & Stationery	64	-	-	64	19
Clinic	254	-	-	254	-
Cleaning	289	-	-	289	33
Light and heat	275	-	-	275	716
Water	162	-	-	162	181
Training	-	-	-	-	-
Zoom	158	-	-	158	-
Waste	230	-	-	230	-
Sub total	22,838	3,114	-	25,952	23,055
A4 Asset and investment purchases, (see table)					
Air ventilator	-	869	-	869	-
Sub total	-	869	-	869	-
Total payments	22,838	4,013	-	26,851	23,055
Net of receipts/(payments)	118	3,336	-	3,454	1,128
A5 Transfers between funds	-	2,600	-	-	-
A6 Cash funds last year end	35,680	13,470	-	49,250	-
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))			
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
	Office computers	unrestricted(U)	350	150
	Office Printer	Unrestricted R	717	-
	Splinterator	R	1,495	790
	Filing cabinet	U	180	00
	Fire extinguisher	U	156	80
	Projector	R	317	180
	Laptops	R	1,643	1,500
	Fine monitor	donation	1,000	900
	Air Cleaner	R	399	399
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
 	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:

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.