



MS Together

FINANCIAL STATEMENTS

For the period from
1 January 2024 to 31 December 2024





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Charity Information

Registered office:	8 City Road, Worsley, Manchester M28 1BD
Trustees:	Marc Smith (Chair) Hannah Verghese (Vice Chair) Annabelle Bridges (Treasurer) Vanessa Vallely Niraj Mistry Tom Jamison Samantha Bromfield Ruth Stross
Chief executive officer:	Amy Thompson
Charity number:	1200565
Independent examiner:	Thompson Accountancy Services Hadleigh, England, SS7 2BT
Bankers:	Lloyds Bank





Introduction

A letter from our Chair:

As we look back on 2024, I am filled with pride and gratitude for everything MS Together has achieved this year - and for the strength and spirit of our community of young adults living with MS.

MS Together continues to grow and evolve as a small but impactful charity, rooted in compassion, connection, and the belief that no young person should face MS alone. This year, we supported more people than ever before through our peer support groups, events, and new services, and deepened our commitment to making sure every young adult diagnosed with MS feels seen, heard, and supported.

We made important strides in our emotional wellbeing support by launching one-to-one counselling and group therapy services, offering safe and specialist spaces for young people to explore the challenges of life with MS. We also took our work on the road with the MS Together Tour - a series of in-person events across the UK that brought young adults together to connect, share experiences, and build community.

2024 was a year of meaningful connection - through in-person events, online sessions, and powerful stories shared by our community. We saw the strength of our members not only in their own journeys, but in the way they lift each other up.

As Chair, I want to thank every single person who has contributed to MS Together this year - our volunteers, fundraisers, donors and trustees. A special thank you goes to our Founder, who was appointed as CEO in June 2024 and continues to lead with heart and vision.

Together, we are creating something truly special. I look forward to building on this work in 2025 as we continue to grow our impact, reach more young adults, and ensure that no one has to face MS alone.

With gratitude,
Marc Smith
Chair of the Board of Trustees
MS Together





Trustees' Annual Report

The board of trustees, present their annual report and financial statements of MS Together for the year ended 31 December 2024.

From: 1 January 2024 (period start date)
To: 31 December 2024 (period end date)

Charity name: MS Together
Charity registration number: 1200565

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of need among people affected by multiple sclerosis (MS), with a particular focus on those aged living with MS aged 18-35, by providing services of support and advice. MS Together exists to support young adults aged 18-35 living with multiple sclerosis (MS) by providing peer support, emotional wellbeing services, information, and opportunities for connection. The charity's mission is to ensure that no young person feels alone or overwhelmed by their diagnosis.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the	Para 1.17 and 1.19	In 2024, MS Together significantly expanded its range of support services for young adults affected by MS. Key achievements included:



activities, projects or services identified in the accounts.		• Hosting 55+ virtual events and webinars covering vital topics such as wellbeing, fatigue management, employment, and relationships. • Delivering over 15 in-person events across 11 UK cities through the MS Together Tour and our regional groups, connecting more than 200 people in person. • Offering one-to-one counselling and group therapy to 50+ individuals, with sessions specifically tailored to the unique experiences of young adults living with MS. • Launching a rebranded MS Together Support Helpline, staffed by trained peer volunteers with MS, offering emotional support, signposting, and guidance to those affected by the condition. • Amplifying lived experiences via Instagram, TikTok, and Facebook, reaching over 100,000 users and featuring over 30 peer stories, fostering a sense of community and understanding. • Delivering workplace awareness talks to NHS Trusts, charities, and corporate partners, promoting better understanding and inclusion of people
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		with MS in the workplace. One member shared, <i>“Attending an MS Together in-person event changed everything - I finally met people who understood what I was going through.”</i>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have complied with their duty under section 17 of the Charities Act 2011 to have due regard to the guidance on public benefit published by the Charity Commission.

