THE MULTIPLE SCLEROSIS RESEARCH AND RELIEF FUND

England & Wales · Charity number 228634

Details

Other names	THE MULTIPLE SCLEROSIS RESEARCH FUND LIMITED
Status	Registered
Legal form	Charitable company
Company number	00795584
Registered	1969-06-13
Register	View on the Charity Commission register

Contact

Address	M S Research & Relief Fund Benmar House Choppington Road Morpeth NE61 2HX
Phone	01670505829
Email	info@msrrf.org.uk
Website	www.msrrf.org.uk

Activities

Objects: THE OBJECTS FOR WHICH THE COMPANY IS FOUNDED ARE:-(A) THE RELIEF FO PERSONS SUFFERING FROM MULTIPLE SCLEROSIS BY THE PROVISION OF GRANTS, MEDICAL EQUIPMENT AND AIDS, ADVICE AND COUNSELLING IN RESPECT OF THE RELIEF OF THEIR CONDITION;(B) THE PROMOTION OF RESEARCH INTO THE CAUSES AND RELIEF OF MULTIPLE SCLEROSIS BY THE MAKING OF GRANTS TO SUCH OTHER CHARITABLE INSTITUTIONS AS ARE ENGAGED IN SUCH RESEARCH;(C) THE PURSUIT OF ANY CHARITABLE PURPOSE IN CONNECTION WITH THE RELIEF OF PERSONS SUFFERING FROM MULTIPLE SCLEROSIS AND THEIR CARERS

Activities: MS Research and Relief Fund supports MS groups in Morpeth, Jarrow, Durham, Berwick and Newcastle. We provide complementary therapies which are free of charge to people with MS and their primary carers, in addition we have accessible exercise classes, Tai Chi and a "fitness lounge" where people can use toning tables, MotoMed exercise machines and a vibrogym.

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Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** UNRESTRICTED
- Durham
- Gateshead
- Newcastle Upon Tyne City
- Northumberland
- South Tyneside

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£376,856	£598,680	-	-
2024-03-31	£594,934	£596,712	£3,654,347	6
2023-03-31	£1,005,145	£585,288	£3,313,019	5
2022-03-31	£309,127	£438,479	-	-
2021-03-31	£427,645	£290,304	-	-

Trustees

Name	Role	Appointed
PAUL DENNIS ATKINSON	Chair	
BARBARA ELLIS		2012-06-28
KEVIN CARR		2011-06-15
MARGARET SHARP		
Nicola Young		2023-10-06
Peter Dawson		2016-08-22

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THE MULTIPLE SCLEROSIS RESEARCH AND RELIEF FUND

England & Wales - Charity number 228634

Accounts

REGISTERED COMPANY NUMBER: 00795584 (England and Wales)
REGISTERED CHARITY NUMBER: 228634

Report of the Trustees and

Audited Financial Statements for the Year Ended 31 March 2025

for

The Multiple Sclerosis Research And Relief Fund

Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

The Multiple Sclerosis Research And Relief Fund

Contents of the Financial Statements for the Year Ended 31 March 2025

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The Multiple Sclerosis Research And Relief Fund

Chairman's Report 2025 for the Year Ended 31 March 2025

In 2025, our focus was firmly set on strengthening our funding partnerships to enhance both the reach and the impact of our work. Collaborating with local businesses, charitable foundations, and other organisations is crucial in securing the resources we need to continue supporting people living with MS. Although there was a decrease in incoming resources this year, we are pleased to report that the charity's balance sheet remains on a strong and secure standing.We are sincerely grateful to the many individuals and organisations who have supported us throughout the year. In particular, we would like to thank The Joseph Strong Trust for their continued support and donation, The B&Q Foundation for their generous contribution, the Kenneth Barge Memorial Trust for their gift, and Counceller John Beynon for choosing MS Research and Relief Fund as beneficiary of the Community Grant Award.

A special thank you goes to Hitachi Construction Machinery (UK) , who not only sponsored our annual golf day but also made an exceptionally generous donation. Their support has directly enabled us to upgrade and improve our functional fitness equipment, which plays a vital role in the physical rehabilitation of our service users.

Significant service improvements were also made this year. We successfully transitioned to a fully digital appointment system, introducing automated text messaging and reminder services to streamline communication and reduce missed appointments. Our website underwent a complete redesign and relaunch, creating a more accessible and user-friendly platform for service users and supporters alike. A new and valued partnership with Peel Psychotherapy Consultancy has expanded our service offering to include talking therapies, addressing a growing need among our clients for emotional and mental health support.

We are also proud to announce that our South Side House Physiotherapy Centre will officially open as The Pashler Physiotherapy Centre in April 2025. This renaming recognises the significant contribution of a major donor and marks a key milestone for the Charity. The rebranded centre will enable us to offer free and timely Physiotherapy appointments to people living with MS.

This year, our physiotherapist, along with two senior members of staff, were invited to attend the MS Trust National Conference. This prestigious opportunity allowed us to raise national awareness of the innovative and impactful work we do at MSRRF, and to share best practices with peers across the sector.

On behalf of the Trustees and myself, I would like to extend our heartfelt thanks to our dedicated staff team. Despite working with reduced numbers, their resilience, professionalism, and unwavering commitment have ensured the continuation of our services. Their efforts are truly valued by us all.

Report of the Trustees
for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To provide support, counselling and training to the sufferers and carers of multiple sclerosis. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

To advance education and training of the community in the symptoms, types, causes, diagnosis and treatment of multiple sclerosis.

STRATEGIC REPORT

Financial Review

During the year ended 31st March 2025 the net assets of the Multiple Sclerosis Research and Relief Fund decreased by £112,404 from £3,654,347 to £3,541,943.

The company had a decrease of net incoming resources of £221,824 and an increase in gains on investments of £109,420.The balance sheet of 31st March 2025 continues to show a robust position with net current assets of £177,722.

Investment policy and objectives

The Charity maintains a high level of risk free liquid funds on deposit at any point in time. Surplus funds are managed by professional investment advisors on a low risk basis with regular comprehensive monitoring and feedback as to performance and strategy.Investments are made within an ethical framework set by the board.

Reserves Policy

The Trustees have given careful consideration to the current and future needs of the Charity's beneficiaries; the risks and opportunities association with the normal running of the Charity's affairs and have formulated a reserves policy accordingly.

At 31st March 2025, the Charity had reserves of £3,541,943 of which £66,779 constituted Restricted Funds. Of Unrestricted Funds constituting £3,475,164, £685,000 were tied to freehold property at the year end (2024: £3,592,568, of which £685,000 was tied to freehold property).

The balance remaining comprises General funds of £2,790,164 which are available as working capital to develop the charity including where appropriate further property acquisitions.

STRATEGIC REPORT

Principal risks and uncertainties

The management committee has conducted a review of the major risks to which the charity is exposed.

The charity is clear that unless there is any unexpected reduction in funding then the charity is in a position to continue to develop and deliver its services. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and visitors to the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Report of the Trustees
for the Year Ended 31 March 2025

Structure, governance and management

The Multiple Sclerosis Research and Relief Fund is a charitable company limited by guarantee and complies with the Companies Act 2006 and the SORP. Incorporated on 11th March 1964 and registered as a charity on 13th June 1969, the company was established under a Memorandum of Association, which established the objectives and powers of the Charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contributed an amount not exceeding £1.

The directors of the company are also charitable trustees for the purpose of Charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandums and Articles of Association the longest serving members of the Management Committee will retire on rotation at each Annual General Meeting and being eligible can stand for re-election.

The Management Committee seeks to ensure representation on the Board of Trustees to reflect those with specific experience of Multiple Sclerosis and the issues confronting sufferers. An on-going skills audit is undertaken and training is provided to all new management committee members covering: -

a) The obligations of the Management Committee
b) The main documents which set out the operational framework for the charity including the Memorandums and Articles
c) Resourcing and the current financial position as set out in the latest published accounts
d) Future plans and objectives

Regular full team meetings inform the future planning and strategic thinking of the management committee and are open to staff, volunteers and peer volunteers. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity. The management committee has six members who meet every two months and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity. A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Charity Manager.

The Charity Manager is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

Key management remuneration

During the year there was one member of key management who received remuneration totalling £48,931 (2024 £45,972).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00795584 (England and Wales)

Registered Charity number

228634

Report of the Trustees
for the Year Ended 31 March 2025

Registered office
Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

Trustees
P D Atkinson Chairman
K Carr Trustee
B Ellis Trustee
M Sharp Trustee
P Dawson Trustee
N D Young Trustee

Auditors
Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

Solicitors
Weightmans
1 St James' Gate
Newcastle upon Tyne
NE1 4AD

Charity Manager
Diane Charlton

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of The Multiple Sclerosis Research And Relief Fund for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Peter Weldon & Co. Ltd, Statutory Auditor, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 17/07/2025 and signed on the board's behalf by:

M Sharp - Trustee

Report of the Independent Auditors to the Members of The Multiple Sclerosis Research And Relief Fund

Opinion

We have audited the financial statements of The Multiple Sclerosis Research And Relief Fund (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information
The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below

Based on our understanding of the industry, we identified that the principal risks of non-compliance with laws and regulations related to employment laws and indirect taxes and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to achieve desired financial results and the manipulation of exceptional items and management bias in accounting estimates. Audit procedures performed by the engagement team included, but were not limited to: - enquiries with management, internal accounts and the legal counsel (internal and, where relevant, external), including consideration of known or suspected instances of fraud and non-compliance with laws and regulations and examining supporting calculations where a provision has been made in respect of these.

There are inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Members of The Multiple Sclerosis Research And Relief Fund

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Peter Weldon (Senior Statutory Auditor)

Peter Weldon (Senior Statutory Auditor)
for and on behalf of Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

Date: 18/7/25

The Multiple Sclerosis Research And Relief Fund

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	275,968	-	275,968	502,477
Charitable activities	6				
Grants		4,000	5,000	9,000	3,000
Other trading activities	4	11,078	-	11,078	10,249
Investment income	5	80,810	-	80,810	79,208
Total		371,856	5,000	376,856	594,934
EXPENDITURE ON					
Raising funds	7	38,795	-	38,795	33,981
Charitable activities	8				
Management and administration		358,048	-	358,048	320,060
Grants		18,915	-	18,915	28,979
Admin & running costs		167,922	-	167,922	199,315
Governance costs		15,000	-	15,000	14,377
Total		598,680	-	598,680	596,712
Net gains on investments		109,420	-	109,420	121,864
NET INCOME/(EXPENDITURE)		(117,404)	5,000	(112,404)	120,086
Other recognised gains/(losses)					
Gains on revaluation of fixed assets		-	-	-	221,242
Net movement in funds		(117,404)	5,000	(112,404)	341,328
RECONCILIATION OF FUNDS					
Total funds brought forward		3,592,568	61,779	3,654,347	3,313,019
TOTAL FUNDS CARRIED FORWARD		3,475,164	66,779	3,541,943	3,654,347

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Balance Sheet
31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	14	686,496	-	686,496	687,313
Investments	15	2,677,725	-	2,677,725	2,467,830
		3,364,221	-	3,364,221	3,155,143
CURRENT ASSETS					
Debtors	16	7,388	-	7,388	9,762
Cash at bank and in hand		116,368	66,779	183,147	517,937
		123,756	66,779	190,535	527,699
CREDITORS					
Amounts falling due within one year	17	(12,813)	-	(12,813)	(28,495)
NET CURRENT ASSETS		110,943	66,779	177,722	499,204
TOTAL ASSETS LESS CURRENT LIABILITIES		3,475,164	66,779	3,541,943	3,654,347
NET ASSETS		3,475,164	66,779	3,541,943	3,654,347
FUNDS	18				
Unrestricted funds				3,475,164	3,592,568
Restricted funds				66,779	61,779
TOTAL FUNDS				3,541,943	3,654,347

The financial statements were approved by the Board of Trustees and authorised for issue on ....17/7/2025..... and were signed on its behalf by:

.....
M Sharp - Trustee

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Cash Flow Statement for the Year Ended 31 March 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	(315,125)	(51,329)
Net cash used in operating activities		(315,125)	(51,329)
Cash flows from investing activities			
Purchase of fixed asset investments		(838,692)	(609,036)
Sale of fixed asset investments		738,217	476,930
Interest received		4,988	4,868
Dividends received		75,822	74,340
Net cash used in investing activities		(19,665)	(52,898)
Change in cash and cash equivalents in the reporting period		(334,790)	(104,227)
Cash and cash equivalents at the beginning of the reporting period		517,937	622,164
Cash and cash equivalents at the end of the reporting period		183,147	517,937

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2025

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(112,404)	120,086
Adjustments for:		
Depreciation charges	817	18,557
Gain on investments	(109,420)	(121,864)
Interest received	(4,988)	(4,868)
Dividends received	(75,822)	(74,340)
Decrease/(increase) in debtors	2,374	(3,930)
(Decrease)/increase in creditors	(15,682)	15,030
Net cash used in operations	(315,125)	(51,329)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24 £	Cash flow £	At 31/3/25 £
Net cash			
Cash at bank and in hand	517,937	(334,790)	183,147
	517,937	(334,790)	183,147
Total	517,937	(334,790)	183,147

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations, Legacies, grant and Fundraising income is recognised on receipt of income.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 33%Straight Line and 25% on cost per annum

Tangible assets held for the companies own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss, if any.

Taxation
The charity is exempt from corporation tax on its charitable activities.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Investments
Investments are stated at market value at the balance sheet date. Purchases and sales include transaction fees charged by the investment managers. All other fees are charged to expenditure.

Debtors
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors
Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In the application of the Company's accounting policies management is required to make judgements, estimates and assumptions about the carrying values of assets and liabilities. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant.
The estimates and underlying assumption are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.
The key assumptions and other sources of estimation uncertainty that have a significant effect of causing adjustments to the carrying amounts of assets are as follows:

continued...

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY - continued

- The amounts held in accruals for grants authorised but not yet paid are included on the assumption that they will be paid in the following year. It is possible that the grant can be withdrawn or the amount due to be paid could increase or decrease.

3. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	24,967	33,576
Gift aid	1,541	2,387
Legacies	249,460	466,514
	275,968	502,477

4. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Fundraising events	11,078	10,249

5. INVESTMENT INCOME

	2025	2024
	£	£
Other fixed asset invest - FII	75,822	74,340
Deposit account interest	4,988	4,868
	80,810	79,208

continued...

6. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025 £	2024 £
Joseph Strong Frazer Trust	Grants	-	1,000
Northumberland County Council	Grants	2,000	-
Drapers Charitable Fund	Grants	-	1,000
Barbour Foundation	Grants	-	1,000
Kenneth Barge Award	Grants	2,000	-
B&Q Foundation	Grants	5,000	-
		9,000	3,000

7. RAISING FUNDS

Raising donations and legacies

	2025 £	2024 £
Staff costs	14,490	13,511
Fundraising	5,806	3,561
	20,296	17,072

Investment management costs

	2025 £	2024 £
Portfolio management	18,499	16,909
Aggregate amounts	38,795	33,981

continued...

8. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Grant funding of activities (see note 9)	Support costs (see note 10)	Totals
	£	£	£	£
Management and administration	358,048	-	-	358,048
Grants	-	18,915	-	18,915
Admin & running costs	66,339	-	101,583	167,922
Governance costs	-	-	15,000	15,000
	424,387	18,915	116,583	559,885

9. GRANTS PAYABLE

	2025	2024
	£	£
Grants	18,915	28,979

10. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Admin & running costs	101,583	-	101,583
Governance costs	-	15,000	15,000
	101,583	15,000	116,583

continued...

10. SUPPORT COSTS - continued

Support costs, included in the above, are as follows:

Other

	2025 Admin & running costs	2024 Total activities
	£	£
Wages	39,109	38,795
Pensions	5,596	2,825
Rent and rates	317	3,366
Insurance	2,704	2,395
Light and heat	2,936	4,581
Telephone	2,225	1,136
Postage and stationery	301	494
Sundries	812	61
Training	97	1,486
Repairs and maintenance	12,365	19,090
Contracts	5,219	5,438
Computer expenses	675	633
Refreshments and entertaining	101	-
Travel expenses	199	232
Cost of Trustees' meetings	43	50
Bank charges	165	226
Irrecoverable VAT	27,902	29,503
Depreciation of tangible fixed assets	817	18,557
	101,583	128,868

Governance costs

	2025 Governance costs	2024 Total activities
	£	£
Legal and professional fees	4,839	4,991
Accountancy fees	10,161	9,386
	15,000	14,377

continued...

11. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	817	18,557

12. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

Expenses paid to trustees for the year ended 31 March 2025 were £123 (in 2024 they were £166).

13. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	136,049	120,517
Other pension costs	5,596	2,825
	141,645	123,342

The average monthly number of employees during the year was as follows:

	2025	2024
Staff	7	6

No employees received emoluments in excess of £60,000.

continued...

14. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST OR VALUATION			
At 1 April 2024 and 31 March 2025	685,000	82,339	767,339
DEPRECIATION			
At 1 April 2024	-	80,026	80,026
Charge for year	-	817	817
At 31 March 2025	-	80,843	80,843
NET BOOK VALUE			
At 31 March 2025	685,000	1,496	686,496
At 31 March 2024	685,000	2,313	687,313

Cost or valuation at 31 March 2025 is represented by:

	Freehold property £	Fixtures and fittings £	Totals £
Valuation in 2024	(107,973)	-	(107,973)
Cost	792,973	82,339	875,312
	685,000	82,339	767,339

The charity had its freehold properties valued by R.A Jackson & Son LLP on the 18th April 2024. The properties valuations are Benmar House £345,000 and South Side House at £340,000. The change in carrying value was processed in the accounts per note 18.

continued...

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2024	2,148,344
Additions	838,692
Disposals	(736,302)
At 31 March 2025	2,250,734
PROVISIONS	
At 1 April 2024	(319,486)
Provision for year	(1)
Revaluation adjustments	(107,504)
At 31 March 2025	(426,991)
NET BOOK VALUE	
At 31 March 2025	2,677,725
At 31 March 2024	2,467,830

There were no investment assets outside the UK.

Cost or valuation at 31 March 2025 is represented by:

	Listed investments £
Valuation in 2025	2,250,734

The revaluations of the investments are inline with the Investment Managers' market value assessments of the investments as at 31st March 2025.

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2025

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Prepayments and accrued income	7,388	9,762

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Social security and other taxes	2,298	3,444
VAT	372	372
Net wages and pension	1,610	1,152
Accrued expenses	8,533	23,527
	12,813	28,495

18. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	At 31/3/25
	£	£	£
Unrestricted funds			
General fund	3,592,568	(117,404)	3,475,164
Restricted funds			
Specialised Physiotherapy Equipment	61,779	-	61,779
Garden Fund	-	5,000	5,000
	61,779	5,000	66,779
TOTAL FUNDS	3,654,347	(112,404)	3,541,943

continued...

18. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	371,856	(598,680)	109,420	(117,404)
Restricted funds				
Garden Fund	5,000	-	-	5,000
TOTAL FUNDS	376,856	(598,680)	109,420	(112,404)

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	3,244,509	126,817	3,371,326
Property Revaluations Reserve	-	221,242	221,242
	3,244,509	348,059	3,592,568
Restricted funds			
Specialised Physiotherapy Equipment	68,510	(6,731)	61,779
TOTAL FUNDS	3,313,019	341,328	3,654,347

continued...

18. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	594,934	(589,981)	121,864	126,817
Property Revaluations Reserve	-	-	221,242	221,242
	594,934	(589,981)	343,106	348,059
Restricted funds				
Specialised Physiotherapy Equipment	-	(6,731)	-	(6,731)
TOTAL FUNDS	594,934	(596,712)	343,106	341,328

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/23 £	Net movement in funds £	At 31/3/25 £
Unrestricted funds			
General fund	3,244,509	9,413	3,253,922
Property Revaluations Reserve	-	221,242	221,242
	3,244,509	230,655	3,475,164
Restricted funds			
Specialised Physiotherapy Equipment	68,510	(6,731)	61,779
Garden Fund	-	5,000	5,000
	68,510	(1,731)	66,779
TOTAL FUNDS	3,313,019	228,924	3,541,943

continued...

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	966,790	(1,188,661)	231,284	9,413
Property Revaluations Reserve	-	-	221,242	221,242
	966,790	(1,188,661)	452,526	230,655
Restricted funds				
Specialised Physiotherapy Equipment	-	(6,731)	-	(6,731)
Garden Fund	5,000	-	-	5,000
	5,000	(6,731)	-	(1,731)
TOTAL FUNDS	971,790	(1,195,392)	452,526	228,924

Restricted Funds

Specialised Physiotherapy Equipment
The Specialised Physiotherapy Equipment fund is to further develop the range of services offered to users.

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	24,967	33,576
Gift aid	1,541	2,387
Legacies	249,460	466,514
	275,968	502,477
Other trading activities		
Fundraising events	11,078	10,249
Investment income		
Other fixed asset invest - FII	75,822	74,340
Deposit account interest	4,988	4,868
	80,810	79,208
Charitable activities		
Joseph Strong Frazer Trust	-	1,000
Northumberland County Council	2,000	-
Drapers Charitable Fund	-	1,000
Barbour Foundation	-	1,000
Kenneth Barge Award	2,000	-
B&Q Foundation	5,000	-
	9,000	3,000
Total incoming resources	376,856	594,934
EXPENDITURE		
Raising donations and legacies		
Wages	14,490	13,511
Fundraising	5,806	3,561
	20,296	17,072

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	2025 £	2024 £
Raising donations and legacies		
Investment management costs		
Portfolio management	18,499	16,909
Charitable activities		
Wages	82,450	68,211
Rent and rates	1,269	7,854
Insurance	6,310	5,588
Light, heat and water	11,743	18,323
Telephone	5,191	2,650
Print, postage and stationery	1,071	1,693
Sundries	2,346	548
Service User	3,300	4,035
Repairs and maintenance	29,302	65,676
Computer costs	6,073	5,698
Contracts	18,613	17,734
Travel expenses	1,798	1,403
Cost of Trustee's meetings	143	116
Refreshments and entertaining	913	687
Therapist fees	249,792	181,356
Voice MS	-	39
Southside House	4,073	8,896
Grants to individuals	18,915	28,979
	443,302	419,486
Support costs		
Other		
Wages	39,109	38,795
Pensions	5,596	2,825
Rent and rates	317	3,366
Insurance	2,704	2,395
Light and heat	2,936	4,581
Telephone	2,225	1,136
Postage and stationery	301	494
Sundries	812	61
Training	97	1,486
Repairs and maintenance	12,365	19,090
Carried forward	66,462	74,229

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	2025 £	2024 £
Other		
Brought forward	66,462	74,229
Contracts	5,219	5,438
Computer expenses	675	633
Refreshments and entertaining	101	-
Travel expenses	199	232
Cost of Trustees' meetings	43	50
Bank charges	165	226
Irrecoverable VAT	27,902	29,503
Depreciation of tangible fixed assets	817	18,557
	101,583	128,868
Governance costs		
Legal and professional fees	4,839	4,991
Accountancy fees	10,161	9,386
	15,000	14,377
Total resources expended	598,680	596,712
Net expenditure before gains and losses	(221,824)	(1,778)
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	109,420	121,864
Net (expenditure)/income	(112,404)	120,086



Impact Report

2024 - 2025

MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

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Chairman's Report

In 2025, our focus was firmly set on strengthening our funding partnerships to enhance both the reach and the impact of our work. Collaborating with local businesses, charitable foundations, and other organisations is crucial in securing the resources we need to continue supporting people living with MS. Although there was a decrease in incoming resources this year, we are pleased to report that the charity's balance sheet remains on a strong and secure standing.

We are sincerely grateful to the many individuals and organisations who have supported us throughout the year. In particular, we would like to thank The Joseph Strong Trust for their continued support and donation, The B&Q Foundation for their generous contribution, the Kenneth Barge Memorial Trust for their gift, and Counceller John Beynon for choosing MS Research and Relief Fund as beneficiary of the Community Grant Award.

