

Annual Trustee Report for - Talks With MS

Charity Details

Charity Name: Talks With MS

Registration Number: 1201569

Registered Address: 23 Joselyn Close, London EN3 6GE

Trustees: Terri-louise Brown, Sabtisha Gordon, Yolande Brown, Joseph Brown

Structure, Governance, and Management

Talks With MS is a registered charity operating under a board of trustees responsible for overseeing its strategic direction and governance. The trustees are recruited through an open selection process, ensuring a diverse and skilled board that aligns with the charity's mission and objectives. New trustees undergo an induction process, which includes governance training and an introduction to the charity's activities. The charity operates in compliance with relevant legal and regulatory frameworks, ensuring transparency and accountability in all operations.

The board meets regularly to review the charity's strategic direction, assess operational performance, and ensure financial sustainability. Decision-making is guided by the charity's constitution and governance policies, with input from stakeholders, including beneficiaries, volunteers, and corporate partners. The charity also engages external advisors where necessary to ensure best practices in legal, financial, and operational matters.

Activities and Objectives

The primary aim of Talks With MS is to support individuals living with Multiple Sclerosis (MS) by providing education, resources, and a peer-support network. Key activities undertaken during the year include:

- **Community Support:**
 - Hosting peer-support programs, including mentorship initiatives, where individuals newly diagnosed with MS are connected with experienced members for guidance and encouragement.
 - Organizing local and virtual meetups to foster a sense of community and provide a safe space for individuals to share experiences and strategies for managing MS.

- **Education & Awareness:**

- Conducting educational workshops and webinars featuring healthcare professionals, researchers, and individuals with lived experiences to provide comprehensive knowledge on MS management.
- Delivering training sessions to corporate partners and institutions on disability inclusion, accessibility, and workplace accommodations for employees with MS.

- **Accessibility Advocacy:**

- Partnering with organisations to implement disability-friendly workplace policies and improve access to career opportunities for people with MS.
- Engaging with policymakers and industry leaders to promote legislative changes that enhance support for individuals with disabilities.

- **Online and Social Media Outreach:**

- Maintaining an active digital presence through informative articles, video content, and social media campaigns to raise awareness about MS and combat misinformation.
- Facilitating an online support network where individuals can seek advice, share experiences, and access resources to better manage their condition.

Achievements and Performance

During the year, Talks With MS accomplished several key milestones:

- **Growth in Community Support:**

- Increased membership in peer-support groups, fostering stronger connections among individuals affected by MS.
- Launched a mentorship program that successfully paired over **38** individuals with mentors, providing invaluable guidance and encouragement.

- **Expanded Education & Awareness Initiatives:**

- Delivered **14** educational sessions, reaching a wider audience and empowering individuals with MS to make informed decisions about their health and well-being.

- Hosted awareness campaigns that garnered significant engagement, increasing public understanding of MS and related challenges.
- **Advancements in Accessibility Advocacy:**
 - Established partnerships with **4** companies, leading to tangible improvements in workplace accessibility and inclusive hiring practices.
 - Collaborated with industry leaders to advocate for policy changes benefiting individuals with disabilities.
- **Digital and Social Media Impact:**
 - Grew the charity's online community by **43%** across multiple platforms, amplifying its message and reaching a broader audience.
 - Launched an informational series addressing common misconceptions about MS, which received positive feedback from the community.

Public Benefit Statement:

The charity's activities have provided direct benefits to individuals with MS, equipping them with essential resources, support, and advocacy to improve their quality of life. Furthermore, our efforts in workplace accessibility and policy advocacy have contributed to broader societal improvements in disability inclusion.

Financial Review

The charity's financial position for the reporting year remains stable and reflective of its commitment to maximizing impact. Total income for the year was **£24,405.72**, derived from a combination of donations, grants, and fundraising activities. Expenditure for the same period amounted to **£24,148.29**, which was carefully managed and allocated towards delivering the charity's core activities, including peer support, advocacy, and educational outreach.

Talks With MS did not incur any debts during the financial year and is not currently under any active repayment plans. The charity continues to maintain sound financial management practices to ensure sustainability and transparency in all financial operations.

Reserves Policy:

The board of trustees maintains a reserves policy to ensure the charity's financial stability and long-term sustainability. Funds are allocated strategically to support ongoing projects, cover operational expenses, and provide a financial buffer against unforeseen circumstances. The current reserves amount to **£250**, with plans to allocate a portion toward expanding support programs in the upcoming year.

Custodian Trustee Funds

The charity does not hold any custodian trustee funds.