Additional information

	SORP reference	
Policy on grant making	Para 1.38	MS Together does not operate a grant-making programme.
Policy on social investment including program related investment	Para 1.38	The charity does not currently hold any social investments.
Contribution made by volunteers	Para 1.38	Volunteers were central to MS Together’s delivery in 2024. 38 active volunteers contributed to peer support, helpline services, event facilitation, social media, and operations. Their time, insight, and empathy were instrumental in supporting over 500 people. As one volunteer shared, “It’s powerful to be able to give back and reassure others newly diagnosed with MS.”

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In 2024, MS Together reached more people than ever before: Community growth: Over 500 new members joined our private support groups in 2024, bringing our network to over 2,000 young adults living with MS across the UK and Ireland. These spaces continue to be a lifeline - offering daily connection, validation, and friendship for those navigating the uncertainty of MS. We also strengthened our local presence through 11 regional support groups, helping young people access peer support closer to home. These groups host regular meet-ups, provide localised advice, and create a strong sense of community across different parts of the UK and Ireland. In June 2024, we launched the MS Together Tour - a nationwide initiative to bring our community together in person. With one meet-up in a different region each month, the Tour has helped foster deeper connections and reduce isolation, especially for those less engaged in virtual support. The Tour has also been more accessible for people as each event has been partially funded. In summer 2024, we hosted a dedicated content day, inviting community members to share their

		stories through video interviews, panel discussions, and open storytelling. The voices captured that day have shaped future campaigns and inspired more authentic, engaging content - helping us grow our reach and connect with a wider audience. Our services: We delivered more than 55 virtual events, including virtual socials and themed workshops. We also hosted a series of impactful webinars, offering practical advice and lived experience on key topics like employment, travel, and navigating life with MS. We also hosted over 15 in-person events across the country, some facilitated through the MS Together Tour, some through our dedicated regional groups. In 2024, we also expanded our emotional support services: • Group counselling launched in September. • One-to-one counselling began in June. • Our new support helpline became a vital resource for young people seeking guidance and a listening ear. Together, these services supported over 50 individuals in their first six months. Every participant in counselling and therapy reported improved wellbeing and reduced feelings of loneliness.
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		Raising awareness: We delivered six workplace awareness talks, reaching more than 200 professionals. 97% of attendees reported a better understanding of MS, helping to reduce stigma and promote workplace inclusion. Our work was featured in national media, including BBC Radio and The One Show, giving visibility to the challenges and resilience of young people with MS. Our More Than MS campaign challenged public perceptions and highlighted the full identities of young adults living with MS, featuring high-profile ambassadors such as Lina Nielsen, Kadeena Cox, Bianca Wallace, and Laura Goodall. Fundraising: In 2024, our community showed incredible generosity and drive: • Our 130K May campaign raised over £10,000, with involvement from Great Run participants, community-led events, and individual fundraising challenges across the country. • We launched Stronger Together in 30 Days, a new community-led fundraising challenge that empowered individuals to take on personal goals while raising funds and awareness.
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		Partnerships: We built meaningful collaborations with key organisations. • ECTRIMS for their Patient Community Day • Hidden Disabilities (Sunflower Lanyard scheme) • MS Society for World MS Day • MS Trust for collaborative content • All seven UK MS charities for MS Awareness Week, tackling taboo topics • Oceans of Hope for a unique peer-led outdoor event We also showcased our work at major sector events including the MS Trust Conference and MS Society's MS Frontiers, strengthening relationships with professionals and partners across the UK. MS Academy Masterclasses (Foundation & Advanced level, 2 modules) - MS Together endorse the education and Amy attended module 2 of the Masterclass and met with delegates. Delegates represent professions across the MS multi-disciplinary team so good for awareness and raising our profile.
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Additional information