A special thank you goes to Hitachi Construction Machinery (UK) , who not only sponsored our annual golf day but also made an exceptionally generous donation. Their support has directly enabled us to upgrade and improve our functional fitness equipment, which plays a vital role in the physical rehabilitation of our service users.

Significant service improvements were also made this year. We successfully transitioned to a fully digital appointment system, introducing automated text messaging and reminder services to streamline communication and reduce missed appointments.

Our website underwent a complete redesign and relaunch, creating a more accessible and user-friendly platform for service users and supporters alike.

A new and valued partnership with Peel Psychotherapy Consultancy has expanded our service offering to include talking therapies, addressing a growing need among our clients for emotional and mental health support.

We are also proud to announce that our South Side House Physiotherapy Centre will officially open as The Pashler Physiotherapy Centre in April 2025. This renaming recognises the significant contribution of a major donor and marks a key milestone for the Charity. The rebranded centre will enable us to offer free and timely Physiotherapy appointments to people living with MS.

This year, our physiotherapist, along with two senior members of staff, were invited to attend the MS Trust National Conference. This prestigious opportunity allowed us to raise national awareness of the innovative and impactful work we do at MSRRF, and to share best practices with peers across the sector.

On behalf of the Trustees and myself, I would like to extend our heartfelt thanks to our dedicated staff team. Despite working with reduced numbers, their resilience, professionalism, and unwavering commitment have ensured the continuation of our services. Their efforts are truly valued by us all.

Paul Atkinson
Chairman

Objectives and Activities

MS Research and Relief Fund (MSRRF) is a UK registered charity established in 1964 to provide a range of services to people whose lives have been affected by Multiple Sclerosis (MS).



OUR VISION

To actively involve all people in improving the quality of life of people affected by Multiple Sclerosis.



OUR MISSION

Working with Service Users to make the best possible use of funds entrusted to us towards improving the quality of life of people affected by Multiple Sclerosis, and by researching potential advancements in our knowledge and treatment of the condition.



OUR VALUES

Good and responsible stewardship. Transparency across the board. Participation across the board. Treating everyone equally as individuals. Honesty. Mutual trust.

CHARITY HISTORY

Robert Walker founded Multiple Sclerosis Research and Relief Fund in 1964. Its work principally involved funding research into MS and providing specialist equipment for people with MS.

In 2005 MS Master Centres, “a sister charity”, was “wound up” and its assets, services and responsibilities were transferred to MSRRF.

In addition, the Charity’s grant service, which awards financial assistance to help people affected by MS to pay for services and equipment they require due to MS, was also expanded, and continues to this day.

In September 2006, in consultation with Service Users, MSRRF’s Development Plan was created. The aim of the Development Plan was to increase Complementary Therapy and Fitness provision at Benmar House, Morpeth and to identify other outreach venues which may enable the Charity to provide similar services for people with MS throughout the North East of England.

During financial year 2016/17, following an evaluation of services and a staff review, work began on a Service Development and Fundraising Plan. Trustees identified the need for a reliable and sustainable income stream to maintain MSRRF’s existing service provision as well as ensure the Charity’s continued growth. MSRRF purchased South Side House in July 2017, work has progressed on gaining planning permission for a Physiotherapy Centre, with the redevelopment commencing in October 2019, service user trials completed in 2024 and official opening scheduled for 2025.

During this financial year MSRRF were able to add more to their service provisions and take the first steps to fully utilising the new physiotherapy centre.

Reference and Administrative Details

Charity Name	**The Multiple Sclerosis Research and Relief Fund**
Registered charity number	228634
Head office address	The Multiple Sclerosis Research and Relief Fund, Benmar House, Choppington Road, Morpeth Northumberland NE61 2HX
Contact details	Telephone 01670 505 829 Fax: 0191 247 5816 Web: www.msrrf.org.uk E-mail: info@msrrf.org.uk
Trustees	Paul Atkinson, Chairman Margaret Sharp Kevin Carr Barbara Ellis Peter Dawson Nicola Young
Patrons	Dr Martin Duddy Dr Joe Guadagno Mr John Pryce Jones Mrs Anne Wafula Strike MBE Mrs Marjorie Walker Mr Derek Wright

Reference and Administrative Details

Employed staff	**Blythe, Gillian** Appointments Coordinator **Charlton, Diane** Charity Manager **Davidson, Deborah** Fitness and Therapist Team Lead **Dunn, Amy** Assistant Manager **Dunn, Wendy** Housekeeper **Earle, Rebecca** Fundraising and Marketing **Shotton, Sarah** Administration Officer
Self-employed Staff	**Barker, Jonathan** Fitness Instructor **Dickinson, Margaret** Therapist **Elliot, Michelle** personal trainer & Massage therapist **Howe, Michelle** Therapist **King, Beryl** Therapist, Stress Management Instructor **Lucy, Paula** Therapist and Fitness Instructor **McGorrell, Lee** Therapist and Fitness Instructor **McKay, Adam** P/T Self Employed Physiotherapist **Ross-Knight, Joanna** Therapist and Fitness Instructor **Screen, Oliver** Personal Trainer **Taylor, Christine** Therapist **Twaites, Hayley** Therapist **Hastings, Sophie** Fitness Instructor **Unwin, Sarah** Fitness Instructor **Urwin, Sue** Fitness Instructor **Wallace, Stephanie** Fitness Instructor **Wilson, Emma** Therapist
Volunteers	**Dowson, Sue** Patron Liaison Officer **Marshall, John** Therapist

Reference and Administrative Details

Contracted staff	**Davidson, John** Red Hill – IT Consultant

Outreach Service Provision

Belmont Parish Hall	**Wood, Elaine -** Self Employed - Fitness Instructor
Leadgate Community Centre	**Unwin, Sarah** - Self Employed - Fitness Instructor
Charles Young Centre	**Farham, Dave** Volunteer Facilitator - Retired staff member
Walkergate Park	**Dickinson, Margaret -** Self Employed - Complementary Therapist

Service Provision Review

CURRENT SERVICES

Fitness
Seated Exercise
1-1 Personal Training
Functional Fitness Training
Motomed Bikes
Spin Cycles
Vibrogym
Toning Chairs
Strength & Conditioning

Complementary Therapies
Sports Massage
Swedish Massage
Reiki
Reflexology
Indian Head Massage

Classes
Mat based Yoga
Chair based Yoga
Mat based Pilates
Chair based Pilates
Seated Exercise
Fall Prevention
Relaxation
Circuit Training
Exercise to Music - Seated

Outreach
We facilitate a seated exercise at Leadgate community centre on Monday afternoons.
We offer complementary therapies at Walkergate Park Hospital 9:00-4:00pm on Tuesdays.
We facilitate a seated exercise class at Belmont Parish Hall on Monday and Friday mornings .
Charles Young Centre, we offer support with a shared room rental agreement for people with MS using this facility.

GOING DIGITAL

TM3 UPDATE

MSRRF have been operating with a new digital system since February 2024. Service users are benefitting from the TM3 appointment systems automatic text and email reminders. We are pleased to report a considerable drop in missed appointments.

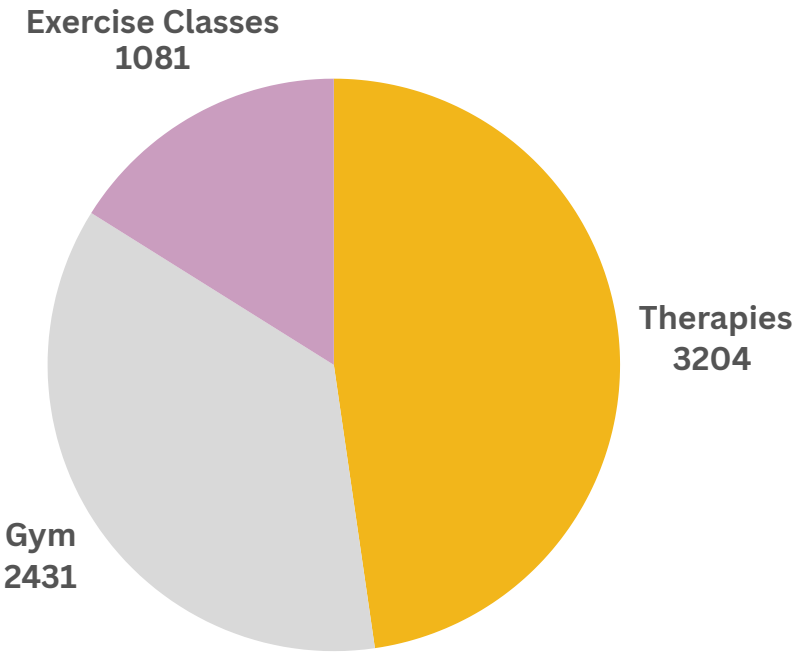
We are making excellent progress towards our goal of ensuring every service user is assessed by our physiotherapist and placed on a tailored plan; the majority of Service Users have now undergone their assessment and are currently receiving appointments in line with their individualised plans.

SERVICE DEVELOPMENT

We are continually looking to identify relevant interventions that may enhance existing physiotherapy and wellness provisions.

Our aim is to ensure our physiotherapy and wellness programs are continuously evolving to offer the most effective and sustainable support possible.

Appointments Attended 2024/2025



Date range 1/04/2024 to 1/03/2025

1.57%

increase on appointments from the previous year

6716

total number of appointments between 1/04/24 and 1/03/2025

Outreach and Partnership Services

We are constantly evaluating our outreach services as it is our aim to reach as many people with MS as possible. We continue to provide services at Belmont Parish Hall in Durham, The Charles Young Centre in South Shield, Leadgate Community Centre and Walkergate Park Hospital.

MS Nurse Clinic

We are happy to report that the MS Nurse continues to run a clinic for people with MS in Northumberland at Benmar House in Morpeth on the third Friday of each month.

Peel Psychotherapy Consultancy

We are delighted to work in partnership with Peel, to enable people with MS to access this much needed service. We hope to develop this service as it is already over subscribed.

Group Service Provision

We continue to offer established groups the opportunity to access fitness and therapy services over the space of a morning or afternoon at Benmar House. MS Active, an established group from Easington successfully piloted these services and have continued to regularly access this service.

Physiotherapy 2025

For the past 12 months, MS Research & Relief Fund has been able to fund and develop a Physiotherapy-led service to its service users in the North East. Offering this service has allowed us to provide bespoke rehabilitation programmes and goal specific aims to service users within our therapy and gym teams.
Having a Physiotherapy assessment allows early identification of those service users who may be suffering a relapse or physically declining, to a point which may mean they were no longer able to access our services or sites in Morpeth and Ashington. This subsequently leads to a further decline in their physical abilities and can result in them becoming house-bound, or even chair / bed bound and fully reliant on carers or family members.

In the last 12 months, the MSRRF Physiotherapist has Identified several service users who were suffering a rapid decline in their physical capabilities and ability to access our services. The Physiotherapist has put in place tailored treatment programmes for these Service Users ensuring that they can continue to access the Charities gym and therapies.

The Physiotherapist endeavours to quickly and effectively assess, treat, re-assess and modify rehabilitation programmes where necessary to ensure service users are receiving the best treatment possible for their condition and situation. The Physio works closely with gym and therapy staff to ascertain which service users may be either declining or about to and can therefore act quickly to reduce the risk of this.
These service users have managed to avoid the potential of worsening symptoms, decreasing mobility and the lack of ability to come and use the services that the Charity can offer them.

Through offering a range of treatments including massage, falls prevention classes, gym sessions, pilates classes, reflexology and other interventions - We help to maximise a service users function and ability. However this is only achievable if they are able to continue to access our clinic sites.
The Charity has been able to provide Physiotherapy assessments and treatments to over 140 service users with over 70 re-assessments so far. The charities hope is to continue this through 2025.

> Having quick access to a physio is amazing. Adam has shown me practical ways to adapt my walking to better manage my drop foot.

AlterG Service Update

Following a successful launch of the AlterG in October 2023 and the recruitment of our Neuro Physiotherapist, we have expanded access to AlterG appointments. Starting in January 2024, we have made 636 appointments available throughout the 2024-2025 financial year. Each session is conducted by two fully qualified members of our fitness team, who have received specialized training on the use of the AlterG system. As new health and safety guidelines are introduced by MSRRF, further staff training is promptly carried out to ensure best practices are followed.

The benefits of regular AlterG sessions for our Service Users are being closely monitored. Our Physiotherapist and fitness team conduct regular assessments, keeping detailed session notes to track progress and identify any issues. Since this is a new service, we continue to review and adapt our approach based on feedback and real-time observations.

We were thrilled to be invited to present at the MS Trust Annual Conference in 2025, where we observed a critical need for valuable data within the MS community—particularly regarding fall prevention and the use of innovative technologies in managing MS symptoms. In response, we plan to leverage the data we're collecting from AlterG sessions to create ongoing research into its potential benefits.

Additionally, we intend to conduct a six-month research project focusing on fall prevention, cardiovascular health, mobility, and overall well-being, with the goal of submitting our findings to the MS Trust Conference in 2026.

> "Using the AlterG has been a game changer for me! It makes me feel like my old self again, before MS. For the first time in a long time, I feel confident when walking. It gives me freedom, strength, and a sense of normality that I truly treasure."

Volunteers and Friends of MSRRF

MSRRF has a number of volunteers and friends who have worked with the Charity for several years, we appreciate all that they do and the impact their work has on the Charity, further details are provided below.

Susan Dowson continues to be our liaison with the Charity's Patrons

John Marshall has been a dedicated volunteer with us for over two decades, providing invaluable therapies to our service users every Tuesday at Benmar House. His incredible commitment was recently recognised with a well-deserved shortlisting for the BBC Make a Difference Awards.

Julie Office consistently volunteers her time to help out at MSRRF's Annual Golf Day

Thank you to all the self-employed staff and Trustees who continue to volunteer their time to help support our fundraising events and efforts.

CORPORATE INVOLVEMENT

We extend our sincere gratitude to Printed.com for their incredibly generous pledge to support MSRRF. Their commitment to providing our fundraising and marketing literature is invaluable. This support goes beyond a simple donation; it significantly enhances our ability to reach more people affected by MS and effectively communicate the impact of our work.

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BAZAAR GROUP

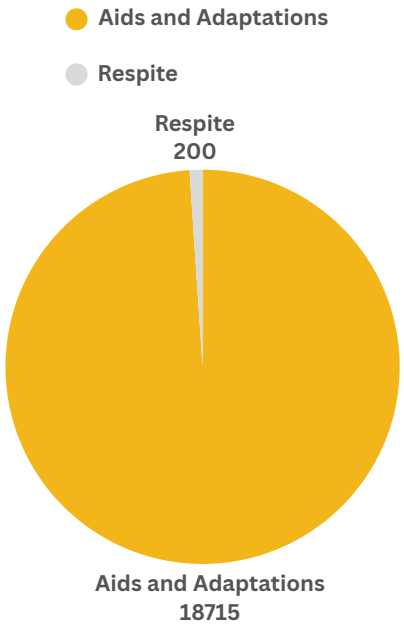
Grant Report

Nationally MS Research and Relief Fund continues to promote its grant services for aids, adaptations, equipment and services to people affected by MS.

INDIVIDUAL GRANT APPLICATIONS

During the financial year spanning April 1st, 2024, to March 31st, 2025, MSRRF received 26 grant applications. MS Research and Relief Fund offers crucial 'top-up' grants for a wide array of aids, adaptations, equipment, and respite care. This support extends across the entire United Kingdom, reaching individuals affected by MS from the southernmost tip in Penzance all the way to John O'Groats in the north, embodying our national commitment.

Of the 26 grant applications received, 4 were declined as they did not meet our grants criteria.



Aids and Adaptations	18,715.00
Respite	200.00
Other	0.00
Total	18,915.00

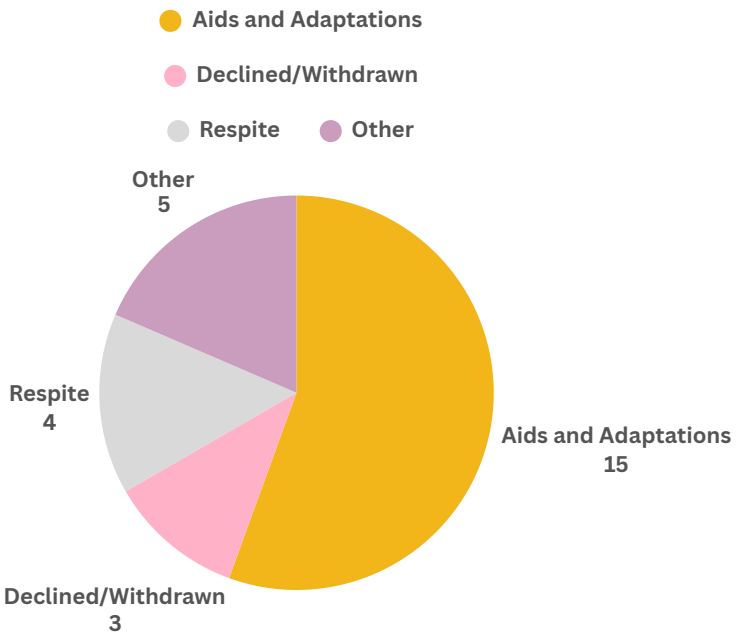
Nationally, MSRRF stands as one of the few charities singularly dedicated to providing grant assistance specifically for individuals living with MS. Despite our limited funds, we're proud to have met the needs of many applicants this year. Looking ahead, our ambition is to significantly extend our reach, ensuring even more people who apply to us receive the vital help they need.

> "I will never be able to express my gratitude to MS Research and Relief Fund. I have been given back my independence. Im able to go for special days out with my family, something I thought I wouldn't be able to ever do again."

Grant Awards

Applications can be submitted by individuals with Multiple Sclerosis their partners, their carers, their family members or advocates in the United Kingdom.

Aids and Adaptations	15
Respite	1
Other	7
Declined/Withdrawn	3
Total	26



GRANT AWARD IMPACT

Our grant awards have a far-reaching impact, extending beyond just providing essential items.

- Enabling Employment:

Through funding for essential equipment and assistance with mobility vehicles, MSRRF has directly helped people maintain their employment and continue contributing to the workforce.

- Supporting Independent Living at Home:

Our grants have been instrumental in allowing individuals to remain in their family homes, contributing towards vital adaptations like stairlifts and wet rooms.

- Promoting Independence:

By providing items such as mobility scooters, rise and recline chairs, and eating aids, our grants ensure people can lead more independent and fulfilling lives.

MSRRF continues to work with like minded Charities and Organisations to support people with MS whenever its limited funds allow.

> Thank you for the generous grant award – it has made it possible for me to adapt my bathroom and regain a sense of independence that means the world to met

Fundraising Report

The Charity has been fortunate to have several supporters who have raised significant funding through in aid of events.

'IN AID OF EVENTS'

Cake Day

Judith & Peter Dawson's Annual Cake Day raised £1608.50 an all time high for the Dawson family, who's hard work and commitment to the charity is hugely appreciated.

Golf Event

A huge thank you to Gary Fawcett for hosting a golf event raising 1240.00.

Annual Golf Day

2024 saw our Annual Charity golf day being held at Arcot Hall, Cramlington for the 10th consecutive year, We are sincerely grateful to Hitachi Construction Machinery for their generous support.

Great North Run

A huge thank you to everyone who ran the Great North Run on behalf of MS Research and Relief Fund. The incredible effort of our 13 runners has benefitted the Charity enormously. We cannot thank you enough and are extremely grateful.

Fundraising Report

SPECIAL THANKS

Thank you to Hiatchi Construction Machinery who not only sponsored our golf day but also gave a generous donation that has allowed us to expand our functional fitness equipment.

Thank you to our Parton, Derek Wright, who donated half of the profits from his book sales - 'My story in black and white, a decade treating the mags.' which was launched in November 2024.

Bob and Barbara (you know who you are) for their unfailing support. We are so grateful for everything you do.

A huge thank you to everyone who donate monthly to the Charity, we are truly grateful.

Thank you...

To the family and friends who donated in memory of loved ones, the Charity is truly grateful to be chosen as a beneficially at such a sad time.

Also to those that support the Charity with raffle donations and those that give up their time to support MSRRF in many other ways.

INCOMING GRANTS

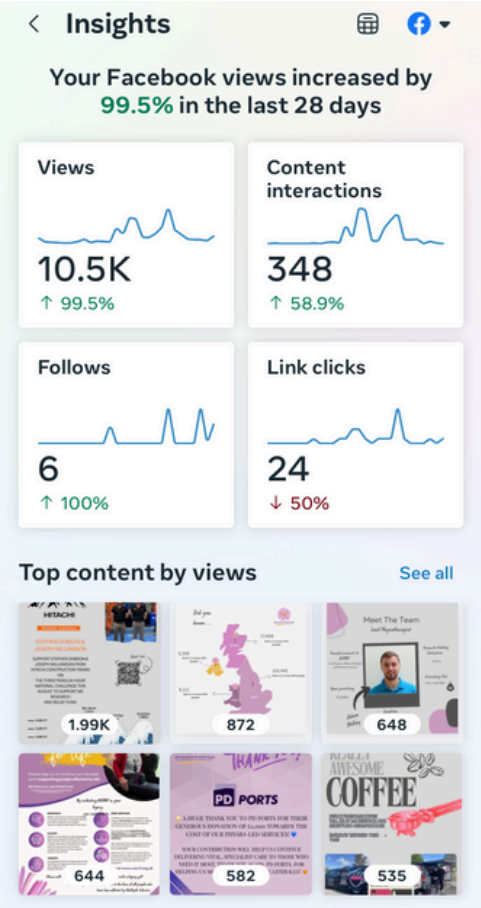
We are incredibly grateful for the generous support we received this year, including:

- The Joseph Strong Frazer Trust for their kind donation of £1,000
- B&Q for awarding us a £5,000 grant towards the development of our garden
- Morpeth Town council's donation of £2,000 towards the equipment to enable us to improve our marketing ability.
- The Kenneth Barge Memorial Trust for their generous contribution of £1,000

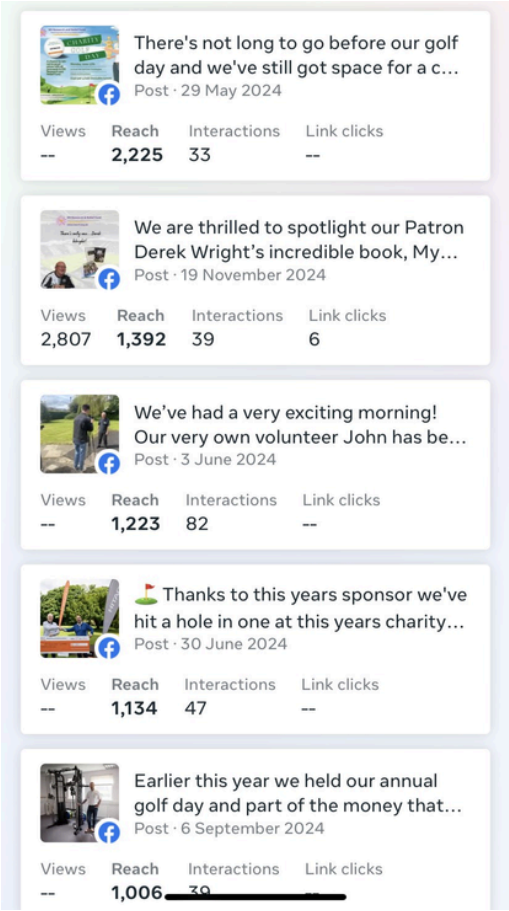
This vital support has helped us continue our work with people affected by MS and their carers.