Conclusion

Talks With MS remains steadfast in its commitment to supporting individuals living with Multiple Sclerosis and advocating for meaningful change in accessibility and disability inclusion. Over the past year, we have made significant strides in expanding our support network, delivering impactful educational programs, and fostering collaboration with key stakeholders to enhance workplace accessibility and policy reforms.

Our financial position has remained strong and stable throughout the year, with income of £24,405.72 and well-managed expenditure of £24,148.29. The charity has not incurred any debt and is not under any active repayment plans, which reflects our prudent financial management and reinforces our ability to sustain and grow our initiatives.

Looking ahead, we are determined to:

- Expand our peer-support programs to reach a larger audience and provide more comprehensive guidance to those in need.
- Strengthen our educational initiatives, incorporating more expert-led workshops and tailored resources to empower individuals with MS and their caregivers.
- Deepen our advocacy efforts, working closely with corporate leaders and policymakers to drive systemic improvements in accessibility and disability rights.
- Secure sustainable funding sources to ensure the longevity and effectiveness of our initiatives.

We extend our heartfelt appreciation to our dedicated trustees, volunteers, corporate partners, and donors who have played an instrumental role in advancing our mission. Your unwavering support has enabled us to create a more inclusive and supportive environment for individuals with MS. As we embark on another year, we look forward to continuing our work, fostering collaboration, and making a lasting impact in the lives of those affected by MS.

Together, we can create a future where accessibility and inclusivity are at the forefront of society, empowering individuals with MS to lead fulfilling lives with dignity and confidence to supporting individuals living with Multiple Sclerosis and advocate for meaningful change in accessibility and disability inclusion. Over the past year, we have made significant strides in expanding our support network, delivering impactful educational programs, and fostering collaboration with key stakeholders to enhance workplace accessibility and policy reforms.

The challenges faced by individuals with MS continue to evolve, and so must our efforts. Looking ahead, we are determined to:

- Expand our peer-support programs to reach a larger audience and provide more comprehensive guidance to those in need.
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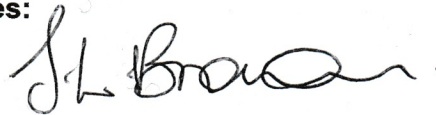
Together, we can create a future where accessibility and inclusivity are at the forefront of society, empowering individuals with MS to lead fulfilling lives with dignity and confidence.

Signed on behalf of the Board of Trustees:

Name - Terri-Louise Brown

Position - Trustee

Date - 16/4/2025



Signed on behalf of the Board of Trustees:

Name - Joseph Brown

Position - Trustee

Date - 16/4/2025





CHARITY COMMISSION
FOR ENGLAND AND WALES

Talks With M.S.

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Receipts and payments accounts

CC16a

For the period
from

13/01/2023

To

30/01/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations, legacies and grants	£3,186	9,163	-	12,349	-
Fundraising events, eg raffles, jumble sales	£3,240	-	-	3,240	-
Community Event Tickets	£1,514	-	-	1,514	-
Charitable activities	£2,302	-	-	2,302	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,242	9,163	-	19,405	-
A2 Asset and investment sales, (see table).					
		-	-	-	-
Loan from external funders	£5,000	-	-	5,000	-
Sub total	5,000	-	-	5,000	-
Total receipts	15,242	9,163	-	24,405	-
A3 Payments					
Fundraising costs (trading activities)	£600	150	-	750	-
Costs of charitable activities	£900	4,087	-	4,987	-
Volunteer Expenses	£1,941	601	-	2,542	-
Venue Hire	£2,850	1,300	-	4,150	-
Subscriptions	£707	302	-	1,009	-
Marketing	£500	700	-	1,200	-
External Exhibitions	£1,450	650	-	2,100	-
Stationary	£1,225	1,185	-	2,410	-
	-	-	-	-	-
Sub total	10,173	8,975	-	19,148	-
A4 Asset and investment purchases, (see table)					
Loan repaid to external lender	£5,000	-	-	5,000	-
	-	-	-	-	-
Sub total	5,000	-	-	5,000	-
Total payments	15,173	8,975	-	24,148	-
Net of receipts/(payments)	69	188	-	257	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	69	188	-	257	-

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				
	Total cash funds			
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest£	Restricted funds to nearest£	Endowment funds to nearest£
B2 Other monetary assets				
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
B5 Liabilities		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

T. L. Brown
J. M. Brown

Terri-Louise Brown
Joseph Brown

16-4-25
16-4-25