Achievements against objectives set	Para 1.41	2024's strategic objectives were: 1. We significantly expanded our emotional wellbeing offer, delivering subsidised
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		one-to-one counselling, group therapy, and launching a new support helpline - all designed specifically for young adults with MS. These services supported over 50 individuals in the first 6 months, with 100% of participants reporting improved wellbeing and reduced loneliness. 2. Increase in-person engagement We brought our community together offline through 15+ regional events, our 11 active regional groups, and our brand-new MS Together Tour, which began in June 2024 and visits a different UK or Ireland region each month. These in-person gatherings helped deepen connections, reduce isolation, and strengthen our nationwide community. 3. Develop high-quality, relevant information resources We created a wide range of digital and video content shaped by young people with MS, alongside an impactful webinar series covering vital topics like employment, intimacy, and symptom management. Our content day brought community members into the creative process, ensuring all resources reflected real-life experiences and needs. 4. Increase awareness and visibility of MS in young adults We secured national media coverage including BBC Radio and <i>The One Show</i>,
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		reaching new audiences and challenging outdated perceptions of MS. Our More Than MS campaign, in collaboration with high-profile ambassadors, helped highlight the diverse realities of young people living with the condition. We also delivered six workplace awareness talks , with 97% of attendees reporting improved understanding of MS.
Performance of fundraising activities against objectives set		MS Together experienced transformational growth in income and fundraising success in 2024, reflecting increased trust in our mission and growing community support. Total income rose to £119,068 - a significant increase from £30,660 in 2023. This included: • £54,308 in unrestricted funds, giving us greater flexibility to respond to emerging needs and invest in long-term impact • £64,760 in restricted grants, enabling us to launch and expand core services such as counselling, helpline support, and regional events This significant increase was driven by: • Successful funding applications to trusts, industry partners, and foundations • Strong community fundraising, including our new <i>Stronger Together in 30 Days</i> challenge and <i>130K May</i>, which raised over £10,000

		An increase in individual giving and regular donors Total expenditure was £48,415, allowing us to scale our impact while maintaining a lean, efficient model. This resulted in a net surplus of £70,653, positioning us for sustainable growth in 2025 and beyond. For comparison, in 2023, income was £30,660 and expenditure £12,340, with a surplus of £18,320 - demonstrating how 2024 marked a major turning point in the charity's financial trajectory and capacity to deliver.
Investment performance against objectives		The charity holds no investment portfolio.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	MS Together ended 2024 in a strong financial position. Income increased from the previous year, rising to £119,068 from £30,660 in 2023. Careful financial planning and a lean delivery model enabled the organisation to significantly scale its services - including counselling, regional events, and digital resources - while also building a healthy surplus of £88,973. This surplus not only provides financial stability but also lays a solid foundation for strategic investment in 2025, including expanding in-person support, growing the team, and enhancing digital infrastructure. The growth reflects increasing confidence from funders, donors, and partners in MS Together's mission and impact.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The trustees hold reserves to ensure continuity of services, manage risk, and invest in future development. The target is 3–6 months' core operating costs.
Amount of reserves held	Para 1.22	At 31 December 2024, reserves totalled £88,973. This is available for use at the discretion of the trustees in furtherance of their charitable objectives.
Reasons for holding zero reserves	Para 1.22	Not applicable.
Details of fund materially in deficit	Para 1.24	None.

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties about MS Together's ability to continue as a going concern.
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Additional information

The charity's principal sources of funds (including any fundraising)	Para 1.47	Principal income sources include: • Grants from trusts and foundations • Individual donations • Challenge and community fundraising • Corporate sponsorships and partnerships MS Together is proud to say that 100% of funds raised directly support the delivery of our charitable objectives - from mental health services and peer support to awareness-raising campaigns and community events. As a small, independent UK-based charity, we rely entirely on the generosity of grantmakers, public donations, and partnerships to continue our work. Every contribution makes a tangible difference, enabling us to reach more young people living with MS, provide critical emotional support, and build a stronger, more visible community.
Investment policy and objectives including any social investment policy adopted	Para 1.46	The charity does not currently hold any investments.
A description of the principal risks facing the charity	Para 1.46	Main risks include:

		• Reliance on a small staff and volunteer base: As a small charity, we rely heavily on the dedication and capacity of our staff and volunteers. This can create risks related to burnout, workload distribution, and succession planning. A small team also means that there may be challenges in scaling up our services or responding to unexpected needs quickly. • Demand for support exceeding capacity: With increasing awareness of MS Together and the growing number of people seeking support, we face the challenge of meeting demand while maintaining the quality of our services. As our reach expands, the need for counselling, events, and other resources is also growing, potentially exceeding our current capacity to deliver. This could affect the sustainability of our services, the ability to meet the needs of everyone, and the quality of the support we provide. • Uncertainty in long-term funding: While 2024 has seen significant growth in fundraising, there remains uncertainty around long-term funding sources. As a charity primarily reliant on grants, donations, and sponsorships, we face potential fluctuations in funding. Changes in economic conditions, donor priorities, or government policies could impact our financial stability and our ability to plan for the future.
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		Mitigations include: 1. Diversifying income: To address the funding uncertainty, we are working to diversify our income streams by exploring new fundraising opportunities, expanding our corporate sponsorships, and increasing our engagement with individual donors. We are also exploring new grants and funding opportunities that align with our mission. This will ensure that we have a stable and sustainable financial foundation moving forward. 2. Developing operational processes: To mitigate the risk of relying too heavily on a small team, we are committed to developing and improving our operational processes. This includes streamlining administrative tasks, implementing better systems for volunteer management, and increasing the efficiency of our service delivery. By creating more structured workflows and clear roles, we can ensure that our staff and volunteers are supported, and that the charity's day-to-day operations run smoothly. 3. Expanding the staff team in 2025: In response to growing demand, we plan to expand our staff team in 2025, ensuring that we have the necessary resources to continue scaling our services and provide high-quality support. Hiring additional staff will allow us to spread the workload, prevent burnout, and enhance our
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		capacity to meet the needs of our community. We will also invest in staff training and development to ensure that our team has the necessary skills to grow and adapt as the charity evolves.
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Structure, Governance and Management

Type of governing document	Para 1.25	MS Together operates under a Constitution adopted in accordance with the Charities Act 2011. Constitution document adopted 13/05/2022. Registered with the Charity Commission for England and Wales 04/10/22. Charity number 1200565.
How is the charity constituted?	Para 1.25	The charity is a Charitable incorporated organisation governed directly by Charity Law and regulated by the Charity Commission of England and Wales. It operates under its constitution.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are recruited based on relevant skills, lived experience of MS, and alignment with the charity's mission. Appointments are made in line with the constitution. In selecting individuals for appointment as appointed trustees, the charity trustees have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional information

The charity's organisational structure and any wider network with which the charity works	Para 1.51	The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Statements of Recommended Practice and the regulations made under the Charities Act
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		2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees oversee the day to day running of the charity, along with around 40 volunteers. The trustees seek the views of the community and volunteers in making decisions about the charity and its activities.
Relationship with any related parties		MS Together maintains a transparent and accountable approach to any relationships with related parties. In 2024, no trustee received any remuneration or other benefit from the charity. All trustees give their time voluntarily and receive no personal financial gain for their involvement. The charity also benefits from collaborative relationships with other MS organisations and health sector partners; however, these partnerships are strategic and not financial in nature. No related party transactions took place in the reporting period.
Other		In 2025, MS Together will continue to prioritise social support, expanding both our virtual and in-person events to ensure that young people living with MS have access to a variety of engagement opportunities. Building on the success of our regional events and the MS Together Tour, which offers monthly meet-ups across different regions, we will deepen our reach and connection with the community.