Social Media

FACEBOOK



TOP REACH CONTENT



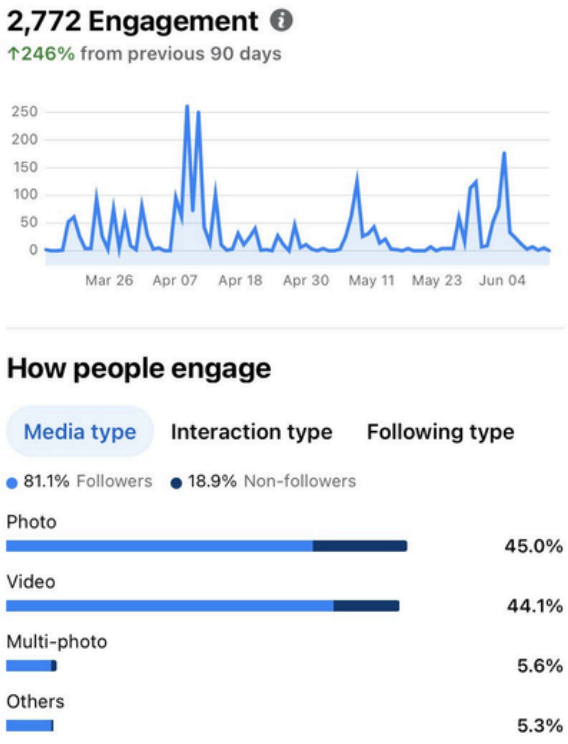
Our social media reach and engagement are up significantly! We have been making a conscious effort to share more content, post more frequently, and create stories and messages that truly connect with our target audience.

It's great to see our community growing and starting to make an even greater impact.



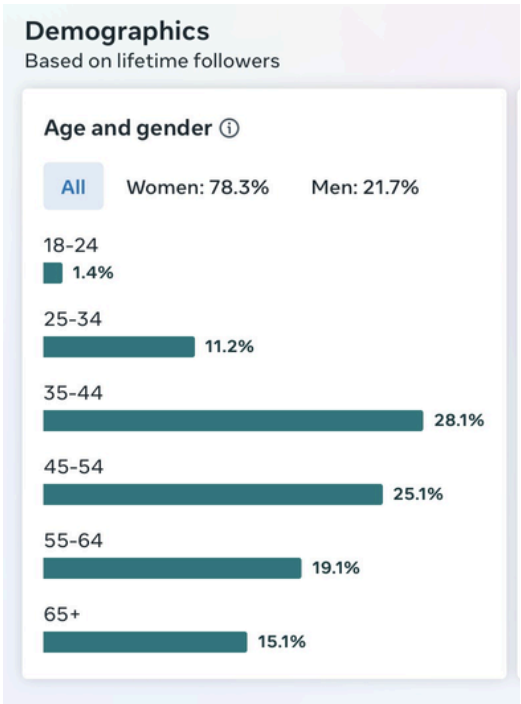
Social Media

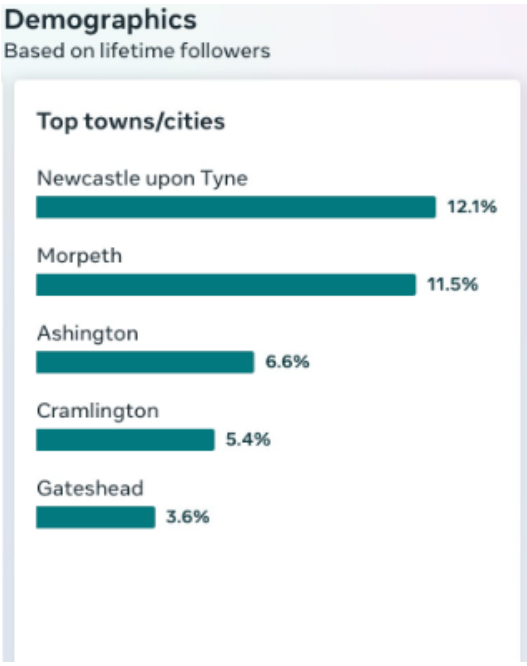
ENGAGEMENT



DEMOGRAPHIC

We are currently analysing our social media insights and taking a close look at the demographics of our followers. This information helps us gain a clearer understanding of who's engaging with our content, their age, location, preferences, and other key details. We wish to ensure that we are creating and sharing stories, messages, and promotions that resonate with our target audience. Our aim is to connect our followers, provide value, and make our content as relevant, helpful, and enjoyable as possible. This process guides us in creating our future content strategy, ensuring we're delivering what our followers want to see .



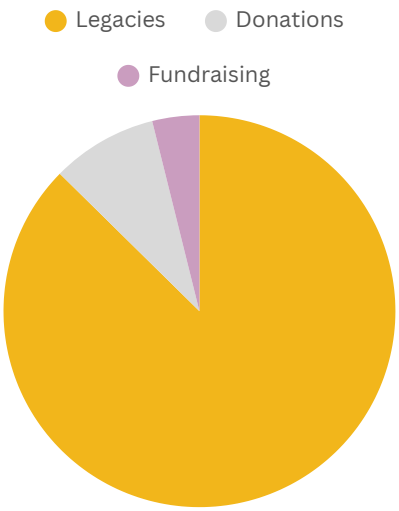


Legacy Report

Legacies, fundraising and donations are our main source of income, as we receive no statutory funding. These vital funding streams enable us to support people affected by MS and their carers.

Thanks to the continued generosity of our supporters, MS Research and Relief Fund has received a total of 285,506.00 in donations and legacies during this financial year. While we have experienced a decrease in legacy income compared to previous years, we are taking steps to strengthen this vital area of support. In the meantime, we are actively pursuing new grant opportunities to ensure we can continue improving the quality of life for people affected by multiple sclerosis.

Legacies	249,460.00
Donations	24,968.00
Fundraising	11,078.00
Total	285,506.00



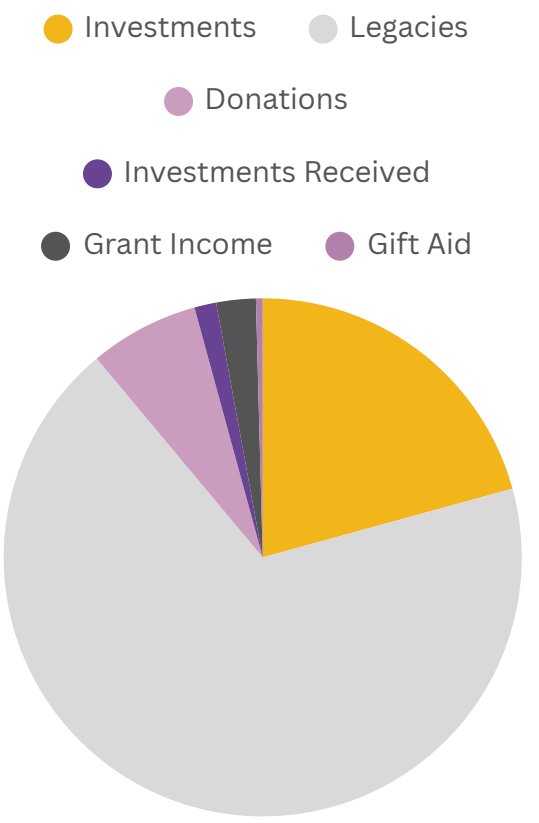
With the launch of our new website, updated legacy literature, and growing presence on social media, we hope to raise greater awareness of legacy giving and reach a wider audience. The upcoming opening of the Pashler Physiotherapy Centre in 2025 marks a significant step forward as we continue to develop into a physiotherapy-led service, ensuring we deliver expert, person-centred care to more people affected by MS.

	2023/2024	2024/2025	% Change
Legacies	466,514.00	249,460.00	▼ -46.54%
Donations	33,571.00	24,968.00	▼ -25.62%
Fundraising	10,249.00	11,078.00	▲ +8.10%
Total	510334.00	285506.00	▼ 78.75%

Finance Report 2024/2025

INCOME

	2023/24	2024/25	% Change
Investments	74,340.00	75,822.00	▲ +1.99%
Legacies	466,514.00	249,460.00	▼ -46.54%
Donations	33,571.00	24,968.00	▼ -25.62%
Fundraising	10,249.00	11,078.00	▲ +8.10%
Interest Received	4,868.00	4,988.00	▲ +2.46%
Grant Income	3,000.00	9,000.00	▲ +200%
Gift Aid	2,387.00	1,541.00	▼ -35.41%

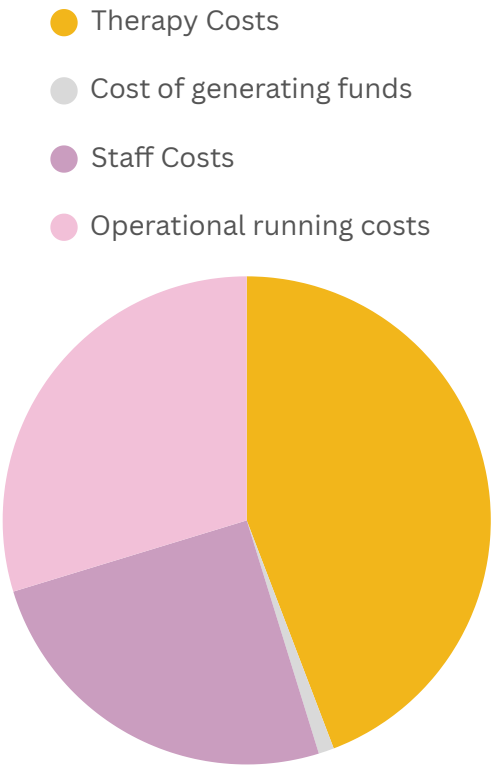


We've seen a decrease in legacy income this year, we are actively taking steps to strengthen this area for the future. Alongside this, we are working hard to secure new grant funding to ensure the sustainability of our services and support for those who need us most.

Finance Report 2024/2025

EXPENDITURE

	2023/2024	2024/2025	% Change
Therapy Costs	£181,356.00	249,792.00	▲ 37.74%
Cost of generating funds	£3,561.00	5,806.00	▲ 63.04%
Staff Costs	£123,342.00	141,645.00	▲ 14.84%
Operational running costs	£199,315.00	167,922.00	▼ 15.75%



We've seen an increase in our running costs, although this has not stopped us from delivering an ever increasing quality service.

Financial Review

During the year ended 31st March 2025 the net assets of the Multiple Sclerosis Research and Relief Fund decreased by £112,404 from £3,654,347 to £3,541,943.

The company had a decrease of net incoming resources of £109,420 and an increase in gains on investments of £109,420.

The Balance Sheet of 31st March 2025 continues to show a robust position with net current assets of £177,722.

Diane Charlton, Charity Manager

This year our service users accessed

2431

Gym Sessions

This year our operational costs have gone up

15.75%

This year our supporters have raised a fantastic

£11,078.00

This year our service users accessed

3204

Therapies

This year legacies accounted for

66.19%

of total income

This year we gave out

£18,915.00

in grant funding

Our 2025 Goals

1 Growing Awareness

As a Charity we wanted to raise awareness on a national level. Our Physiotherapist and two senior members of our staff team attended the MS Trust Annual Conference which is massively increased the profile of the Charity - https://mstrust.org.uk/

2 Funding Partnerships

Our aim was to strengthen our funding partnerships to enhance our impact and reach. Printed.com has kindly pledged to support us with printing our marketing, funding and service provision literature.

Our target was to establish at least two new partnerships , we are delighted that Hitachi Construction Machinery sponsored our annual golf event and in addition purchased our new functional fitness equipment.

3 Service Provision Growth

In 2024/25 our aim was to grow our service provision.

Falls Prevention began in September 2024.

Psychotherapy began in January 2025.

July 2024 we were delighted to receive the functional fitness equipment donated by Hitachi Construction Machinery.

Our 2026 Goals

1 Growing Awareness

The official opening of the Pashler Physiotherapy Centre during financial year 2025-26 will enable the Charity to research the impact and benefits of an AlterG Anti-Gravity Treadmill for people with MS. Our aim is to better understand how anti gravity may support mobility and rehabilitation. We hope to present our findings at the next MS Trust Conference and share any progress we have made.

2 Funding Partnerships

We want to work with local businesses and foundations to secure resources needed to continue and improve our work. We will also be looking to apply to suitable grant giving bodies.

3 Service Provision Growth

We will be looking to identify relevant interventions to enhance existing physiotherapy and wellness provisions.

MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

ACKNOWLEDGEMENTS

Our Special Thanks

printed.com

HITACHI
Hitachi Construction Machinery (UK)
Reliable solutions

BAZAAR GROUP

MS Research and Relief Fund
Benmar House
Choppington Road
Morpeth
Northumberland
NE61 2HX

Pashler Physiotherapy Centre
South Side
North Seaton
Northumberland
NE63 9YB

www.msrrf.org.uk info@msrrf.org.uk

MS Research and Relief Fund msrrfcharity MS Research and Relief Fund

UK registered charity No. 228634. Registered company No. 795584

THE MULTIPLE SCLEROSIS RESEARCH AND RELIEF FUND

England & Wales - Charity number 228634

Accounts

REGISTERED COMPANY NUMBER: 00795584 (England and Wales)
REGISTERED CHARITY NUMBER: 228634

Report of the Trustees and

Audited Financial Statements for the Year Ended 31 March 2024

for

The Multiple Sclerosis Research And Relief Fund

Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

The Multiple Sclerosis Research And Relief Fund

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Cash Flow Statement	12
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The Multiple Sclerosis Research And Relief Fund

Chairman's Report 2024 for the Year Ended 31 March 2024

The past year has seen the Charity continue its recovery from the ravages of the pandemic, and thankfully we are now pretty much back to pre Covid operating levels. Careful and frugal management of the day to day running of the Charity have contributed greatly to helping preserve the future of MSRRF, and we are now very much looking forward, rather than treading water.

Most staff vacancies have now been filled, and new employees and self employed staff are settling in nicely. We are once again becoming a team and doubts about the future are a thing of the past.

Southside House is now the physiotherapy centre we planned it to be and is to be renamed the Pashler Centre in honour of the family whose kind bequest provided us with the funds to undertake the project. It has already become very popular with our service users and is a major contributor to our range of services.
We continue to look closely at approaches relating to outreach projects, all of which are individually assessed, and if found to be practical and economically viable, will then be approved.

As always, I cannot praise our staff enough for their dedication and professionalism, particularly during the period when Covid was affecting so much.

Turning to the Trustees of MSRRF, Margery Tate retired during the year, and will be a big miss, we are all grateful for her efforts and contributions over the years. I would also like to welcome Nicola Young to the board of trustees, who brings years of HR experience to our team and I am sure will become a valuable member.

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To provide support, counselling and training to the sufferers and carers of multiple sclerosis in the Morpeth area. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

To advance education and training of the community in the symptoms, types, causes, diagnosis and treatment of multiple sclerosis.

STRATEGIC REPORT

Financial Review

During the year ended 31st March 2024 the net assets of the Multiple Sclerosis Research and Relief Fund increased by £341,328 from £3,313,019 to £3,654,347.

The company had a decrease of net incoming resources of £1,778 and an increase in gains on investments of £121,864.The balance sheet of 31st March 2024 continues to show a robust position with net current assets of £499,204.

Investment policy and objectives

The Charity maintains a high level of risk free liquid funds on deposit at any point in time. Surplus funds are managed by professional investment advisors on a low risk basis with regular comprehensive monitoring and feedback as to performance and strategy.Investments are made within an ethical framework set by the board.

Reserves Policy

The Trustees have given careful consideration to the current and future needs of the Charity's beneficiaries; the risks and opportunities association with the normal running of the Charity's affairs and have formulated a reserves policy accordingly.

At 31st March 2024, the Charity had reserves of £3,654,347 of which £61,779 constituted Restricted Funds. Of Unrestricted Funds constituting £3,592,568, £685,000 were tied to freehold property at the year end (2023: £3,244,509 of which £481,469 was tied to freehold property).

The balance remaining comprises General funds of £2,907,568 which are available as working capital to develop the charity including where appropriate further property acquisitions.

STRATEGIC REPORT

Principal risks and uncertainties

The management committee has conducted a review of the major risks to which the charity is exposed.

The charity is clear that unless there is any unexpected reduction in funding then the charity is in a position to continue to develop and deliver its services. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and visitors to the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Structure, governance and management

The Multiple Sclerosis Research and Relief Fund is a charitable company limited by guarantee and complies with the Companies Act 2006 and the SORP. Incorporated on 11th March 1964 and registered as a charity on 13th June 1969, the company was established under a Memorandum of Association, which established the objectives and powers of the Charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contributed an amount not exceeding £1.

The directors of the company are also charitable trustees for the purpose of Charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandums and Articles of Association the longest serving members of the Management Committee will retire on rotation at each Annual General Meeting and being eligible can stand for re-election.

The Management Committee seeks to ensure representation on the Board of Trustees to reflect those with specific experience of Multiple Sclerosis and the issues confronting sufferers. An on-going skills audit is undertaken and training is provided to all new management committee members covering: -

a) The obligations of the Management Committee
b) The main documents which set out the operational framework for the charity including the Memorandums and Articles
c) Resourcing and the current financial position as set out in the latest published accounts
d) Future plans and objectives

Regular full team meetings inform the future planning and strategic thinking of the management committee and are open to staff, volunteers and peer volunteers. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity. The management committee has six members who meet every two months and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity. A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Charity Manager.

The Charity Manager is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

During the year there was one member of key management who received remuneration totalling £45,972 (2023 £43,416).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00795584 (England and Wales)

Registered Charity number

228634

Registered office

Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

Trustees

P D Atkinson Chairman
K Carr Trustee
B Ellis Trustee
M Sharp Trustee
M Tate Trustee (resigned 4/10/2023)
P Dawson Trustee
N D Young Trustee (appointed 6/10/2023)

Auditors

Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

Solicitors

Weightmans
1 St James' Gate
Newcastle upon Tyne
NE1 4AD

Charity Manager

Diane Charlton

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2024

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of The Multiple Sclerosis Research And Relief Fund for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Peter Weldon & Co. Ltd, Statutory Auditor, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 7 OCTOBER 2024 and signed on the board's behalf by:

M Sharp

M Sharp - Trustee

Report of the Independent Auditors to the Members of The Multiple Sclerosis Research And Relief Fund

Opinion

We have audited the financial statements of The Multiple Sclerosis Research And Relief Fund (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below

Based on our understanding of the industry, we identified that the principal risks of non-compliance with laws and regulations related to employment laws and indirect taxes and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to achieve desired financial results and the manipulation of exceptional items and management bias in accounting estimates. Audit procedures performed by the engagement team included, but were not limited to: - enquiries with management, internal accounts and the legal counsel (internal and, where relevant, external), including consideration of known or suspected instances of fraud and non-compliance with laws and regulations and examining supporting calculations where a provision has been made in respect of these.

There are inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Members of
The Multiple Sclerosis Research And
Relief Fund

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Peter Weldon (Senior Statutory Auditor)
for and on behalf of Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

Date: 8 OCTOBER 2024

The Multiple Sclerosis Research And Relief Fund

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	502,477	-	502,477	922,183
Charitable activities	6				
Grants		3,000	-	3,000	1,000
Other trading activities	4	10,249	-	10,249	10,182
Investment income	5	79,208	-	79,208	71,780
Total		594,934	-	594,934	1,005,145
EXPENDITURE ON					
Raising funds	7	33,981	-	33,981	20,196
Charitable activities	8				
Management and administration		313,329	6,731	320,060	336,090
Grants		28,979	-	28,979	24,545
Admin & running costs		199,315	-	199,315	190,892
Governance costs		14,377	-	14,377	13,565
Total		589,981	6,731	596,712	585,288
Net gains/(losses) on investments		121,864	-	121,864	(97,215)
NET INCOME/(EXPENDITURE)		126,817	(6,731)	120,086	322,642
Other recognised gains/(losses)					
Gains on revaluation of fixed assets		221,242	-	221,242	-
Net movement in funds		348,059	(6,731)	341,328	322,642
RECONCILIATION OF FUNDS					
Total funds brought forward		3,244,509	68,510	3,313,019	2,990,377
TOTAL FUNDS CARRIED FORWARD		3,592,568	61,779	3,654,347	3,313,019

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	14	687,313	-	687,313	484,628
Investments	15	2,467,830	-	2,467,830	2,213,860
		3,155,143	-	3,155,143	2,698,488
CURRENT ASSETS					
Debtors	16	9,762	-	9,762	5,832
Cash at bank and in hand		456,158	61,779	517,937	622,164
		465,920	61,779	527,699	627,996
CREDITORS					
Amounts falling due within one year	17	(28,495)	-	(28,495)	(13,465)
NET CURRENT ASSETS		437,425	61,779	499,204	614,531
TOTAL ASSETS LESS CURRENT LIABILITIES		3,592,568	61,779	3,654,347	3,313,019
NET ASSETS		3,592,568	61,779	3,654,347	3,313,019
FUNDS	18				
Unrestricted funds				3,592,568	3,244,509
Restricted funds				61,779	68,510
TOTAL FUNDS				3,654,347	3,313,019

The financial statements were approved by the Board of Trustees and authorised for issue on 1 OCTOBER 2024 and were signed on its behalf by:

M Sharp

M Sharp - Trustee

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Cash Flow Statement for the Year Ended 31 March 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	(51,329)	364,123
Interest paid		-	(2,071)
Net cash (used in)/provided by operating activities		(51,329)	362,052
Cash flows from investing activities			
Purchase of fixed asset investments		(609,036)	(528,026)
Sale of fixed asset investments		476,930	425,486
Interest received		4,868	1,747
Dividends received		74,340	70,033
Net cash used in investing activities		(52,898)	(30,760)
Change in cash and cash equivalents in the reporting period		(104,227)	331,292
Cash and cash equivalents at the beginning of the reporting period		622,164	290,872
Cash and cash equivalents at the end of the reporting period		517,937	622,164

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Notes to the Cash Flow Statement for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net income for the reporting period (as per the Statement of Financial Activities)	120,086	322,642
Adjustments for:		
Depreciation charges	18,557	19,738
(Gain)/losses on investments	(121,864)	97,215
Interest received	(4,868)	(1,747)
Interest paid	-	2,071
Dividends received	(74,340)	(70,033)
(Increase)/decrease in debtors	(3,930)	358
Increase/(decrease) in creditors	15,030	(6,121)
Net cash (used in)/provided by operations	(51,329)	364,123

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23 £	Cash flow £	At 31/3/24 £
Net cash			
Cash at bank and in hand	622,164	(104,227)	517,937
	622,164	(104,227)	517,937
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	2,213,860	(2,213,860)	-
	2,213,860	(2,213,860)	-
Total	2,836,024	(2,318,087)	517,937

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations, Legacies, grant and Fundraising income is recognised on receipt of income.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 4% on cost
Fixtures and fittings	- 33% on cost per annum and 25% on cost per annum

Tangible assets held for the companies own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss, if any.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Investments
Investments are stated at market value at the balance sheet date. Purchases and sales include transaction fees charged by the investment managers. All other fees are charged to expenditure.

Debtors
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors
Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In the application of the Company's accounting policies management is required to make judgements, estimates and assumptions about the carrying values of assets and liabilities. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant.
The estimates and underlying assumption are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.
The key assumptions and other sources of estimation uncertainty that have a significant effect of causing adjustments to the carrying amounts of assets are as follows:

- The amounts held in accruals for grants authorised but not yet paid are included on the assumption that they will be paid in the following year. It is possible that the grant can be withdrawn or the amount due to be paid could increase or decrease.

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

3. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	33,576	35,444
Gift aid	2,387	2,404
Legacies	466,514	884,335
	502,477	922,183

4. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Fundraising events	10,249	10,182

5. INVESTMENT INCOME

	2024	2023
	£	£
Other fixed asset invest - FII	74,340	70,033
Deposit account interest	4,868	1,747
	79,208	71,780

6. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024	2023
		£	£
Joseph Strong Frazer Trust	Grants	1,000	1,000
Drapers Charitable Fund	Grants	1,000	-
Barbour Foundation	Grants	1,000	-
		3,000	1,000

continued...

7. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Staff costs	13,511	-
Fundraising	3,561	3,563
	17,072	3,563

Investment management costs

	2024	2023
	£	£
Portfolio management	16,909	16,633
Aggregate amounts	33,981	20,196

8. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Grant funding of activities (see note 9)	Support costs (see note 10)	Totals
	£	£	£	£
Management and administration	320,060	-	-	320,060
Grants	-	28,979	-	28,979
Admin & running costs	70,447	-	128,868	199,315
Governance costs	-	-	14,377	14,377
	390,507	28,979	143,245	562,731

continued...

9. GRANTS PAYABLE

	2024	2023
	£	£
Grants	28,979	24,545

10. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Admin & running costs	128,868	-	128,868
Governance costs	-	14,377	14,377
	128,868	14,377	143,245

Support costs, included in the above, are as follows:

Other

	2024 Admin & running costs	2023 Total activities
	£	£
Wages	38,795	47,359
Pensions	2,825	2,591
Rent and rates	3,366	1,427
Insurance	2,395	2,382
Light and heat	4,581	3,147
Telephone	1,136	2,361
Postage and stationery	494	497
Sundries	61	66
Training	1,486	-
Repairs and maintenance	19,090	3,967
Contracts	5,438	3,588
Computer expenses	633	307
Travel expenses	232	179
Cost of Trustees' meetings	50	73
Bank charges	226	226
Irrecoverable VAT	29,503	45,963
Depreciation of tangible fixed assets	18,557	19,738
	128,868	133,871

continued...

10. SUPPORT COSTS - continued

Governance costs

	2024 Governance costs	2023 Total activities
	£	£
Legal and professional fees	4,991	3,143
Accountancy fees	9,386	8,351
Loan	-	2,071
	14,377	13,565

11. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	18,557	19,738

12. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

Expenses paid to trustees for the year ended 31 March 2024 were £166 (in 2023 they were £242).

13. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	120,517	111,461
Other pension costs	2,825	2,591
	123,342	114,052

The average monthly number of employees during the year was as follows:

	2024	2023
Staff	6	5

No employees received emoluments in excess of £60,000.

continued...

14. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Totals £
COST OR VALUATION				
At 1 April 2023	667,590	125,383	82,339	875,312
Revaluations	(107,973)	-	-	(107,973)
Reclassification	125,383	(125,383)	-	-
At 31 March 2024	685,000	-	82,339	767,339
DEPRECIATION				
At 1 April 2023	227,035	84,468	79,181	390,684
Charge for year	17,712	-	845	18,557
Revaluation adjustments	(329,215)	-	-	(329,215)
Reclassification	84,468	(84,468)	-	-
At 31 March 2024	-	-	80,026	80,026
NET BOOK VALUE				
At 31 March 2024	685,000	-	2,313	687,313
At 31 March 2023	440,555	40,915	3,158	484,628

Cost or valuation at 31 March 2024 is represented by:

	Freehold property £	Fixtures and fittings £	Totals £
Valuation in 2024	(107,973)	-	(107,973)
Cost	792,973	82,339	875,312
	685,000	82,339	767,339

The charity had its freehold properties valued by R.A Jackson & Son LLP on the 18th April 2024. The properties valuations are Benmar House £345,000 and South Side House at £340,000. The change in carrying value was processed in the accounts per note 18.

continued...

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2023	2,015,871
Additions	609,036
Disposals	(476,563)
At 31 March 2024	2,148,344
PROVISIONS	
At 1 April 2023	(197,989)
Revaluation adjustments	(121,497)
At 31 March 2024	(319,486)
NET BOOK VALUE	
At 31 March 2024	2,467,830
At 31 March 2023	2,213,860

There were no investment assets outside the UK.

Cost or valuation at 31 March 2024 is represented by:

	Listed investments £
Valuation in 2024	2,148,344

The revaluations of the investments are inline with the Investment Managers' market value assessments of the investments as at 31st March 2024.

continued...

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Prepayments and accrued income	9,762	5,832

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Social security and other taxes	3,444	2,503
VAT	372	372
Net wages and pension	1,152	990
Accrued expenses	23,527	9,600
	28,495	13,465

18. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	At 31/3/24
	£	£	£
Unrestricted funds			
General fund	3,244,509	126,817	3,371,326
Property Revaluations Reserve	-	221,242	221,242
	3,244,509	348,059	3,592,568
Restricted funds			
Specialised Physiotherapy Equipment	68,510	(6,731)	61,779
TOTAL FUNDS	3,313,019	341,328	3,654,347

continued...

18. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	594,934	(589,981)	121,864	126,817
Property Revaluations Reserve	-	-	221,242	221,242
	594,934	(589,981)	343,106	348,059
Restricted funds				
Specialised Physiotherapy Equipment	-	(6,731)	-	(6,731)
TOTAL FUNDS	594,934	(596,712)	343,106	341,328

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	2,915,787	328,722	3,244,509
Restricted funds			
Specialised Physiotherapy Equipment	74,590	(6,080)	68,510
TOTAL FUNDS	2,990,377	322,642	3,313,019

continued...

18. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,005,145	(579,208)	(97,215)	328,722
Restricted funds				
Specialised Physiotherapy Equipment	-	(6,080)	-	(6,080)
TOTAL FUNDS	1,005,145	(585,288)	(97,215)	322,642

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/22 £	Net movement in funds £	At 31/3/24 £
Unrestricted funds			
General fund	2,915,787	455,539	3,371,326
Property Revaluations Reserve	-	221,242	221,242
	2,915,787	676,781	3,592,568
Restricted funds			
Specialised Physiotherapy Equipment	74,590	(12,811)	61,779
TOTAL FUNDS	2,990,377	663,970	3,654,347

continued...

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,600,079	(1,169,189)	24,649	455,539
Property Revaluations Reserve	-	-	221,242	221,242
	1,600,079	(1,169,189)	245,891	676,781
Restricted funds				
Specialised Physiotherapy Equipment	-	(12,811)	-	(12,811)
TOTAL FUNDS	1,600,079	(1,182,000)	245,891	663,970

Restricted Funds

Specialised Physiotherapy Equipment
The Specialised Physiotherapy Equipment fund is to further develop the range of services offered to users.

19. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	33,576	35,444
Gift aid	2,387	2,404
Legacies	466,514	884,335
	502,477	922,183
Other trading activities		
Fundraising events	10,249	10,182
Investment income		
Other fixed asset invest - FII	74,340	70,033
Deposit account interest	4,868	1,747
	79,208	71,780
Charitable activities		
Joseph Strong Frazer Trust	1,000	1,000
Drapers Charitable Fund	1,000	-
Barbour Foundation	1,000	-
	3,000	1,000
Total incoming resources	594,934	1,005,145
EXPENDITURE		
Raising donations and legacies		
Wages	13,511	-
Fundraising	3,561	3,563
	17,072	3,563
Investment management costs		
Portfolio management	16,909	16,633

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	2024 £	2023 £
Investment management costs		
Charitable activities		
Wages	68,211	64,102
Rent and rates	7,854	3,329
Insurance	5,588	5,558
Light, heat and water	18,323	12,590
Telephone	2,650	5,508
Print, postage and stationery	1,693	1,306
Sundries	548	596
Service User	4,035	2,986
Repairs and maintenance	65,676	10,028
Computer costs	5,698	2,763
Contracts	17,734	12,834
Travel expenses	1,403	1,148
Cost of Trustee's meetings	116	170
Refreshments and entertaining	687	466
Therapist fees	181,356	101,230
Voice MS	39	49
Southside House	8,896	168,448
Grants to individuals	28,979	24,545
	419,486	417,656
Support costs		
Other		
Wages	38,795	47,359
Pensions	2,825	2,591
Rent and rates	3,366	1,427
Insurance	2,395	2,382
Light and heat	4,581	3,147
Telephone	1,136	2,361
Postage and stationery	494	497
Sundries	61	66
Training	1,486	-
Repairs and maintenance	19,090	3,967
Contracts	5,438	3,588
Computer expenses	633	307
Travel expenses	232	179
Cost of Trustees' meetings	50	73
Carried forward	80,582	67,944

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	2024 £	2023 £
Other		
Brought forward	80,582	67,944
Bank charges	226	226
Irrecoverable VAT	29,503	45,963
Depreciation of tangible fixed assets	18,557	19,738
	128,868	133,871
Governance costs		
Legal and professional fees	4,991	3,143
Accountancy fees	9,386	8,351
Loan	-	2,071
	14,377	13,565
Total resources expended	596,712	585,288
Net (expenditure)/income before gains and losses	(1,778)	419,857
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	121,864	(97,215)
Net income	120,086	322,642



Impact Report

2023 - 2024

MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

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Chairman's Report

The past year has seen the Charity continue its recovery from the ravages of the pandemic, and thankfully we are now pretty much back to pre Covid operating levels. Careful and frugal management of the day to day running of the Charity have contributed greatly to helping preserve the future of MSRRF, and we are now very much looking forward, rather than treading water. Most staff vacancies have now been filled, and new employees and self employed staff are settling in nicely. We are once again becoming a team and doubts about the future are a thing of the past.

Southside House is now the physiotherapy centre we planned it to be and is to be renamed the Pashler Centre in honour of the family whose kind bequest provided us with the funds to undertake the project. It has already become very popular with our service users and is a major contributor to our range of services.

We continue to look closely at approaches relating to outreach projects, all of which are individually assessed, and if found to be practical and economically viable, will then be approved.

As always, I cannot praise our staff enough for their dedication and professionalism, particularly during the period when Covid was affecting so much.

Turning to the Trustees of MSRRF, Margery Tate retired during the year, and will be a big miss, we are all grateful for her efforts and contributions over the years. I would also like to welcome Nicola Young to the board of trustees, who brings years of HR experience to our team and I am sure will become a valuable member.

Paul Atkinson
Chairman

Objectives and Activities

MS Research and Relief Fund (MSRRF) is a UK registered charity established in 1964 to provide a range of services to people whose lives have been affected by Multiple Sclerosis (MS).



OUR VISION

To actively involve all people in improving the quality of life of people affected by Multiple Sclerosis.



OUR MISSION

Working with Service Users to make the best possible use of funds entrusted to us towards improving the quality of life of people affected by Multiple Sclerosis, and by researching potential advancements in our knowledge and treatment of the condition.



OUR VALUES

Good and responsible stewardship. Transparency across the board. Participation across the board. Treating everyone equally as individuals. Honesty. Mutual trust.



Robert Walker founded Multiple Sclerosis Research and Relief Fund in 1964. Its work principally involved funding research into MS and providing specialist equipment for people with MS.

In 2005 MS Master Centres, "a sister charity", was "wound up" and its assets, services and responsibilities were transferred to MSRRF.

In addition, the Charity's grant service, which awards financial assistance to help people affected by MS to pay for services and equipment they require due to MS, was also expanded, and continues to this day.

In September 2006, in consultation with Service Users, MSRRF's Development Plan was created. The aim of the Development Plan was to increase Complementary Therapy and Fitness provision at Benmar House, Morpeth and to identify other outreach venues which may enable the Charity to provide similar services for people with MS throughout the North East of England.

During financial year 2016/17, following an evaluation of services and a staff review, work began on a Service Development and Fundraising Plan. Trustees identified the need for a reliable and sustainable income stream to maintain MSRRF's existing service provision as well as ensure the Charity's continued growth. MSRRF purchased South Side House in July 2017, work has progressed on gaining planning permission for a Physiotherapy Centre, with the redevelopment commencing in October 2019, service user trials completed in 2024 and official opening scheduled for 2025.

During this financial year MSRRF were able to add more to their service provisions and take the first steps to fully utilising the new physiotherapy centre.

Reference and Administrative Details

Charity Name	**The Multiple Sclerosis Research and Relief Fund**
Registered charity number	228634
Head office address	The Multiple Sclerosis Research and Relief Fund, Benmar House, Choppington Road, Morpeth Northumberland NE61 2HX
Contact details	Telephone 01670 505 829 Fax: 0191 247 5816 Web: www.msrrf.org.uk E-mail: info@msrrf.org.uk
Trustees	Paul Atkinson, Chairman Margaret Sharp Kevin Carr Barbara Ellis Peter Dawson Nicola Young **Changes to note** Margery Tate retired from the board on November 16th 2023 Nicola Young signed onto the board on November 16th 2023
Patrons	Dr Martin Duddy Dr Joe Guadagno Mr John Pryce Jones Mrs Anne Wafula Strike MBE Mrs Marjorie Walker Mr Derek Wright

Reference and Administrative Details

Employed staff	**Blythe, Gillian** Appointments Coordinator **Charlton, Diane** Charity Manager **Davidson, Deborah** P/T Fitness and Therapist Team Lead **Dunn, Amy** Assistant Manager **Dunn, Wendy** P/T Housekeeper **Earle, Rebecca** P/T Fundraising and Marketing
Staff changes	**Mather, Gemma** left employment in September 2023 **Earle, Rebecca** P/T joined 02/09/2023 **Storey, Wendy** P/T joined 19/02/2024
Self-employed Staff	**Barker, Jonathan** Fitness Instructor **Dickinson, Margaret** Therapist **Howe, Michelle** Therapist **King, Beryl** Therapist, Stress Management Instructor **Lucy, Paula** Therapist and Fitness Instructor **McGorrell, Lee** Therapist and Fitness Instructor **McKay, Adam** P/T Self Employed Physiotherapist **Philipson, Carol** Therapist **Ross-Knight, Joanna** Therapist and Fitness Instructor **Taylor, Christine** Therapist **Twaites, Hayley** Therapist **Hastings, Sophie** Fitness Instructor **Unwin, Sarah** Fitness Instructor **Urwin, Sue** Fitness Instructor **Wallace, Stephanie** Fitness Instructor
Volunteers	**Dowson, Sue** Patron Liaison Officer **Marshall, John** Therapist

Reference and Administrative Details

Contracted staff	**Davidson, John** Red Hill – IT Consultant

Outreach Service Provision

Belmont Parish Hall	**Wood, Elaine -** Self Employed - Fitness Instructor
Leadgate Community Centre	**Unwin, Sarah** - Self Employed - Fitness Instructor
Charles Young Centre	**Farham, Dave** Volunteer Facilitator - Retired staff member
Walkergate Park	**Dickinson, Margaret -** Self Employed - Complementary Therapist

Service Provision Review

This year MS Research and Relief Fund have streamlined it's provision, offering circuit fitness, mat and chair based yoga, mat and chair based pilates and we have continued to offer relaxation and seated exercise classes.

The charity are delighted to welcome back fitness instructor Sophie Hastings, who will be providing a fall prevention course in the new financial year.

The charity continues to provide a number of free services across two main sites and at a small number of outreach locations.

CURRENT SERVICES

Fitness
Seated Exercise
1-1 Personal Training
Functional Fitness Training
Motomed Bikes
Spin Cycles
Vibrogym
Toning Chairs

Complementary Therapies
Sports Massage
Swedish Massage
Reiki
Reflexology
Indian Head Massage

Classes
Mat based Yoga
Chair based Yoga
Mat based Pilates
Chair based Pilates
Seated Exercise
Fall Prevention
Relaxation
Circuit Training

Outreach
Leadgate has seated exercise on a Monday.
Walkergate Park has therapies all day on a Tuesday.
Belmont has seated exercise Monday and Friday.

GOING DIGITAL

INTRODUCING TM3

In February 2024 the charity embarked on moving from a completely paper based system to online appointment booking. In the several weeks that followed the team went through all of the files on site and created an up to date and comprehensive database of service users.

This was split into those who were active users within the last 24 months and those who the charity haven't seen pre-December 2022.

In working through this list it is hoped that the charity is able to bring numbers back up to pre-covid levels.

As part of the new digital system staff will receive training on how to use the 'practitioner' part of the TM3 system so they can move away from paper based recording.

All of our active service users will be inputted into the TM3 appointment system. This means they will get appointment reminders via text and email on booking and 24 hours before their appointment.

In the coming months the goal is to have every service user assessed by our physiotherapist and placed onto a plan. Once we have successfully moved to using TM3 then we will be looking to add online 'book your own appointment' options on our website for some services.

The Spring Survey

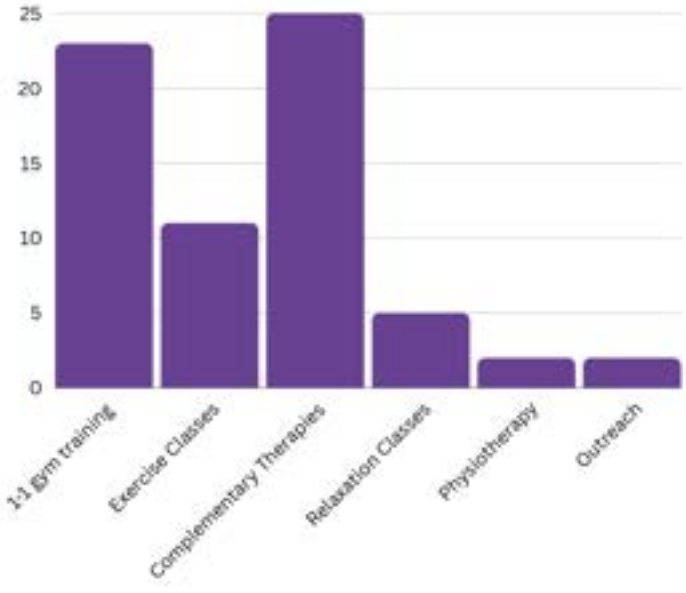
We continuously review our services to ensure we work in line with the charity vision, mission and goals. With that in mind we asked service users to give us feedback on a number of areas during our 2024 Spring survey.

How do you access the services at MSRRF?

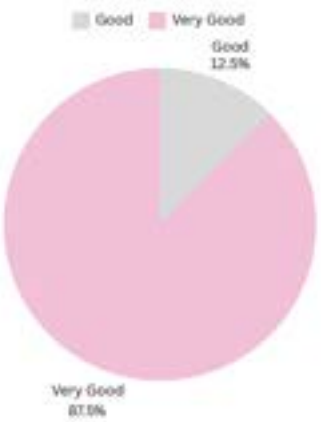
AS A CARER AS A PERSON WITH MS



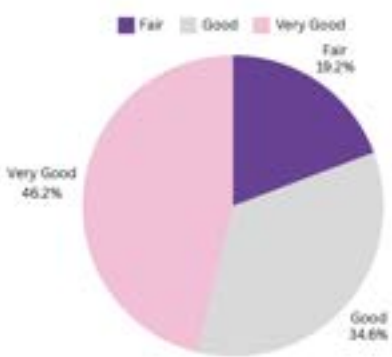
What services do you access at MSRRF?



Services Offered



Appointment Booking



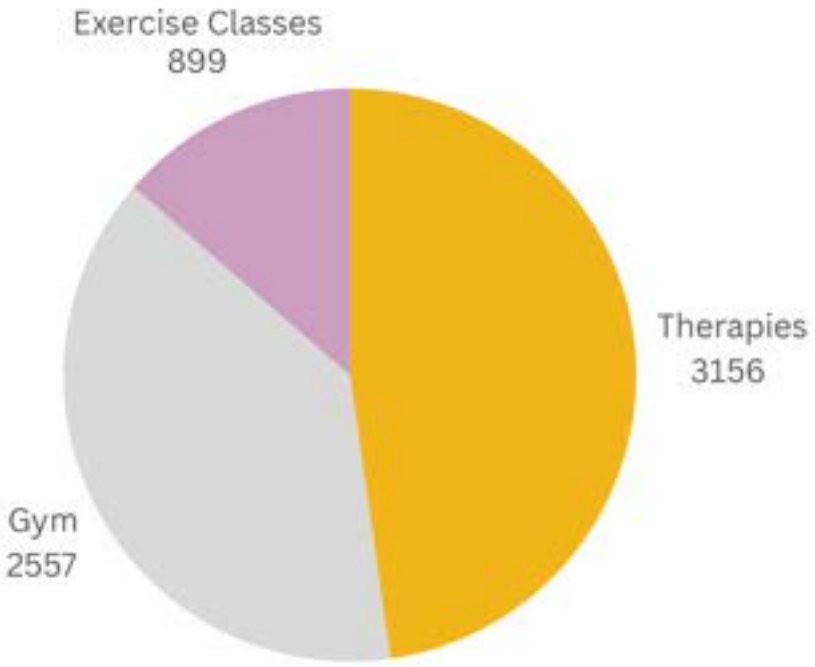
HERES WHAT PEOPLE TOLD US

- Lot's of you told us how friendly, supportive, and welcoming the staff are, highlighting their positive interactions and helpfulness.
- Many of you love the variety of things MSRRF offers, like gym sessions, classes, and different therapies like reflexology and massages.
- You appreciate how MSRRF tailors things just for you, whether it's one-on-one gym sessions or personalised therapies that fit your needs.
- You'd like more opportunities to fundraise and more events outside of appointments. Plus social classes like art and pottery.

"I have been using Benmar House for more than 10 years and have found the experience to be the best medicine."

Data collated from approx. 48 service user feedback forms.

Appointments Attended



Date range 1/04/2023 to 1/03/2024

20.7%

increase on appointments from the previous year

6612

total number of appointments between 1/04/23 and 1/03/2024

Outreach and Partnership Services
MS Research and Relief Fund continue to support/provide outreach services at Belmont Parish Hall, Durham and The Charles Young Centre, South Shields. We are also excited to report that we have been able to secure the services of a fully qualified personal trainer who is able to facilitate and promote the entire service at Leadgate Community Centre in County Durham. Alongside this we have also been able to resume services at Walkergate Park Hospital.

We are happy to report that the MS Nurse continues to run a clinic for people with MS in Northumberland at Benmar House in Morpeth on the third Friday of each month.

Group Service Provision MS Research and Relief Fund have continued to offer established groups the opportunity to access fitness and therapy services over the space of a morning or afternoon. MS Active, an established group from Easington successfully piloted these services and have continued to access the provision through outside grant funding to cover transport costs. People with MS are able to access free services in a cost effective and inclusive way.

South Side House Development

The journey to establish our Physiotherapy Centre and incorporate the AlterG Anti-Gravity Treadmill has been ongoing for several years but this financial term has seen us make considerable progress.





MSRRF continues to research the benefits of its service provision on people with MS and their caregivers. The new physiotherapy centre will enhance the Charities research opportunities and is in keeping with the outcomes of past partnership research findings. MSRRF continue to be extremely interested in supporting research opportunities when its limited funds allow.

In his first months with MSRRF, Adam has made the initial steps to enable the charity to become a phsyio led service by assessing 42 of it's service users.



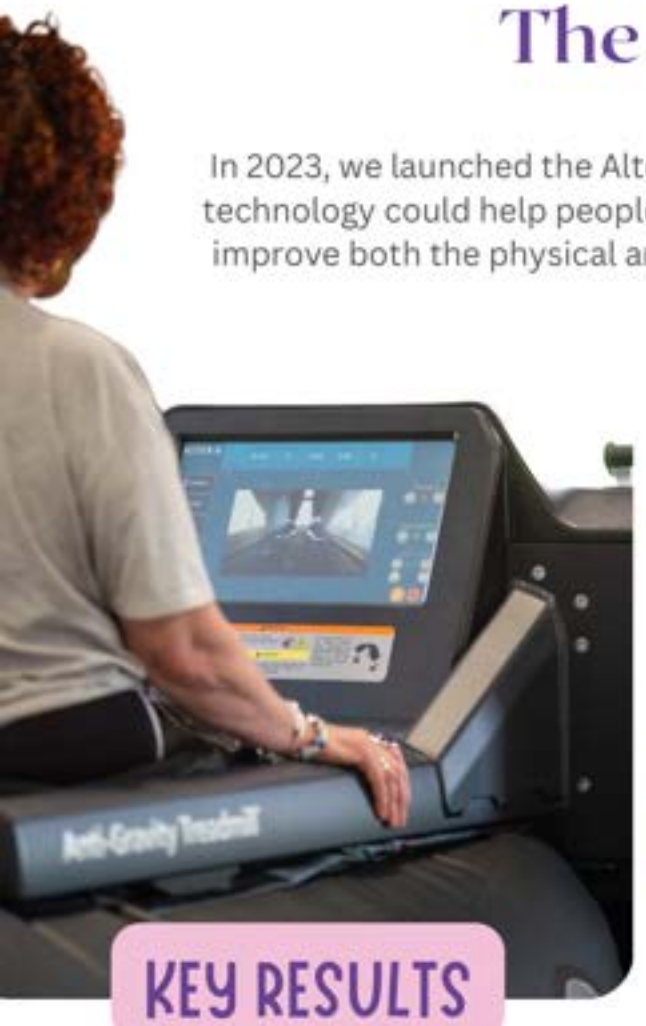
Following the arrival of the AlterG Anti-Gravity Treadmill in April 2023, we commenced the trial phase with our first service users bookings in September 2023.

In October 2023, the Physiotherapy Centre logo was finalised and we began the recruitment process to add further members of self employed staff when funding allowed.

Additionally, in January 2024, Adam joined as a self employed physiotherapist, bringing invaluable expertise to our team two days per week and we look forward to Adam enabling the charity to work in partnership with physiotherapy and health professionals.

The AlterG Trial

In 2023, we launched the AlterG trial to explore how cutting-edge rehabilitation technology could help people with multiple sclerosis (MS). This project aimed to improve both the physical and psychological well-being of individuals with MS.



The trial ran in October 2023, with 15 participants who had varying degrees of mobility challenges due to MS. Each participant attended weekly sessions for four weeks with a pre and post assessment, using the AlterG.

KEY RESULTS

- **Improved Walking Gait:** 12 out of 15 participants experienced better walking, including longer strides and more balanced movements.
- **Enhanced Mobility and Posture:** Many participants reported improved posture and balance, leading to more confidence in daily activities.
- **Better Balance and Coordination:** 7 participants showed noticeable improvement in balance and coordination, making their movements more fluid.
- **Improved Pelvic Floor Function:** 3 participants reported better urinary control, which boosted their quality of life.
- **Enhanced Mental Well-being:** 9 participants felt more confident and experienced an improved mindset, with a better sense of normality in their daily lives.

Volunteers and Friends of MSRRF

MSRRF has a number of volunteers and friends who have worked with the Charity for several years, we appreciate all that they do and the impact their work has on the Charity, further details are provided below.

Susan Dowson continues to be our liaison with the Charity's Patrons

John Marshall has been volunteering for over 20 years and provides therapies to service users every Tuesday at Benmar House

Julie Office continues to volunteer to help at MSRRF's Annual Golf Day

Thank you to all the self-employed staff and Trustees who volunteered their time to help support our fundraising events and efforts.

CORPORATE INVOLVEMENT

We are extremely grateful to The Bazaar Group who have continued to support our annual golf day fundraising event and also provide a monthly monetary donation and we thank Printed.com for the printing of promotional and fundraising materials at either no cost or a reduced rate to MSRRF.

BAZAAR GROUP

printed.com

In the coming year we hope to attract further corporate involvement with the implementation of e-marketing and also our updated website. Fundraising brochures have been designed and created by the charity and we hope alongside networking opportunities this will spread the word nationally about MSRRF and attract a range of donors and sponsors.

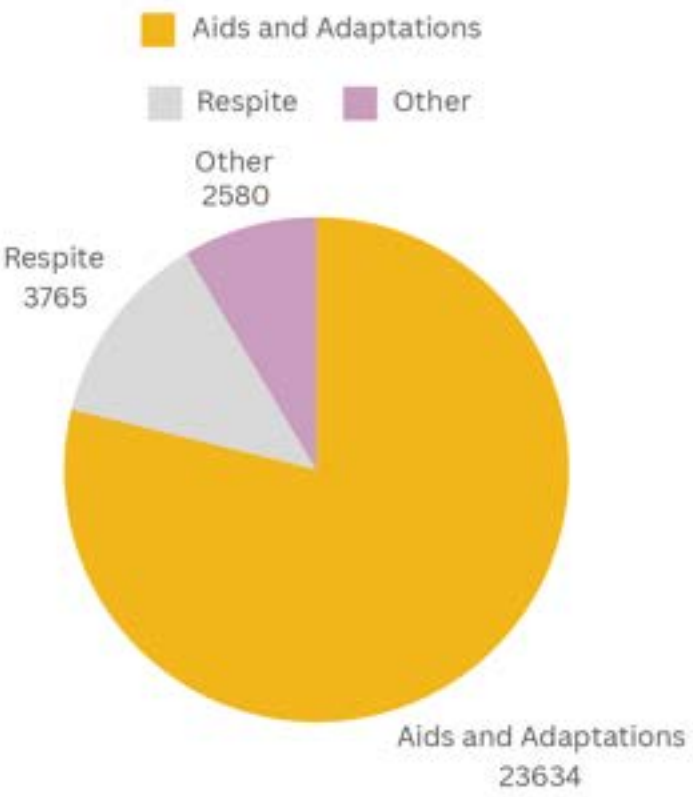
Grant Report

Nationally MS Research and Relief Fund offer grants for aids, adaptations, equipment and services to people affected by MS.

INDIVIDUAL GRANT APPLICATIONS

In financial year April 1st 2023 - March 31st 2024 the Charity received 35 grant applications. MSRRF can offer 'top up' grants for aids and adaptations, equipment, and respite care to people affected by MS throughout the United Kingdom, helping people from Penzance to John O'Groats. The table below provides the amounts of financial assistance allocated for each of the three funding categories.

Of the 35 grant applications received, 6 were declined as they did not meet our grants criteria, and 5 applications were withdrawn by applicants.



Aids and Adaptations	£23,634.00
Respite	£3765.00
Other	£2580.00
Total	£29,979.00

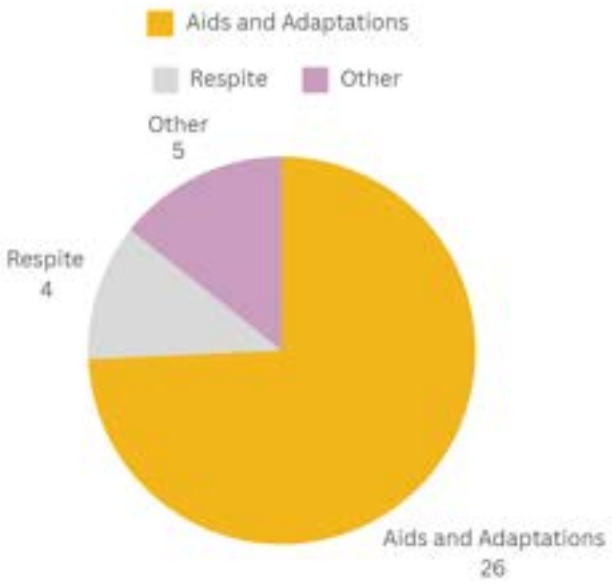
Nationally MSRRF are one of very few charities that offer grants assistance specifically for people with MS. Despite our limited funds we have been able to meet the needs of a number of applicants this year however going forward we want to increase our support and reach even more people that apply to us.

> "Your kindness has not only met a crucial need, but it has also brought a sense of hope and reassurance during a challenging time. I cannot thank MSRRF enough for the positive impact your assistance has had and I deeply appreciate your dedication to helping those with MS"

Grant Awards

MSRRF offers grants to top-up other grant awards from likeminded charities or local government funding so as such, awards may not cover the full cost requested. Applications can be submitted by individuals with MS, partners, carers, family members or advocates in the UK.

Aids and Adaptations	26
Respite	4
Other	5
Total	35



GRANT AWARDS

Recent grant awards have helped people in a wide range of ways not just in the purchase of necessary items.

Through equipment purchases and assistance with mobility vehicles MSRRF have enabled people to continue their employment.

Grants have helped people continue to live in their family homes with the grant being put towards stair lifts and wet rooms.

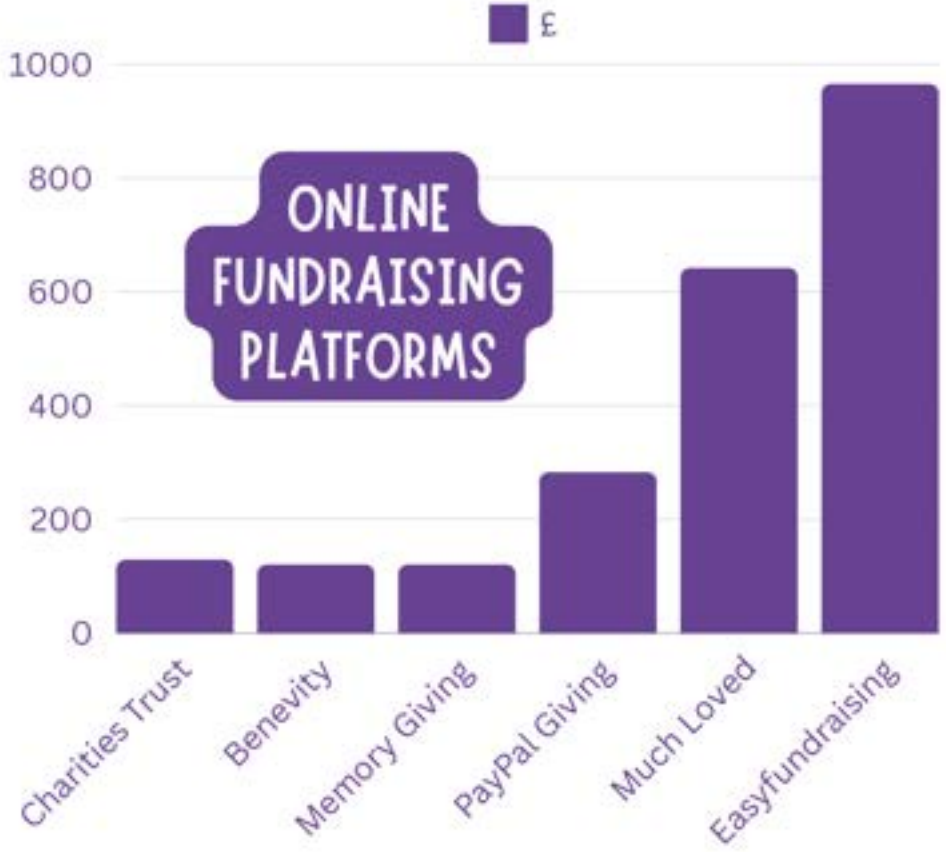
Grant provision allows people to live independent lives with items such as mobility scooters, rise and recliner chairs and eating aids.

MSRRF will continue to work with like minded Charities and organisations to support people with MS whenever its limited funds allow.

Fundraising Report

Over the past year MSRRF have continued to benefit from a number of key online platforms and 'in aid of events'. Grant and project funding has also featured this year.

Just Giving continues to be the charity's most successful online giving platform with a total of £6966 received during the financial year 2023-2024. Much of the money donated is via fundraising pages set up by people for event sponsorship or monthly donations.



Platform	Total for this financial year	Previous financial year	% change
Just Giving	6,966.59	16,282.12	down 133%
Charities Trust	0	128.70	down 100%
Benevity	120	79.87	^ 50%
Memory Giving	120	51.75	^ 131%
PayPal Giving	282.50	134.28	^ 110%
Much Loved	641.67	47.88	^ 1239%
Easyfundraising	965	767.12	^ 25%
Grant/Project Funding	3000	1000	^ 200%

Fundraising Report

The charity has been fortunate to have several supporters who have raised significant funding through in-aid-of events.

'IN AID OF EVENTS'

Cake Day

Judith & Peter Dawsons Annual Cake Day MS Research and Relief Fund are incredibly grateful again this year to the Dawson family for their hard work and fundraising effort which this year has raised £1298 for the Charity.

3 Peak Challenge

Tatiana and Dorothy, friends of service user Lisa Kidd, took part in the 3 peak challenge, raising over £2500 for the charity.

Montane Summer Spine Challenge

Andrew Ayre, who bravely took part in the Montane Summer Spine Challenge; we are extremely grateful for Andrews continued support and commitment to the Charity.

Annual Golf Day

2023 saw our Annual Charity golf day being held at Arcot Hall, Cramlington for the eighth consecutive year, the event raised a profit of £1566.91 for the Charity.

Great North Run

Once again, the Charity benefitted enormously from all who took part on our behalf in the Great North Run. A special well done to our very own assistant manager Amy Dunn, who, encouraged by her brother Nick Dunn completed the run for the very first time.

MSRRF had 11 runners, who raised £4889.61

Fundraising Report

SPECIAL THANKS

Thank you to one of our service users (who wishes to remain anonymous) who kindly fundraised within her family and friends, raising £1750 for the charity.

Bob and Barbara for their continued support.

Sybil and Alan Rayson, who have donated large hampers for the Christmas raffle and Bill Hume for the Rington's Hamper. Thanks to them the charity were able to raise much needed funds.

Phillippa Webb, for waving her consulting fees of £2500 during the planning phase of South Side House.

Thank you...

To the family and friends who donated in memory of loved ones, the Charity would like to offer our sincere condolences and gratitude at such a sad time.

To those that support the charity with raffle donations and those that give up their time to support the charity in many other ways.

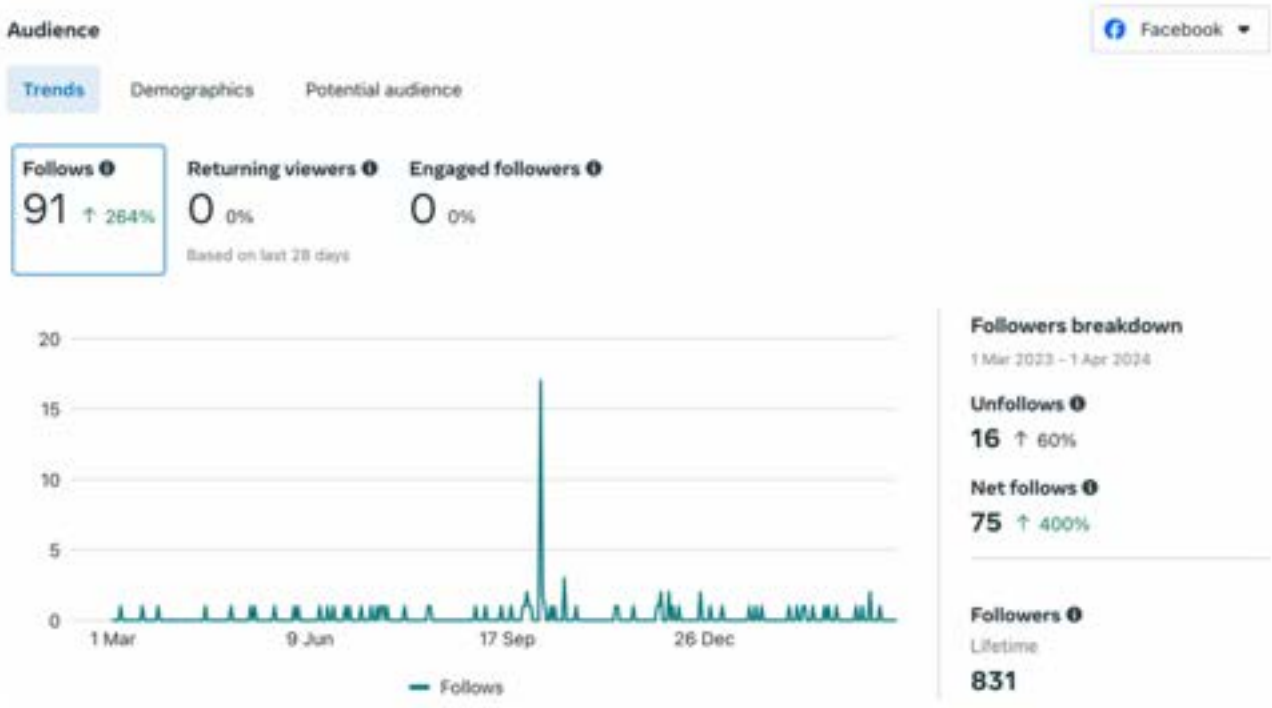
INCOMING GRANTS

The **Barbour Foundation** for the £1000 donation toward the Sara Steady.
The **Joseph Strong Frazer Trust** for the £1000 donation.
The **Drapers Company** for the £1000 donation.

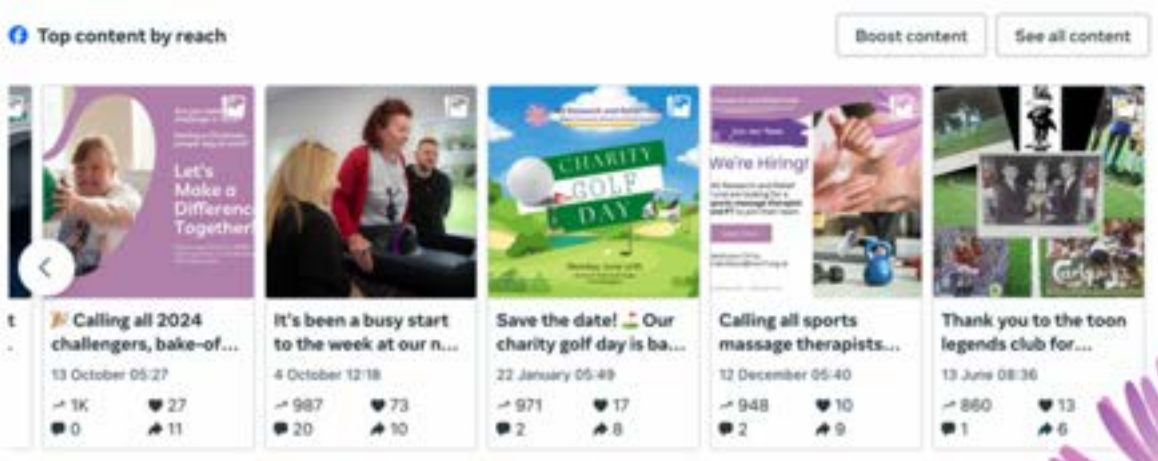
Marketing Report

MSRRF are continuing to drive awareness through their social media pages on Facebook and Instagram alongside building B2B connections via LinkedIn. Brand guidelines have also been created alongside a new website which can now collect e-subscribers and send newsletters. The combination of which is hoped will build a large social following that can be used to gain grants, sponsorship and open doors for new funding opportunities.