		This expansion will focus on both increasing in-person engagement and offering meaningful virtual spaces for support and interaction. A key focus for 2025 will also be the mental health and emotional wellbeing of people living with MS. Following the success of our counselling and therapy services, we will further invest in enhancing these offerings and exploring new ways to support individuals with their mental health. This will include expanding our counselling and therapy provision, launching new initiatives focused on resilience and coping strategies, and continuing to integrate mental health support into all of our services. Additionally, we will build on our new 2025 strategy, focusing on increased accessibility, empowerment, and awareness for young people living with MS. By fostering community connections, expanding our professional support services, and continuing to create high-quality informational resources, we aim to provide comprehensive, meaningful support to our community.
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Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Amy Thompson		01/01/24 – 30/05/24	



Annabelle Bridges			
Marc Smith		14/10/24-31/12/24	
Niraj Mistry			
Ruth Stross			
Samantha Bromfield		05/06/24-31/12/24	
Tom Jamison			
Hannah Verghese		05/06/24-31/12/24	

Additional information

Name of chief executive or names of senior staff members

Amy Thompson, Founder and CEO – appointed June 2024

Reference and Administrative details

Charity name	MS Together
Other name the charity uses	Multiple Sclerosis Together
Registered charity number	1200565
Charity's principal address	8 City Road, Worsley, Greater Manchester, M28 1BD

Declarations

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

Signed on behalf of the charity's trustees

Signature:

Full name(s): Marc Smith

Position:

Date: Chair

Signature:

Full name(s):

Position: 17th September 2025

Date:





**Independent Examiner's Report on the Accounts
Report to the trustees of MS Together (Charity no. 1200565)
for the year ended 31 December 2024**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 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.

Thompson Accountancy Services
Certified Chartered Accountants
Suite 9, Hadleigh Business Centre
351 London Road
Benfleet
Essex
SS7 2BT

Date: 12th August 2025



 CHARITY COMMISSION FOR ENGLAND AND WALES	MS Together		1200565	CC16a
	Receipts and payments accounts For the period from 01/01/2024 To 31/12/2024			

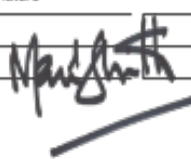
Section A Receipts and payments

	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	14,350	-	-	14,350	14,173
Easy fundraising	278	-	-	278	209
Collection Pot	231	-	-	231	-
CAF Donation	200	-	-	200	-
PayPal Giving	25	-	-	25	-
Grants	-	64,760	-	64,760	11,695
JustGiving	35,500	-	-	35,500	-
Fundraising and events	1,697	-	-	1,697	4,583
EventBrite	2,027	-	-	2,027	-
	-	-	-	-	-
Sub total (Gross income for AR)	54,308	64,760	-	119,068	30,660
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	54,308	64,760	-	119,068	30,660
A3 Payments					
Admin expenses	1,085	-	-	1,085	880
Employee costs	20,474	-	-	20,474	-
Postage	252	-	-	252	164
MHFA service	585	-	-	585	390
Counselling Service	7,990	-	-	7,990	-
Events	7,037	-	-	7,037	4,259
Trustee expenses	290	-	-	290	1,146
Volunteer expenses	1,510	-	-	1,510	-
Professional fees	420	-	-	420	50
Conferences	2,606	-	-	2,606	241
Merchandise	4,389	-	-	4,389	2,214
Fundraising	1,777	-	-	1,777	1,517
Travel	-	-	-	-	354
Launch Event	-	-	-	-	1,125
	-	-	-	-	-
Sub total	48,415	-	-	48,415	12,340
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	48,415	-	-	48,415	12,340
Net of receipts/(payments)	5,893	64,760	-	70,653	18,320
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	18,320	-	-	18,320	-
Cash funds this year end	24,213	64,760	-	88,973	18,320

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 account	24,213	64,760	-
		-	-	-
		-	-	-
	Total cash funds	24,213	64,760	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
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)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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
		

17-09-25