FACEBOOK AUDIENCE

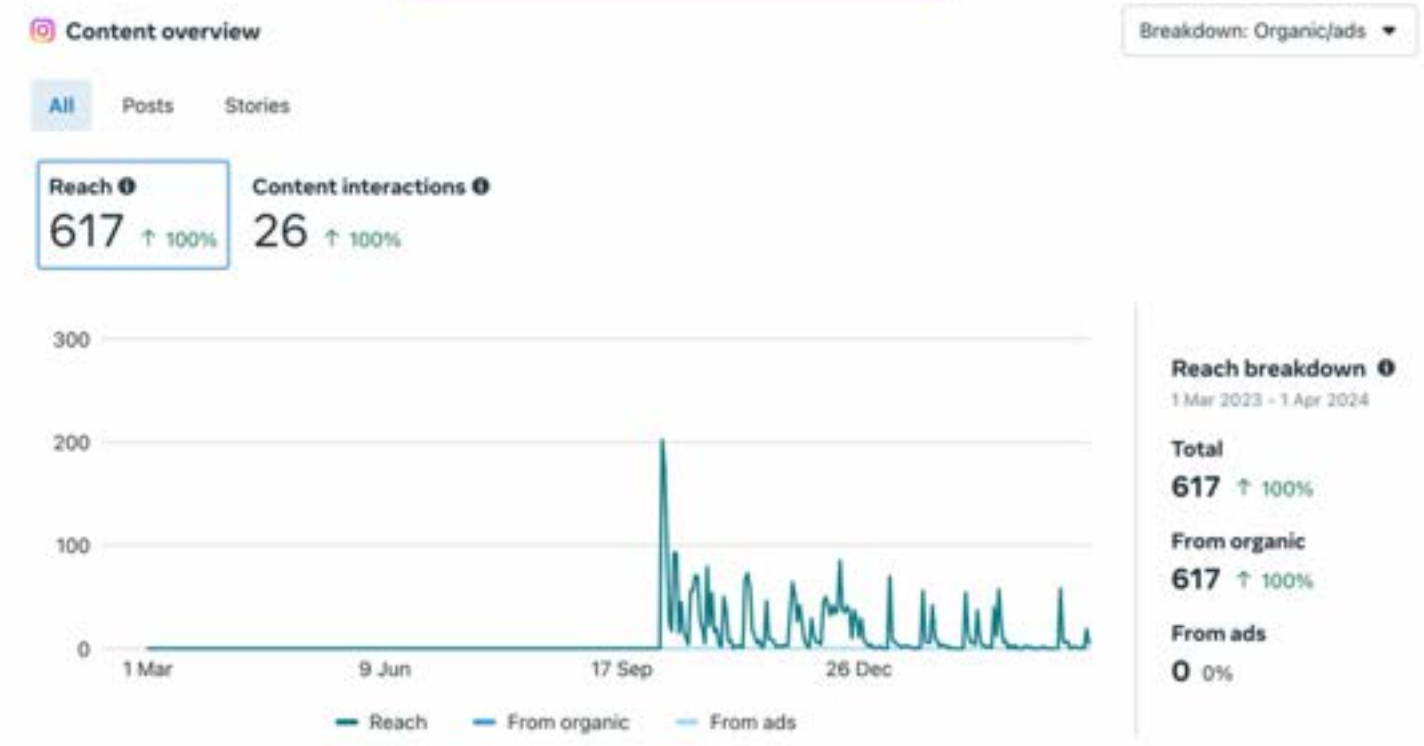


TOP REACH BY CONTENT

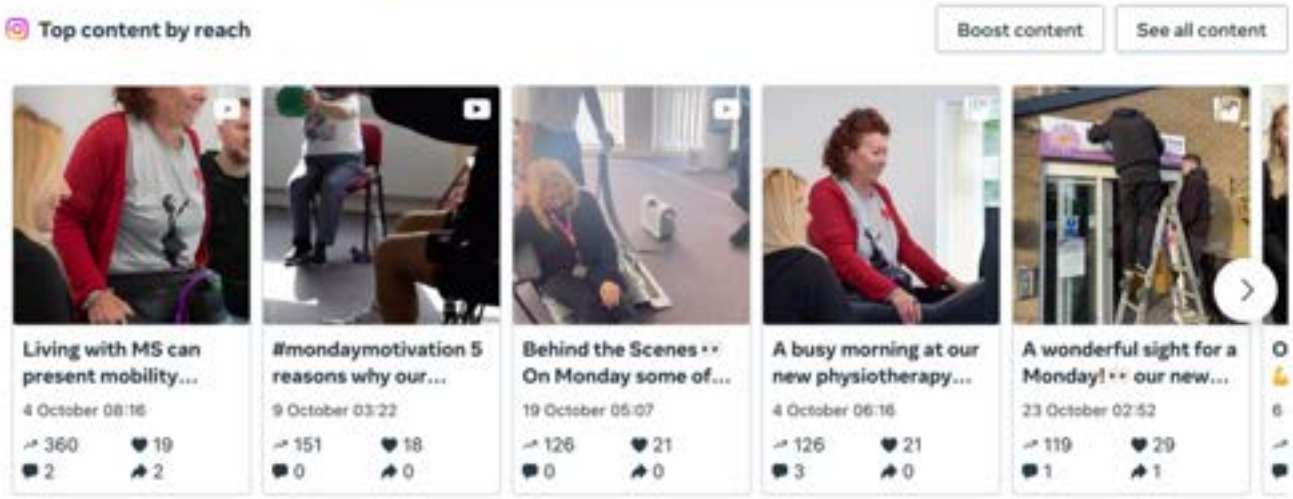


Marketing Report

INSTAGRAM AUDIENCE

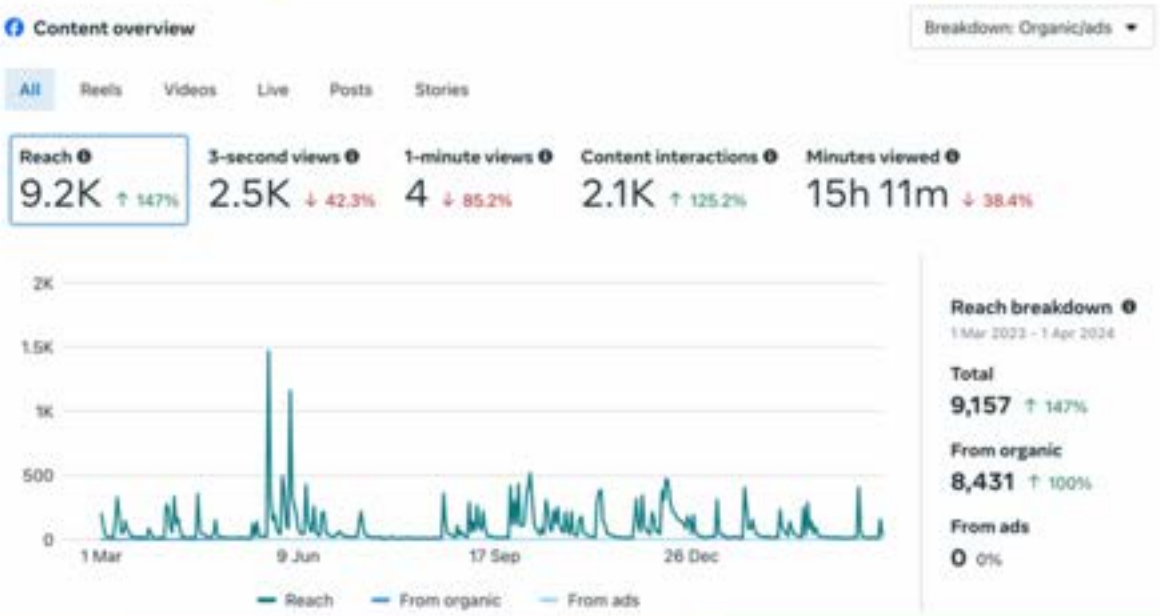


TOP REACH BY CONTENT



Marketing Report

FACEBOOK CONTENT REACH









MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

UK REGISTERED CHARITY NO. 228634 REGISTERED COMPANY NO. 795584

www.msrrf.org.uk info@msrrf.org.uk

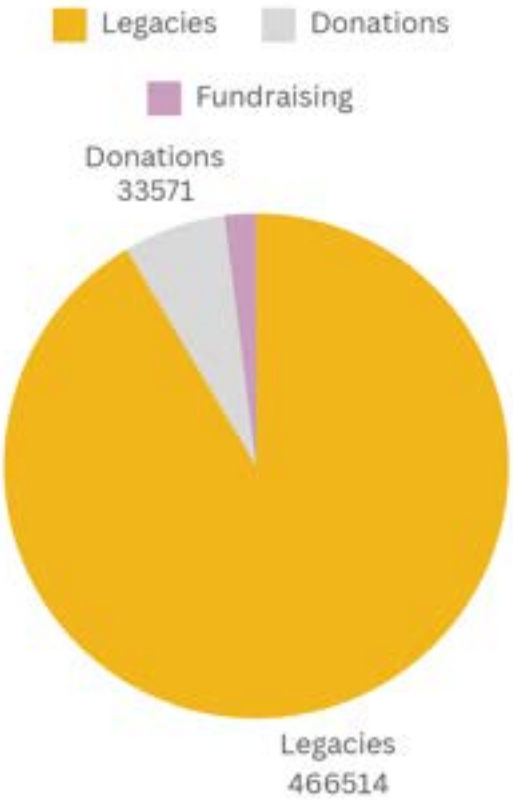
MS Research and Relief Fund msrrfcharity MS Research and Relief Fund

UK registered charity No. 228634. Registered company No. 795584

Legacies Report

Legacies form a large part of our income and help us carry out our work supporting people affected by MS and their carers. We receive no statutory funding, so rely entirely on fundraising, grant funding and donations.

MS Research and Relief Fund will continue to have a positive impact on the lives of people affected by MS due to the generosity of all benefactors who have willed legacies or made donations during this financial year. MS Research and Relief Fund has received a total of **£510,334** and will continue to provide support and improve the quality of life of people with multiple sclerosis.



Legacies	£466,514.00
Donations	£33,571.00
Fundraising	£10,249.00
Total	£510,334.00

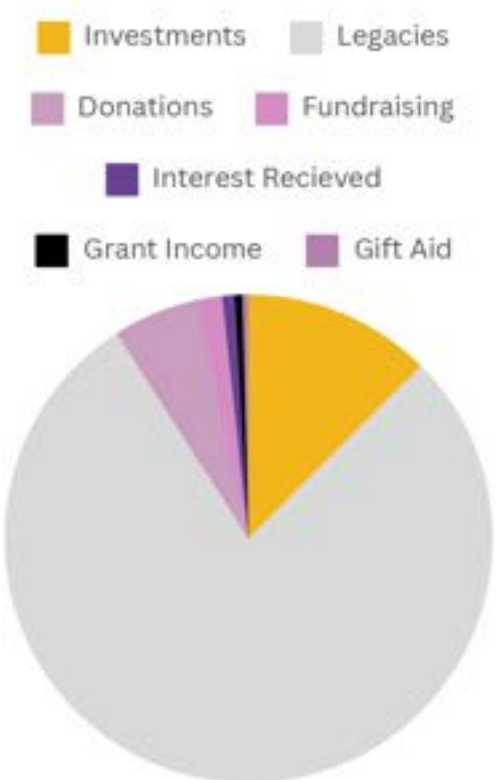
It is hoped with the new website and literature available on legacies that the charity will be able to raise awareness of this avenue of donation on a wider scale. Our state of the art physiotherapy centre was made possible thanks to a substantial legacy received in 2017. South Side House will officially open as the Pashler Physiotherapy Centre in 2025. This has been the foundation for our charity to begin the move toward becoming a physiotherapy led service.

	2022/2023	2023/2024	% Change
Legacies	£884,334.50	£466,514.00	▼ 47%
Donations	£35,447.00	£33,571.00	▼ 5%
Fundraising	£10,182.00	£10,249	▲ 1%
Total	£929,963.50	£510,334.00	▼ 45%

Finance Report 2023/2024

INCOME

	2022/2023	2023/2024	% Change
Investments	£70,033.00	£74,340.00	▲ 6%
Legacies	£884,334.50	£466,514.00	▼ 47%
Donations	£35,447.00	£33,571.00	▼ 5%
Fundraising	£10,182.00	£10,249.00	▲ 0.6%
Interest Received	£1,747.00	£4,868.00	▲ 178%
Grant Income	£1,000.00	£3,000.00	▲ 200%
Gift Aid	£2,404.00	£2,387.00	▲ 0.7%

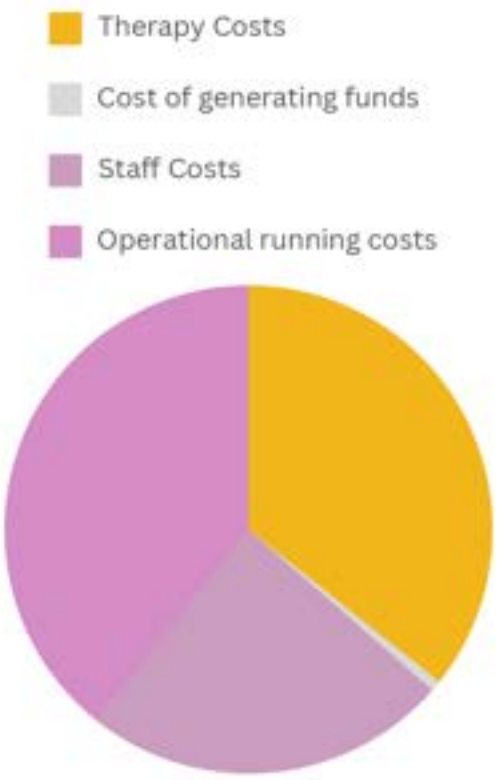


Despite downturns in some financial areas the charity has remained committed to its cause and has shown great resilience despite significant increases in operational costs.

Finance Report 2023/2024

EXPENDITURE

	2022/2023	2023/2024	% Change
Therapy Costs	£101,230.00	£181,356.00	▲ 79%
Cost of generating funds	£3,563.00	£3,561.00	▼ 0.6%
Staff Costs	£114,052.00	£123,342.00	▲ 8%
Operational running costs	£184,812.00	£199,315.00	▲ 8%



The increase in therapy costs reflects the charities determination to get back to pre-covid levels of service provision, whilst keeping running costs stable.

Finance Review

During the year ended 31st March 2024 the net assets of the Multiple Sclerosis Research and Relief Fund increased by £341,328 from £3,313,019 to £3,654,347.

The company had an increase of net incoming resources of £1,778 and an increase in gains on investments of £121,864.

The Balance Sheet of 31st March 2024 continues to show a robust position with net current assets of £499,204.

Diane Charlton, Charity Manager

This year our service users accessed

2557

Gym Sessions

This year our operational costs have gone up

8%

This year our supporters have raised a fantastic

£10,249

This year our service users accessed

3156

Therapies

This year legacies accounted for

78.4%

of total income

This year we gave out

£29,979

in grant funding

Our 2025 Goals



1

Growing Awareness

As a charity we want to raise awareness of how the work we do impacts people on a national level. Investment in professional videography and photography alongside an increased presence on social media will help drive this and ensure we maintain a foothold within the MS community.

Our goal is to reach more people through social media, local events, and partnerships. Working with local influencers and organisations to spread the word about our mission and impact.

2

Funding Partnerships

In 2025, we aim to strengthen our funding partnerships to enhance our impact and reach. Collaborating with local businesses, foundations, and other non profitable organisations will help us secure the resources needed to continue our work.

Our target is to establish at least two new partnerships that align with our mission.

Falling within this will be identifying and applying for grant and funding opportunities where suitable.

3

Service Provision Growth

In 2025, we plan to expand our service provisions with more classes, including a fall prevention class. It is also hoped that psychotherapy can be offered as a service. Investing in new equipment will allow the charity to offer more functional fitness training, utilising both floors of our centre.

MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

ACKNOWLEDGEMENTS

We would like to extend our heartfelt thanks to everyone who has made this year a success. To our generous donors, grant funders, and legacy supporters.

We are grateful to our dedicated volunteers and regular supporters.

A special thank you to our partners at the Bazaar Group for their voluntary and monetary support.

Thank you to our staff for their commitment and dedication this year.

Together, we have been able to offer thousands of free sessions and classes to support people with MS, alongside a number of grants nationwide.

We look forward to continuing our work in the year ahead.

Supporting people with MS

MS Research and Relief Fund
Benmar House
Choppington Road
Morpeth
Northumberland
NE61 2HX

Pashler Physiotherapy Centre
South Side
North Seaton
Northumberland
NE63 9YB

www.msrrf.org.uk info@msrrf.org.uk

MS Research and Relief Fund msrrfcharity MS Research and Relief Fund

UK registered charity No. 228634. Registered company No. 795584

THE MULTIPLE SCLEROSIS RESEARCH AND RELIEF FUND

England & Wales - Charity number 228634

Accounts

REGISTERED COMPANY NUMBER: 00795584 (England and Wales)
REGISTERED CHARITY NUMBER: 228634

Report of the Trustees and

Audited Financial Statements for the Year Ended 31 March 2023

for

The Multiple Sclerosis Research And Relief Fund

Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

The Multiple Sclerosis Research And Relief Fund

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The Multiple Sclerosis Research And Relief Fund

Chairman's Report 2023 for the Year Ended 31 March 2023

The past year has been one of consolidation and the re-sewing of seeds for MSRRF following the ravages of the Covid pandemic.

The uncertainties of the aftermath of the effects of Covid meant that planning with any degree of confidence was not possible, and the Trustees took the view that our main priority had to be ensuring the survival and future of MSRRF in what were extremely difficult circumstances.

This has been achieved and our recovery is now well under way.
Services have resumed, as previously, at no cost to service users, and are being expanded as and when we are able to do so. Filling vacant staff positions is an ongoing problem which we are all working hard to resolve.
Outreach centres can be largely beyond our control, but we are doing our best to restore pre-Covid operations and are always willing to look at new opportunities as they arise.

The re-modelling of Southside House into a physiotherapy centre has undoubtedly been badly hampered by the pandemic which produced labour and component supply problems, but they are now behind us, and the completion of the project is not too far away. The provision of a hydrotherapy pool proved to be both logistically and financially impractical, but we have managed to source a machine which has the same weight bearing effect on the body as water, and which of course, does away with the need for the user to have to change and get wet. The funds donated to the Charity towards the cost of the proposed pool have been diverted to this project and the results so far have been excellent.

From a financial point of view, the year was very successful, legacy income in particular was substantial, and we are very grateful to everybody who remembers us in their will.

In closing, on behalf of the Trustees and myself, I would like to pay tribute to our loyal and dedicated staff, who despite depleted numbers have worked tirelessly on behalf of MSRRF their efforts are much valued by us all.

Report of the Trustees
for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To provide support, counselling and training to the sufferers and carers of multiple sclerosis in the Morpeth area. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

To advance education and training of the community in the symptoms, types, causes, diagnosis and treatment of multiple sclerosis.

STRATEGIC REPORT

Financial Review

During the year ended 31st March 2023 the net assets of the Multiple Sclerosis Research and Relief Fund increased by £322,642 from £2,990,377 to £3,313,019.

The company had an increase of net incoming resources of £419,857 and a decrease in gains on investments of £97,215.The balance sheet of 31st March 2023 continues to show a robust position with net current assets of £614,531.

Investment policy and objectives

The Charity maintains a high level of risk free liquid funds on deposit at any point in time. Surplus funds are managed by professional investment advisors on a low risk basis with regular comprehensive monitoring and feedback as to performance and strategy.Investments are made within an ethical framework set by the board.

Reserves Policy

The Trustees have given careful consideration to the current and future needs of the Charity's beneficiaries; the risks and opportunities association with the normal running of the Charity's affairs and have formulated a reserves policy accordingly.

At 31st March 2023, the Charity had reserves of £3,313,019 of which £68,510 constituted Restricted Funds. Of Unrestricted Funds constituting £3,244,509, £481,469 were tied to freehold property at the year end (2022: £2,915,787 of which £520,266 was tied to freehold property).

The balance remaining comprises General funds of £2,763,040 which are available as working capital to develop the charity including where appropriate further property acquisitions.

Principal risks and uncertainties

The management committee has conducted a review of the major risks to which the charity is exposed.

The charity is clear that unless there is any unexpected reduction in funding then the charity is in a position to continue to develop and deliver its services. Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and visitors to the charity.

Report of the Trustees
for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Structure, governance and management

The Multiple Sclerosis Research and Relief Fund is a charitable company limited by guarantee and complies with the Companies Act 2006 and the SORP. Incorporated on 11th March 1964 and registered as a charity on 13th June 1969, the company was established under a Memorandum of Association, which established the objectives and powers of the Charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contributed an amount not exceeding £1.

The directors of the company are also charitable trustees for the purpose of Charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandums and Articles of Association the longest serving members of the Management Committee will retire on rotation at each Annual General Meeting and being eligible can stand for re-election.

The Management Committee seeks to ensure representation on the Board of Trustees to reflect those with specific experience of Multiple Sclerosis and the issues confronting sufferers. An on-going skills audit is undertaken and training is provided to all new management committee members covering: -

a) The obligations of the Management Committee
b) The main documents which set out the operational framework for the charity including the Memorandums and Articles
c) Resourcing and the current financial position as set out in the latest published accounts
d) Future plans and objectives

Regular full team meetings inform the future planning and strategic thinking of the management committee and are open to staff, volunteers and peer volunteers. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity. The management committee has six members who meet every two months and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity. A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Charity Manager.

The Charity Manager is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

Key management remuneration

During the year there was one member of key management who received remuneration totalling £43,416 (2022: £40,187).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00795584 (England and Wales)

Registered Charity number

228634

Report of the Trustees
for the Year Ended 31 March 2023

Registered office
Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

Trustees
P D Atkinson Chairman
K Carr Trustee
B Ellis Trustee
M Sharp Trustee
M Tate Trustee
P Dawson Trustee
N D Young (appointed 6/10/2023)

Auditors
Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

Solicitors
Weightmans
1 St James' Gate
Newcastle upon Tyne
NE1 4AD

Charity Manager
Diane Charlton

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of The Multiple Sclerosis Research And Relief Fund for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Peter Weldon & Co. Ltd, Statutory Auditor, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on ..... 14.11.23 ..... and signed on the board's behalf by:

.....
M Sharp - Trustee

Report of the Independent Auditors to the Members of The Multiple Sclerosis Research And Relief Fund

Opinion

We have audited the financial statements of The Multiple Sclerosis Research And Relief Fund (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below

Based on our understanding of the industry, we identified that the principal risks of non-compliance with laws and regulations related to employment laws and indirect taxes and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to achieve desired financial results and the manipulation of exceptional items and management bias in accounting estimates. Audit procedures performed by the engagement team included, but were not limited to: - enquiries with management, internal accounts and the legal counsel (internal and, where relevant, external), including consideration of known or suspected instances of fraud and non-compliance with laws and regulations and examining supporting calculations where a provision has been made in respect of these.

There are inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Members of The Multiple Sclerosis Research And Relief Fund

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Peter Weldon (Senior Statutory Auditor)

Peter Weldon (Senior Statutory Auditor)
for and on behalf of Peter Weldon & Co. Ltd, Statutory Auditor
87 Station Road
Ashington
Northumberland
NE63 8RS

Date: 14.11.23

The Multiple Sclerosis Research And Relief Fund

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	922,183	-	922,183	226,868
Charitable activities	6				
Management and administration		1,000	-	1,000	16,893
Other trading activities	4	10,182	-	10,182	5,703
Investment income	5	71,780	-	71,780	56,319
Other income		-	-	-	3,344
Total		1,005,145	-	1,005,145	309,127
EXPENDITURE ON					
Raising funds	7	20,196	-	20,196	17,879
Charitable activities	8				
Management and administration		336,090	-	336,090	237,522
Grants		24,545	-	24,545	5,918
Admin & running costs		184,812	6,080	190,892	136,881
Premises costs		-	-	-	27,735
Governance costs		13,565	-	13,565	12,544
Total		579,208	6,080	585,288	438,479
Net gains/(losses) on investments		(97,215)	-	(97,215)	108,587
NET INCOME/(EXPENDITURE)		328,722	(6,080)	322,642	(20,765)
RECONCILIATION OF FUNDS					
Total funds brought forward		2,915,787	74,590	2,990,377	3,011,142
TOTAL FUNDS CARRIED FORWARD		3,244,509	68,510	3,313,019	2,990,377

The notes form part of these financial statements

Balance Sheet
31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	14	484,628	-	484,628	504,366
Investments	15	2,213,860	-	2,213,860	2,258,829
		2,698,488	-	2,698,488	2,763,195
CURRENT ASSETS					
Debtors	16	5,832	-	5,832	6,190
Cash at bank and in hand		553,654	68,510	622,164	290,872
		559,486	68,510	627,996	297,062
CREDITORS					
Amounts falling due within one year	17	(13,465)	-	(13,465)	(19,586)
NET CURRENT ASSETS		546,021	68,510	614,531	277,476
TOTAL ASSETS LESS CURRENT LIABILITIES		3,244,509	68,510	3,313,019	3,040,671
CREDITORS					
Amounts falling due after more than one year	18	-	-	-	(50,294)
NET ASSETS		3,244,509	68,510	3,313,019	2,990,377
FUNDS	20				
Unrestricted funds				3,244,509	2,915,787
Restricted funds				68,510	74,590
TOTAL FUNDS				3,313,019	2,990,377

The financial statements were approved by the Board of Trustees and authorised for issue on ..... 14.11.23 ..... and were signed on its behalf by:

.....MSharp.....
M Sharp - Trustee

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Cash Flow Statement for the Year Ended 31 March 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	364,123	(171,544)
Interest paid		(2,071)	(1,065)
Net cash provided by/(used in) operating activities		362,052	(172,609)
Cash flows from investing activities			
Purchase of fixed asset investments		(528,026)	(352,557)
Sale of fixed asset investments		425,486	403,345
Interest received		1,747	43
Dividends received		70,033	56,276
Net cash (used in)/provided by investing activities		(30,760)	107,107
Change in cash and cash equivalents in the reporting period		331,292	(65,502)
Cash and cash equivalents at the beginning of the reporting period		290,872	356,374
Cash and cash equivalents at the end of the reporting period		622,164	290,872

The notes form part of these financial statements

Notes to the Cash Flow Statement for the Year Ended 31 March 2023

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	322,642	(20,765)
Adjustments for:		
Depreciation charges	19,738	21,447
Losses/(gain) on investments	97,215	(108,587)
Interest received	(1,747)	(43)
Interest paid	2,071	1,065
Dividends received	(70,033)	(56,276)
Decrease in debtors	358	984
Decrease in creditors	(6,121)	(9,369)
Net cash provided by/(used in) operations	364,123	(171,544)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/22 £	Cash flow £	At 31/3/23 £
Net cash			
Cash at bank and in hand	290,872	331,292	622,164
	290,872	331,292	622,164
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	2,258,829	(44,969)	2,213,860
	2,258,829	(44,969)	2,213,860
Debt			
Debts falling due after 1 year	(50,294)	50,294	-
	(50,294)	50,294	-
Total	2,499,407	336,617	2,836,024

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations, Legacies, grant and Fundraising income is recognised on receipt of income.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 4% on cost
Improvements to property	- 15% on reducing balance per annum
Fixtures and fittings	- 33% on cost per annum and 25% on cost per annum

Tangible assets held for the companies own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss, if any.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Investments
Investments are stated at market value at the balance sheet date. Purchases and sales include transaction fees charged by the investment managers. All other fees are charged to expenditure.

Debtors
Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors
Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In the application of the Company's accounting policies management is required to make judgements, estimates and assumptions about the carrying values of assets and liabilities. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant.
The estimates and underlying assumption are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.
The key assumptions and other sources of estimation uncertainty that have a significant effect of causing adjustments to the carrying amounts of assets are as follows:

- The amounts held in accruals for grants authorised but not yet paid are included on the assumption that they will be paid in the following year. It is possible that the grant can be withdrawn or the amount due to be paid could increase or decrease.

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2023

3. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	35,444	39,486
Gift aid	2,404	5,397
Legacies	884,335	181,985
	922,183	226,868

4. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	10,182	5,703

5. INVESTMENT INCOME

	2023	2022
	£	£
Other fixed asset invest - FII	70,033	56,276
Deposit account interest	1,747	43
	71,780	56,319

6. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Joseph Strong Frazer Trust	Management and administration	1,000	-
Northumberland County Council	Management and administration	-	16,893
		1,000	16,893

continued...

7. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Fundraising	3,563	2,868

Investment management costs

	2023	2022
	£	£
Portfolio management	16,633	15,011
Aggregate amounts	20,196	17,879

8. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Grant funding of activities (see note 9)	Support costs (see note 10)	Totals
	£	£	£	£
Management and administration	336,090	-	-	336,090
Grants	-	24,545	-	24,545
Admin & running costs	57,021	-	133,871	190,892
Governance costs	-	-	13,565	13,565
	393,111	24,545	147,436	565,092

9. GRANTS PAYABLE

	2023	2022
	£	£
Grants	24,545	5,918

continued...

10. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Admin & running costs	133,871	-	133,871
Governance costs	-	13,565	13,565
	133,871	13,565	147,436

Support costs, included in the above, are as follows:

Other

	2023 Admin & running costs	2022 Total activities
	£	£
Wages	47,359	45,944
Pensions	2,591	2,437
Rent and rates	1,427	2,949
Insurance	2,382	2,446
Light and heat	3,147	1,925
Telephone	2,361	1,553
Postage and stationery	497	457
Sundries	66	693
Training	-	500
Repairs and maintenance	3,967	5,929
Contracts	3,588	3,649
Computer expenses	307	312
Travel expenses	179	141
Cost of Trustees' meetings	73	71
Bank charges	226	186
Irrecoverable VAT	45,963	30,291
Depreciation of tangible fixed assets	19,738	21,447
	133,871	120,930

continued...

10. SUPPORT COSTS - continued

Governance costs

	2023 Governance costs	2022 Total activities
	£	£
Legal and professional fees	3,143	1,785
Accountancy fees	8,351	9,694
Loan	2,071	1,065
	13,565	12,544

11. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	19,738	21,447

12. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

Expenses paid to trustees for the year ended 31 March 2023 were £242 (in 2022 they were £236).

13. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	111,461	108,673
Other pension costs	2,591	2,437
	114,052	111,110

The average monthly number of employees during the year was as follows:

	2023	2022
Staff	5	6

No employees received emoluments in excess of £60,000.

continued...

14. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Totals £
COST				
At 1 April 2022 and 31 March 2023	667,590	125,383	82,339	875,312
DEPRECIATION				
At 1 April 2022	215,459	77,248	78,239	370,946
Charge for year	11,576	7,220	942	19,738
At 31 March 2023	227,035	84,468	79,181	390,684
NET BOOK VALUE				
At 31 March 2023	440,555	40,915	3,158	484,628
At 31 March 2022	452,131	48,135	4,100	504,366

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2022	1,955,769
Additions	528,026
Disposals	(467,924)
At 31 March 2023	2,015,871
PROVISIONS	
At 1 April 2022	(303,060)
Revaluation adjustments	105,071
At 31 March 2023	(197,989)
NET BOOK VALUE	
At 31 March 2023	2,213,860
At 31 March 2022	2,258,829

There were no investment assets outside the UK.

continued...

15. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31 March 2023 is represented by:

	Listed investments
	£
Valuation in 2023	2,015,871

The revaluations of the investments are inline with the Investment Managers' market value assessments of the investments as at 31st March 2023.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Prepayments and accrued income	5,832	6,190

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	2,503	2,265
VAT	372	372
Net wages and pension	990	469
Accrued expenses	9,600	16,480
	13,465	19,586

18. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023	2022
	£	£
Bank loans (see note 19)	-	50,294

19. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due between two and five years:		
Bank loans - 2-5 years	-	50,294

continued...

20. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	2,915,787	328,722	3,244,509
Restricted funds			
Specialised Physiotherapy Equipment	74,590	(6,080)	68,510
TOTAL FUNDS	2,990,377	322,642	3,313,019

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,005,145	(579,208)	(97,215)	328,722
Restricted funds				
Specialised Physiotherapy Equipment	-	(6,080)	-	(6,080)
TOTAL FUNDS	1,005,145	(585,288)	(97,215)	322,642

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
Unrestricted funds			
General fund	2,910,552	5,235	2,915,787
Restricted funds			
Specialised Physiotherapy Equipment	100,590	(26,000)	74,590
TOTAL FUNDS	3,011,142	(20,765)	2,990,377

continued...

20. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	309,127	(412,479)	108,587	5,235
Restricted funds				
Specialised Physiotherapy Equipment	-	(26,000)	-	(26,000)
TOTAL FUNDS	309,127	(438,479)	108,587	(20,765)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/21 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	2,910,552	333,957	3,244,509
Restricted funds			
Specialised Physiotherapy Equipment	100,590	(32,080)	68,510
TOTAL FUNDS	3,011,142	301,877	3,313,019

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,314,272	(991,687)	11,372	333,957
Restricted funds				
Specialised Physiotherapy Equipment	-	(32,080)	-	(32,080)
TOTAL FUNDS	1,314,272	(1,023,767)	11,372	301,877

Restricted Funds
Carers

continued...

20. MOVEMENT IN FUNDS - continued

The Carers fund was set up following consultation with people affected by Multiple Sclerosis. Enabled by generous funding; a support group is to be launched to give carers a break from caring. The aim being that the group can reduce the sense of isolation and meet other carers so that they can receive support and reassurance. Carers will attend Mindfulness Group Sessions between July 2017 and July 2018, with at least 48 carers being able to have access to the service during this period.

Art Class
The Art Class fund provides various classes from painting to cake decorating. The purpose of the classes is to enable service users to socialise and enjoy activities together.

Specialised Physiotherapy Equipment
The Specialised Physiotherapy Equipment fund is to further develop the range of services offered to users.

Class Equipment
Following an extremely generous donation from a local councillor we have been able to purchase 2 x spinning cycles and 1 x recumbent cycle, as well as other smaller pieces of gym equipment, to enable the charity to provide free of charge cycling classes for people with MS and their primary carers.

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	35,444	39,486
Gift aid	2,404	5,397
Legacies	884,335	181,985
	922,183	226,868
Other trading activities		
Fundraising events	10,182	5,703
Investment income		
Other fixed asset invest - FII	70,033	56,276
Deposit account interest	1,747	43
	71,780	56,319
Charitable activities		
Joseph Strong Frazer Trust	1,000	-
Northumberland County Council	-	16,893
	1,000	16,893
Other income		
HMRC JRS income	-	3,344
Total incoming resources	1,005,145	309,127
EXPENDITURE		
Raising donations and legacies		
Fundraising	3,563	2,868
Investment management costs		
Portfolio management	16,633	15,011
Charitable activities		
Wages	64,102	62,729
Rent and rates	3,329	6,882
Insurance	5,558	5,708
Carried forward	72,989	75,319

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	2023	2022
	£	£
Charitable activities		
Brought forward	72,989	75,319
Light, heat and water	12,590	7,701
Telephone	5,508	3,623
Print, postage and stationery	1,306	1,066
Sundries	596	1,618
Service User	2,986	3,256
Repairs and maintenance	10,028	11,724
Computer costs	2,763	2,805
Contracts	12,834	11,704
Travel expenses	1,148	1,076
Cost of Trustee's meetings	170	166
Refreshments and entertaining	466	188
Therapist fees	101,230	76,182
Voice MS	49	-
Southside House	168,448	84,780
Grants to individuals	24,545	5,918
	417,656	287,126
Support costs		
Other		
Wages	47,359	45,944
Pensions	2,591	2,437
Rent and rates	1,427	2,949
Insurance	2,382	2,446
Light and heat	3,147	1,925
Telephone	2,361	1,553
Postage and stationery	497	457
Sundries	66	693
Training	-	500
Repairs and maintenance	3,967	5,929
Contracts	3,588	3,649
Computer expenses	307	312
Travel expenses	179	141
Cost of Trustees' meetings	73	71
Bank charges	226	186
Irrecoverable VAT	45,963	30,291
Depreciation of tangible fixed assets	19,738	21,447
	133,871	120,930
Governance costs		
Legal and professional fees	3,143	1,785
Carried forward	3,143	1,785

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	2023 £	2022 £
Governance costs		
Brought forward	3,143	1,785
Accountancy fees	8,351	9,694
Loan	2,071	1,065
	13,565	12,544
Total resources expended	585,288	438,479
Net income/(expenditure) before gains and losses	419,857	(129,352)
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	(97,215)	108,587
Net income/(expenditure)	322,642	(20,765)

MS Research and Relief Fund

"Supporting people affected by Multiple Sclerosis"

ANNUAL REPORT

FINANCIAL YEAR 2022-2023

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CHAIRMAN'S REPORT

The past year has been one of consolidation and the re-sewing of seeds for MSRRF following the ravages of the Covid pandemic.

The uncertainties of the aftermath of the effects of Covid meant that planning with any degree of confidence was not possible, and the Trustees took the view that our main priority had to be ensuring the survival and future of MSRRF in what were extremely difficult circumstances.

This has been achieved and our recovery is now well under way.
Services have resumed, as previously, at no cost to service users, and are being expanded as and when we are able to do so.
Filling vacant staff positions is an ongoing problem which we are all working hard to resolve.
Outreach centres can be largely beyond our control, but we are doing our best to restore pre-Covid operations and are always willing to look at new opportunities as they arise.

The re-modelling of Southside House into a physiotherapy centre has undoubtedly been badly hampered by the pandemic which produced labour and component supply problems, but they are now behind us, and the completion of the project is not too far away. The provision of a hydrotherapy pool proved to be both logistically and financially impractical, but we have managed to source a machine which has the same weight bearing effect on the body as water, and which of course, does away with the need for the user to have to change and get wet. The funds donated to the Charity towards the cost of the proposed pool have been diverted to this project and the results so far have been excellent.

From a financial point of view, the year was very successful, legacy income was substantial, and we are very grateful to everybody who remembers us in their will.

In closing, on behalf of the Trustees and myself, I would like to pay tribute to our loyal and dedicated staff, who despite depleted numbers have worked tirelessly on behalf of MSRRF their efforts are much valued by us all.

Paul Atkinson
Chairman

OBJECTIVES AND ACTIVITIES

Purpose of the Charity

MS Research and Relief Fund (MSRRF) is a UK registered charity established in 1964 to provide a range of services to people whose lives have been affected by Multiple Sclerosis (MS).

Our Vision

To actively involve all people in improving the quality of life of people affected by Multiple Sclerosis.

Our Mission

Working with Service Users to make the best possible use of funds entrusted to us towards improving the quality of life of people affected by Multiple Sclerosis, and by researching potential advancements in our knowledge and treatment of the condition.

Our Values

Good and responsible stewardship. Transparency across the board. Participation across the board. Treating everyone equally as individuals. Honesty. Mutual trust.

Charity History

Robert Walker founded Multiple Sclerosis Research and Relief Fund in 1964. Its work principally involved funding research into MS and providing specialist equipment for people with MS.

In 2005 MS Master Centres, “a sister charity”, was “wound up” and its assets, services and responsibilities were transferred to MSRRF.

In addition, the Charity’s grant service, which awards financial assistance to help people affected by MS to pay for services and equipment they require due to MS, was also expanded, and continues to this day.

In September 2006, in consultation with Service Users, MSRRF’s Development Plan was created. The aim of the Development Plan was to increase Complementary Therapy and Fitness provision at Benmar House, Morpeth and to identify other outreach venues which may enable the Charity to provide similar services for people with MS throughout the North East of England.

During financial year 2016/17, following an evaluation of services and a staff review, work began on a Service Development and Fundraising Plan. Trustees identified the need for a reliable and sustainable income stream to maintain MSRRF’s existing service provision as well as ensure the Charity’s continued growth. MSRRF purchased South Side House in July 2017, work has progressed on gaining planning permission for a Physiotherapy Centre, with the redevelopment commencing in October 2019.

During this financial year MSRRF were able to restart another of our outreach services, Leadgate Community Centre.

Reference and Administrative Details

Charity name	The Multiple Sclerosis Research and Relief Fund
Registered charity number	228634
Head office address	The Multiple Sclerosis Research and Relief Fund Benmar House Choppington Road Morpeth Northumberland NE61 2HX
Contact details	Telephone 01670 505 829 Fax: 0191 247 5816 Web: www.msrrf.org.uk E-mail: info@msrrf.org.uk
Trustees	Paul Atkinson, Chairman Margaret Sharp Kevin Carr Margery Tate Barbara Ellis Peter Dawson
Patrons	Dr Martin Duddy Dr Joe Guadagno Mr John Pryce Jones Mrs Anne Wafula Strike MBE Mrs Marjorie Walker Mr Derek Wright

MSRRF Staff, Benmar House

Employed Staff	Blythe, Gillian		Appointments Coordinator
	Charlton, Diane		Charity Manager
	Davidson, Deborah	P/T	Fitness and Therapist Team Lead
	Dunn, Amy		Assistant Manager
Staff changes	Clark, Tania	P/T	Service Development Officer resigned 31/07/22
	Reed, John	P/T	Caretaker Retired 21/04/23
Self-employed Staff	Barker, Jonathan		Fitness Instructor
	Dickinson, Margaret		Therapist
	Howe, Michelle		Therapist
	King, Beryl		Therapist, Stress Management Instructor
	Lucy, Paula		Therapist and Fitness Instructor
	McGorrell, Lee		Therapist and Fitness Instructor
	Philipson, Carol		Therapist
	Ross-Knight, Joanna		Therapist and Fitness Instructor
	Taylor, Christine		Therapist
	Twaites, Hayley		Therapist
	Hastings, Sophie		Fitness Instructor
	Unwin, Sarah		Fitness Instructor
	Urwin, Sue		Fitness Instructor
	Wallace, Stephanie		Fitness Instructor
Volunteers	Dowson, Sue		Patron Liaison Officer
	Marshall, John		Therapist
Contracted Staff	Davidson, John		Red Hill – IT Consultant

Outreach Staff

Belmont Parish Hall

Self-employed Staff	Wood, Elaine	Fitness Instructor

Leadgate Community Centre

Self-employed Staff	Unwin, Sarah	Fitness Instructor

Charles Young Centre

Facilitator	Farham, Dave	Volunteer (Ex staff member)

Self-employed resignations

We thank all the Self-Employed staff who have worked for the Charity this year and we have no resignation during this financial year to report.


TEAM
WORK

SERVICE PROVISION REVIEW

2022/2023 Service Provision

MS Research and Relief Fund, following the pandemic adopted a ‘walk before you run’ attitude to extending and enhancing its service provision throughout this financial year. We introduced new classes, such as circuit fitness, mat-based yoga, pilates, chair based yogalates, seated dance, relaxation and continued to provide seated exercise classes, albeit we kept the classes size small.

Going forward MSRRF are looking at providing a fall prevention course and we are delighted that fitness instructor, Sophie Hastings will be able to facilitate this on our behalf.



“An amazing atmosphere, I always walk out with a smile on my face’’



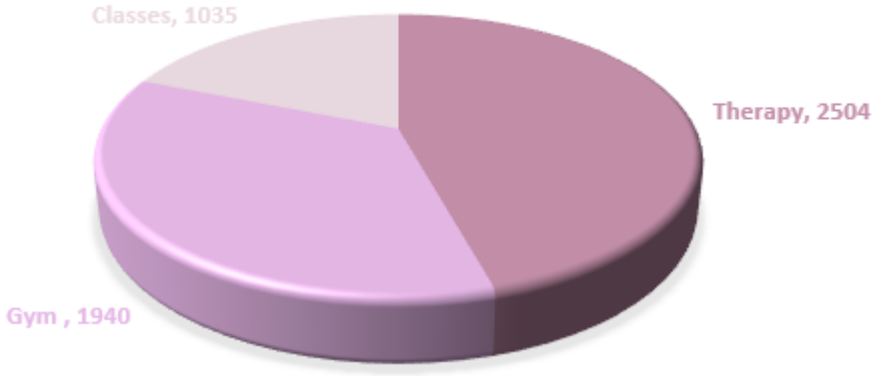
“Coming to MSRRF has helped with my mental health as well as my physical health’.



APPOINTMENTS ATTENDED

2022-2023

Therapies	Gym	Exercise Classes	Total
2504	1940	1032	5476



Outreach and Partnership Services

MS Research and Relief Fund have continued to provide and develop our outreach services at Belmont Parish Hall, Durham and The Charles Young Centre, South Sheilds. We are also exited to report that we have been able to secure the services of a fully qualified personal trainer who is also willing to facilitate and promote the entire service at Leadgate Community Centre in County Durham.

Going forward, our Fitness and Therapy Team Lead is in discussions with Walkergate Park Hospital, and we hope to resume services at the hospital in the next financial year, in the meantime we are happy to report that the MS Nurse continues to run a clinic for people with MS in Northumberland at Benmar House in Morpeth on the third Friday of each month.

Group Service Provision

MS Research and Relief Fund have continued to offer established groups the opportunity to access fitness and therapy services over the space of a morning or afternoon. MS Active, an established group from Easington successfully piloted these services and have continued to access the provision through outside grant funding to cover transport costs. People with MS are able to access free services in a cost effective and inclusive way.

SERVICE DEVELOPMENT

South Side House Update

The first quarter of the new year and at last after some winter disruption in the very old parts of the house, our builders were able to finally level the whole of the downstairs areas. Which enabled us to push on with the project and secure the services of both a decorating and flooring company. ‘All hands-on deck’ and we enlisted the help of Trustee, Margaret Sharp, to obtain quotes for blinds throughout the entire centre.

Meanwhile arrangements were being made for the installation of the Alter G, to be delivered and built on site at the beginning of the new financial year.

Externally, the weather at last was kind to us and the construction and ground works contractors were able to excavate and complete our extensive car parking area in a matter of weeks.

Going forward, are expectations are that staff recruitment and training will have taken place by summer 2023 and our Physiotherapy Centre will be open to people with MS.









VOLUNTEERS AND FRIENDS OF MSRRF

MSRRF has a number of volunteers and friends who have worked with the Charity for several years, we appreciate all that they do and the impact their work has on the Charity, further details are provided below.

- **John Marshall** has been volunteering for over 15 years and provides therapies to service users every Tuesday at Benmar House
- **Susan Dowson** continues to be our liaison with the Charity's Patrons
- **Julie Office** continues to volunteer to help at MSRRF's Annual Golf Day
- Thank you to all the self-employed staff and Trustees who volunteered their time to help support our fundraising events and efforts.

Corporate Involvement

The Bazaar Group have continued to support our annual golf day fundraising event. Staffing issues at MSRRF have prevented us from being able to facilitate our new volunteering arrangement with this wonderful company. We were honored to be invited to the 'The Big Bazaar Bash.' An event to celebrate the growth of this forward-thinking company. We are hoping that once we have recruited new staff members, we are able to engage further with Bazaar and take up their generous offer of voluntary work.

Corporate and Community Friends of the Charity

- **Bazaar Group**, corporate donor
- **Printed.com** for printing of promotional and fundraising materials at either no cost or a reduced rate to MSRRF

printed.com

BAZAAR GROUP
NORTHUMBERLAND

GRANT REPORT 2022/23

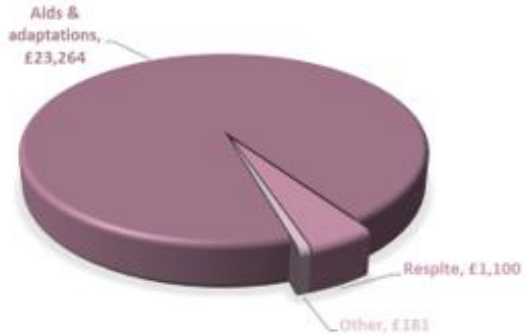
"You have changed my life and given me my independence back. Without your help I would still be stuck in my house. I have my freedom back. I can't thank you enough.'

Individual Grant Applications

In financial year April 1st 2022 - March 31st 2023, the Charity received 42 grant applications. MSRRF can offer 'top up' grants for aids and adaptations, equipment, and respite care to people affected by MS throughout the United Kingdom, helping people from Penzance to John O'Groats.

The following table provides the amounts of financial assistance allocated for each of the three funding categories.

Grants	
Aids & adaptations	£23,264.00
Respite	£ 1100.00
Other	£ 181.00
TOTAL	**£24,545.00**



Of the 42 grant applications received, 2 were declined as they did not meet our grants criteria, and 8 applications were withdrawn by applicants.

At the end of this financial year, 2 applications had not been finalised, but had been awarded with a total of £960.00 being accrued into the financial year 2022/23.

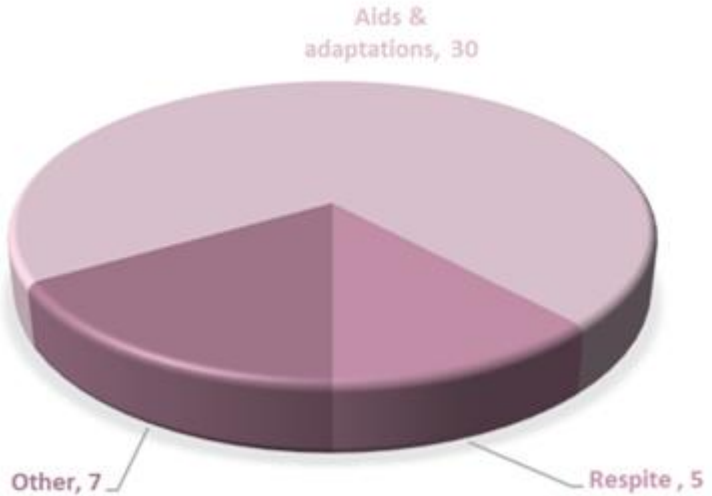
MS Research and Relief Fund is currently looking at ways to improve its grant giving service nationally. Unfortunately, The MS Society paused its national grants programme in 2020 after their income was impacted by the pandemic. They have since made the decision to close the grants programme permanently for financial reasons, which subsequently impacted the amount of top up grants MS Research and Relief Fund has been able to offer during this financial year. MSRRF will continue to work with like minded Charities and organisations to support people with MS whenever its limited funds allow.

GRANT AWARDS

2022-2023

I can't thank you enough for helping me gain my independence back. I was so isolated and lonely, but now I can go and visit friends on my scooter.

Grants	
Aids & adaptations	30
Respite	5
Other	7
TOTAL	**42**



'Many thanks for your generous help towards funding my recent respite stay at Leuchie House, East Lothian. It was most enjoyable and beneficial, and I hope to return'

- Grant recipient pictured on the right.



FUNDRAISING REPORT 2022/23

Over the past year, MSRRF have continued to benefit enormously from direct donations to the Charity, we would like to thank **Bazaar Group**, a soft furnishings company based in Cramlington, Northumberland, who have continued their corporate relationship with MSRRF with a monthly Direct Debit donation.

We would like to thank the amazing people at Printed.com, for their continued support with our marketing materials.

MSRRF has again benefitted greatly from subscribing to the online fundraising platforms such as JustGiving and the Charities Aid Foundation (CAF).

JustGiving

Just Giving continues to be the Charities most successful online giving platform, during the financial year 2022 – 2023, £16,282.12 was donated. Much of the money donated through JustGiving was via fundraising pages set up by fundraisers either for events they were undertaking or in memory of a loved one with the remaining money donated directly to MSRRF, some of which has been set up as monthly donations.

CAF

The Charities Aid foundation are a leading charity and bank who seek to connect organisations, institutions and individuals working to ensure hundreds of millions of pounds each year move across sectors and borders and arrive safely with charities. During the last financial year MSRRF received **£536.00** through CAF.

Charties Trust

During the financial year 2022 – 2023, **£128.70** was received from Charities Trust, a leading donations management organisation committed to growing charitable giving.

Benevity

During the financial year 2022 – 2023, **£79.87** was received from Benevity, a software company that powers corporate giving, volunteering, and grant-making solutions for hundreds of Fortune 1000 companies from around the globe.

Memory Giving



It has become common to donate to charity in memory of a loved one at the time of the funeral. Memory Giving aims to make the process appropriate, safe and secure for donors whilst supporting the family's chosen funeral director to coordinate the donations. During this financial year, **£51.75** has been received from Memory Giving.

AmazonSmile

AmazonSmile is a simple and automatic way for people to support a charity every time they shop at Amazon, at no cost to them. When people shop at AmazonSmile, they find the exact same prices, selection and shopping experience as amazon.co.uk, with the added bonus that AmazonSmile donates a portion of the purchase price to their selected charity. Unfortunately, in February 2023 Amazon made the decision to wind down this funding stream to focus on other ways to help the community. To help charities that have been a part of the AmazonSmile program with this transition, Amazon will be providing them with a one-time donation equivalent to three months of what they earned in 2022 through the program.

During this financial year MSRRF has received **£798.23** from donations through AmazonSmile.

PayPal Giving

PayPal Giving Fund helps people support their favourite charities online and helps charities raise funds through PayPal, Facebook, eBay, Thrift+ and other online platforms.

During this financial year MSRRF has received **£134.28** of donations through the PayPal Giving Fund.

Much Loved

Similar to Memory giving, much loved is an online platform where people can leave a tribute to their loved ones while donating to the Charity of their choice. MSRRF started receiving donations via this platform during the year 2023/23 receiving **£47.88**

Easyfundraising

Easyfundraising UK is the UK's biggest charity fundraising site. Easyfundraising turns everyday online shopping into donations for Charities, at no cost to the purchaser. The donation per purchase is generally between 0.5% and 10%. Some retailers - including insurance and broadband providers - will pay a flat fee which can be in the £100s.

Using Easyfundraising means that we will have a steady stream of donations coming throughout the year. It's an effortless way of raising funds consistently alongside all our other fundraising initiatives. MSRRF occasionally remind people of this method of raising funds through our social media platforms.

To date we have 62 supporters of the Charity and have raised **£767.12**.

'In Aid of' Events

The Charity has been fortunate to have several supporters who have raised significant funding through in-aid-of events, a selection of these being highlighted below.

Andrew Ayre After sadly having to pull out of the 2021 event at mile 90-mile mark with an injury, Andrew bravely took on the Montane Summer Spine Challenger raising **£1394.00** in aid of MSRRF. We are extremely grateful for Andrews continued support and commitment to the Charity.







Judith & Peter Dawsons Annual Cake Day MS Research and Relief Fund are incredibly grateful again this year to the Dawson family for their hard work and fundraising effort which this year has raised **£680** for the Charity.

Alison Laidler for her efforts in kindly hosting a coffee morning at Bamburgh Golf Club raising **£486.50** Thank you so much for supporting MSRRF



MSRRF Events

- **MSRRF Golf Day**
  2022 saw our Annual Charity golf day being held at Arcot Hall, Cramlington for the seventh consecutive year, the event raised a profit of **£1,750.00** for the Charity.

Sponsored Events

Once again, the Charity benefitted enormously from all who took part on our behalf in the Great North Run.

Shown below are some images of our fantastic runners who raised an incredible amount.

Information regarding some of the sponsored events where people raised money for MSRRF are shown below:

- MSRRF had 11 runners in the event, who raised over **£12,500.00.**
- The London Marathon took place in October 2022 MSRRF was able to secure a Charity space and due to demand for the opportunity to run in this iconic race, MSRRF organised a names in the hat draw. Sean Bloomfield was the lucky runner raising a substantial amount.







Memorial Trust Donations



Our grateful thanks to

Kenneth Barge Memorial Trust

Nora Milburn Memorial Trust

Special Thanks

To the family and friends who donated in memory of loved ones, the Charity would like to offer our sincere condolences and gratitude at such a sad time.

- **Lesley Stewart** regularly gives MSRRF the profits from her hand made card sales, raising **£420**
- **Sybil and Alan Rayson,** who have donated large hampers and have raised over **£500**
- **Barbara and Eleanor,** who regularly donate money from items sold in their shop ‘Bob and Barbaras’ this year they raised **£674**

To everyone who continued to send the Charity a regular gift via direct debit or standing order in addition to those who also gave generously including Tritlington Young Farmers donation of **£3500**

- Mr & Mrs J Davison’s donation of **£200**
- Mr Cook from Rothbury, for his donation of **£500**
- Mr P Forbes donation of **£100**
- A M Thompson donation of **£100**
- A Robertson donation of **£200**



Incoming Grants

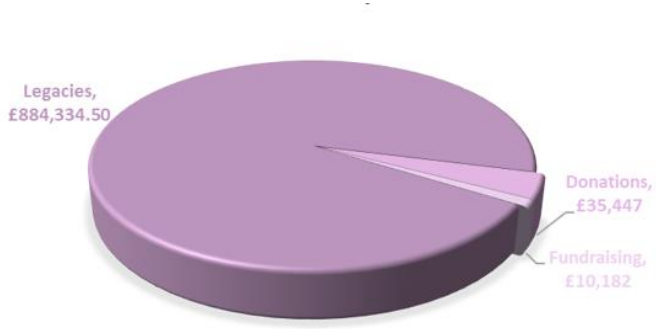
Our grateful thanks to;

- **Joseph Strong Frazer Trust** donated **£1,000** towards general running costs.

LEGACIES

2023

MS Research and Relief Fund will continue to have a positive impact on the lives of people affected by MS due to the generosity of all benefactors who have willed legacies or made donations during this financial year. MS Research and Relief Fund has received a total of **£884,334.50** and will continue to provide support and improve the quality of life of people with multiple sclerosis.



RESEARCH OPPORTUNITIES

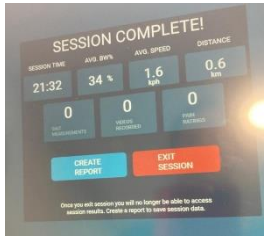
MSRRF continues to research the benefits of its service provision on people with MS and their caregivers.

The new physiotherapy centre will enhance the Charities research opportunities and is in keeping with the outcomes of past partnership research findings.

MSRRF continue to be extremely interested in supporting research opportunities when its limited funds allow.



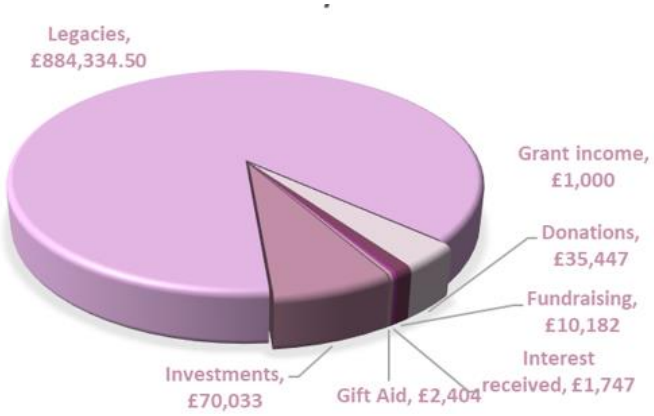




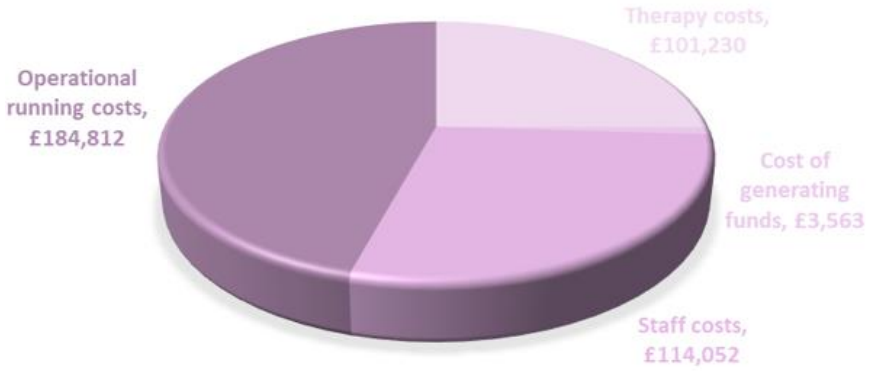
FINANCE

Income & Expenditure 2022/2023

INCOME



EXPENDITURE



FINANCIAL REVIEW 2022/23

Financial Review

During the year ended 31st March 2023 the net assets of the Multiple Sclerosis Research and Relief Fund increased by £322,642 from £2,990,377 to £3,313,019.

The company had an increase of net incoming resources of £419,857 and a decrease in gains on investments of £97,215.

The Balance Sheet of 31st March 2023 continues to show a robust position with net current assets of £614,531.

Diane Charlton
Charity Manager

More information on MSRRF, our services and news of what's going can be found on our website, Twitter, Facebook and Instagram pages at:

Website: www.msrrf.org.uk

Facebook: @MSResearchandReliefFund

Instagram: msrrfcharity

Twitter: @MSRRFcharity

THE MULTIPLE SCLEROSIS RESEARCH AND RELIEF FUND

England & Wales - Charity number 228634

Accounts

MS Research and Relief Fund

"Supporting people affected by Multiple Sclerosis"

ANNUAL REPORT

FINANCIAL YEAR 2021 – 2022

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CHAIRMAN'S REPORT 2021/22

The past year has again proved to be difficult for the Charity as the effects of the Covid pandemic have continued to cause widespread problems throughout the world.

We are at all times attentive to the needs of our service users and have opened our doors and provided as many services as possible whenever we have been allowed to.

Our much valued staff and volunteers have pulled out all the stops to keep the Charity operating and have the full gratitude of all the Trustees.

The conversion of Southside House into a physiotherapy centre has continued whenever materials and labour have been available, and the completion of the project should not be far away. Fittings and equipment are in the process of being identified and obtained and we all look forward to its opening.

Our services are still not back to pre-Covid levels, but we are looking to restore them as soon as we become able to.

In closing, I can report that the Charity has been well run over this difficult period and is in a strong position to move forward as the effects of Covid subside.

Paul Atkinson
Chairman

OBJECTIVES AND ACTIVITIES

Purpose of the Charity

MS Research and Relief Fund (MSRRF) is a UK registered charity established in 1964 to provide a range of services to people whose lives have been affected by Multiple Sclerosis (MS).

Our Vision

To actively involve all people in improving the quality of life of people affected by Multiple Sclerosis.

Our Mission

Working with Service Users to make the best possible use of funds entrusted to us towards improving the quality of life of people affected by Multiple Sclerosis, and by researching potential advancements in our knowledge and treatment of the condition.

Our Values

Good and responsible stewardship. Transparency across the board. Participation across the board. Treating everyone equally as individuals. Honesty. Mutual trust.

Charity History

Robert Walker founded Multiple Sclerosis Research and Relief Fund in 1964. Its work principally involved funding research into MS and providing specialist equipment for people with MS.

In 2005 MS Master Centres, “a sister charity”, was “wound up” and its assets, services and responsibilities were transferred to MSRRF.

In addition, the Charity’s grant service, which awards financial assistance to help people affected by MS to pay for services and equipment they require due to MS, was also expanded and continues to this day.

In September 2006, in consultation with Service Users, MSRRF’s Development Plan was created. The aim of the Development Plan was to increase Complementary Therapy and Fitness provision at Benmar House, Morpeth and to identify other outreach venues which may enable the Charity to provide similar services for people with MS throughout the North East of England.

During financial year 2016/17, following an evaluation of services and a staff review, work began on a Service Development and Fundraising Plan. Trustees identified the need for a reliable and sustainable income stream to maintain MSRRF’s existing service provision as well as ensure the Charity’s continued growth. MSRRF purchased South Side House in July 2017, work has progressed on gaining planning permission for a Physiotherapy Centre, with the redevelopment commencing in October 2019.

Covid-19 pandemic

The pandemic continued throughout the financial year between April 2021 and March 2022, which impacted on both the Charity’s financial position and the services that could be offered.

The beginning of this financial year saw the United Kingdom in its third Covid-19 lockdown, as such MSRRF was not able to provide any physical services, Benmar House remained open to a small staff team, to ensure continued administration, considering financial assistance and financial administration of the Charity and once again ensuring MSRRF was Covid secure in order to open as soon as it was safe to do so.

On the 4th May 2021, Benmar House re-opened to provide services to people with MS. The service was reduced as a result of the measures required to make Benmar House Covid secure. Measures included closing to services periodically for one week, then the building could be deep cleaned and provided a circuit breaker to minimise any potential outbreaks of Covid-19 within the building.

Small group exercise classes resumed in September 2021, with two classes held each week at Benmar House.

During this financial year MSRRF were able to restart two outreach services, one at Belmont Parish Hall in Durham and the other at the Charles Young Centre in South Shields.

MSRRF continued to benefit from the Governments furlough scheme until its demise in September 2021 and received a final payment from the Covid 19 Restart Grant in April 2021.

Covid-19 resilience plan

Throughout this Annual Report we have noted how we plan to move forward following the Covid-19 pandemic, now that it appears the pandemic is beginning to wane. These initial plans are highlighted at the end of the relevant sections and are continuously under review as the route out of the pandemic changes but give an indication as to how we hope to proceed and make the Charity a success post Covid.

Reference and Administrative Details

Charity name	**The Multiple Sclerosis Research and Relief Fund**
Registered charity number	228634
Head office address	The Multiple Sclerosis Research and Relief Fund Benmar House Choppington Road Morpeth Northumberland NE61 2HX
Contact details	Telephone 01670 505 829 Fax: 0191 247 5816 Web: www.ms-researchandrelief.org E-mail: info@ms-researchandrelief.org
Trustees	Paul Atkinson, Chairman

	Margaret Sharp Kevin Carr Margery Tate Barbara Ellis Peter Dawson
Trustee appointments	None
Trustee resignations	None

Patrons	Dr Martin Duddy Dr Joe Guadagno Mr John Pryce Jones Mrs Anne Wafula Strike MBE Mrs Marjorie Walker, Founder of the Charity's widow

MSRRF Staff, Benmar House

Employed Staff	Blythe, Gillian		Receptionist
	Charlton, Diane		Charity Manager
	Clark, Tania	P/T	Service Development Officer
	Davidson, Deborah	P/T	Therapist and Fitness Team Lead
	Dunn, Amy		Assistant Manager
	Reed, John	P/T	Caretaker
Staff changes	None		

Self-employed Staff	Berry, Jamie	Therapist and Fitness Instructor, *resigned during this year*
	Dickinson, Margaret	Therapist
	Howe, Michelle	Therapist
	Hurst, Carolyn	Yoga, Pilates and Fitness Instructor, *resigned during this year*
	King, Beryl	Therapist, Stress Management Instructor
	McGorrell, Lee	Therapist and Fitness Instructor
	McKenna, Shelly	Therapist and Fitness Instructor *resigned during this year*
	Philipson, Carol	Therapist
	Ross-Knight, Joanna	Therapist and Fitness Instructor
	Taylor, Christine	Therapist
	Twaites, Hayley	Therapist
Volunteers	Dowson, Sue	Patron Liaison Officer
	Marshall, John	Therapist
Contracted Staff	Davidson, John	Red Hill – IT Consultant

Outreach Staff

Only the MSRRF group who meet at Belmont Parish Hall out of the two outreach services which were able to reopen during this financial year requires staff, as shown below.

Belmont Parish Hall

Self-employed Staff	Wood, Elaine	Fitness Instructor

Self-employed resignations

Sadly, the Covid-19 pandemic has continued to have a significant impact on all Self-Employed people and unfortunately more who worked at MSRRF, have had to seek new employment opportunities during this year. We thank all the Self-Employed staff who have worked for the Charity and wish them well in their new ventures, the following provides a list of those who have resigned during this financial year.

Berry, Jamie	Therapist and Fitness Instructor
Hurst, Carolyn	Yoga, Pilates and Fitness Instructor
Mckenna, Shelly	Fitness Instructor

Covid-19 resilience plan

The Charity plans to recruit new self-employed staff to replace those who have resigned as a result of the Covid-19 pandemic. In addition to this, extra staff will also be required who can train alongside existing Gym and Therapy staff, in preparation for staffing MSRRF's new Physiotherapy Centre at South Side House.

MSRRF will follow up on existing contacts with Colleges and Universities, in order to find new Gym and Therapy staff, whilst advertising the job opportunities in social media platforms.

SERVICE PROVISION REVIEW

During the financial year 2021/22 MSRRF have facilitated services **free of charge,** for people affected by MS, as and when Government regulations have allowed. The Covid-19 pandemic resulted in the UK being in a national lockdown in April 2021, the beginning of this financial year.

"Thank you to all staff for your hard work during these difficult times."

2020/2021 Service Provision

Benmar House re-opened to services from Tuesday 4th May 2021, continuing with the previous Covid-19 secure arrangements, Benmar House was open Monday to Friday with Sports and Complementary Therapies and Gym appointments available from 09:30 to 16:00 Monday to Thursday and 09:30 to 15:00 on a Friday. The shorter hours provided staff with the opportunity to clean the building thoroughly and prepare the rooms for appointments. Fire break weeks were introduced from May 2021, with periodic breaks in services to enable deep cleaning of the building, from September 2021 no fire breaks were planned into the service schedule.

MSRRF suspended services between 2nd February 2022 to 8th February 2022, due to fast rising Covid-19 numbers in Northumberland and MSRRF staff absences, however MSRRF have not been required to close as a result of a Covid-19 outbreak within Benmar House, throughout the entire 2 years of the pandemic.

Small exercise classes were re-introduced at Benmar House in September 2021, two classes are offered, one on Mondays and one on Fridays, which have accommodated up to 3 Service Users per class.

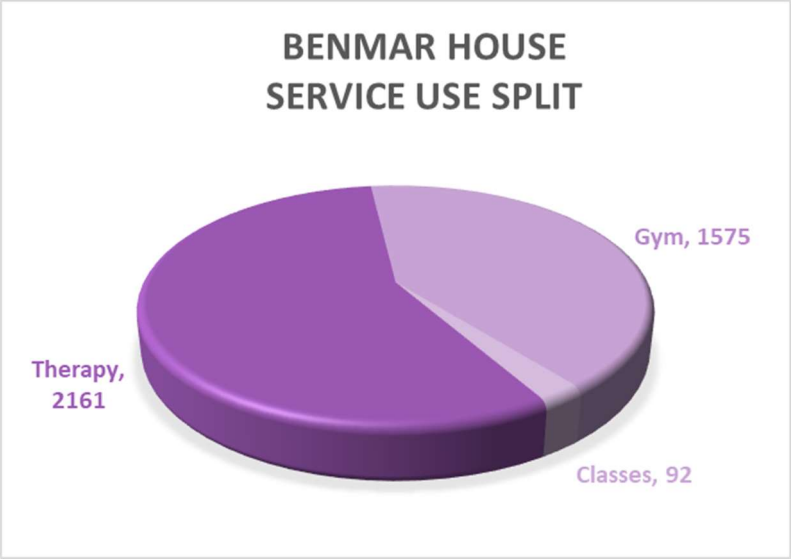
"All of you at HQ are doing sterling work."

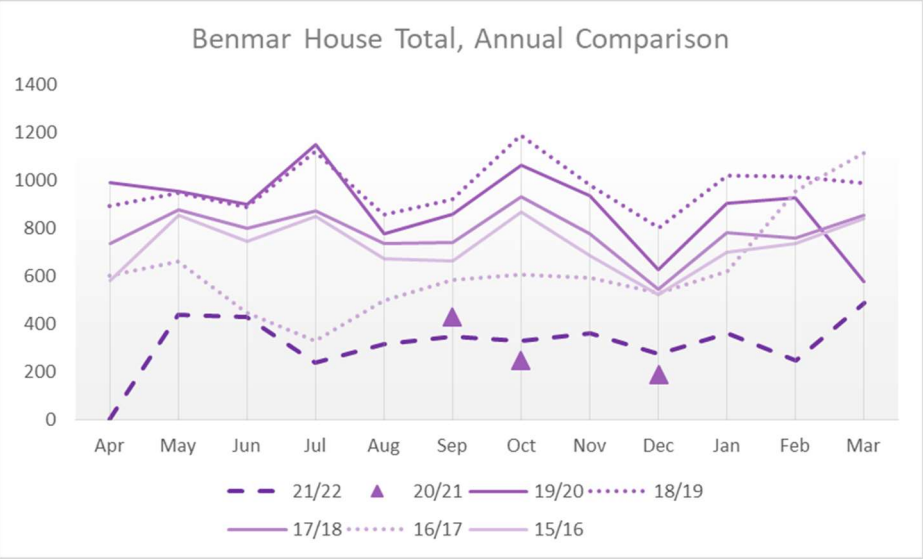
In previous years, MSRRF worked in partnership with an MS Specialist Nurse and a Continence Specialist Nurse who attended Benmar House to confidentially meet people with MS, by appointment only. During the financial year 2020/21, the MS Nurse Specialist team cancelled appointments at Benmar House, however in September 2021, the team agreed to resume services at Benmar House, offering appointments to people with MS once per month, on the 3rd Friday of each month.

Against all the odds and during a period of significant disruption, MSRRF did manage to provide some of our services to people with MS and their primary carer, the following table provides a summary of these for the financial year 2021/22.

Therapies	Gym	Exercise Classes	Total
2161	1575	92	3828

The following graphs show the number of Service User appointments that were able to take place at Benmar House, along with an annual comparison over the previous six years.





Benmar House Group Activities

The group activities which were able to take place during this financial year, were limited to small exercise classes, class numbers were limited to 3 Service Users and the upstairs gym was used to maximise social distancing during the classes.

A new yoga teacher has been recruited, Sophie Hastings will be at Benmar House on a Tuesday, providing two classes, one yoga mat based and the other yogalates chair based, from the beginning of April 2022, both of which can accommodate up to 5 attendees. Service Users have been invited to attend classes in a block of 6 weeks as a trial, interest has been high and MSRRF will monitor the success of these classes, with a view to increase or modify them if necessary.

Due to the Covid-19 pandemic, the Voice MS group were not able to meet at Benmar House. It is still hoped that this group will resume when we can offer our full range of services again.

Covid-19 resilience plan

All activities which take place at Benmar House were reviewed before we re-opened in May 2021 and have continued to be reviewed during this financial year, with more sessions and services provided as and when it was thought appropriate and safe.

It is the intention of MSRRF to return to full operational capacity as soon as is safely possible, we will continue to review the changing Covid-19 situation and our services with a view to continuing to implement small incremental increases in our services when it is safe to do so.

Outreach facilities

During this financial year, MSRRF were able to offer some outreach facilities at Belmont Parish Hall, with an exercise class provided every Monday and Friday between 10:30 and 12:00. MSRRF staff visited the Parish Hall to review the facilities and to ensure that these were in accordance with MSRRF's Covid-19 secure procedures before the classes commenced. The exercise classes began in May 2021 and have continued throughout this year and we have provided 361 Service User appointments.

In June 2021, MSRRF were approached by the MS Group who used to attend the Phab Club in Jarrow, they were unable to continue to meet at the Phab Club and had found a new venue at The Charles Young Centre in South Shields. The Group would need to pay room hire at the new venue and asked if MSRRF would be in a position to contribute towards these costs, MSRRF said yes, so the Group now meets at The Charles Young Centre in South Shields, every Wednesday morning. The change in venue has resulted in there being no suitable room to date for therapies to take place.

A review of MSRRF's outreach provision has commenced, with past and potential venues being contacted and visited to see if there is the potential for outreach facilities to re-open. Some of the previous venues have stated that the rooms previously used would no longer be available, in these locations, other venues have been identified and visited. Due to the potential change in some venues, MSRRF will have to consider, not only the services which can be offered but also the days and timings of any provision. Following the review, a report will be presented to the Charity Manager so a decision can be made as to where and when to phase the opening of the outreach provisions.

Covid-19 resilience plan

We are in the process of reviewing all previous Outreach provisions, both the locations / facilities where they take place and the services offered and this review may result in some changes to our provisions. Only when we are certain that we can provide and sustain a Covid-19 secure Outreach provision will we be re-opening in any location.

SERVICE DEVELOPMENT

Benmar House

Work has continued at Benmar House to ensure the building and services are as Covid-19 secure as possible. During peak periods of Covid-19 infections, it has been necessary to move staff around the building so that staff "bubbles" can be created ensuring continuity of our services in the event that a member of staff, and potentially their bubble, had to isolate. To date Benmar House has not had to close due to any member of staff contracting Covid-19 and there have been no outbreaks amongst self-employed staff or Service Users as a result of visiting Benmar House.

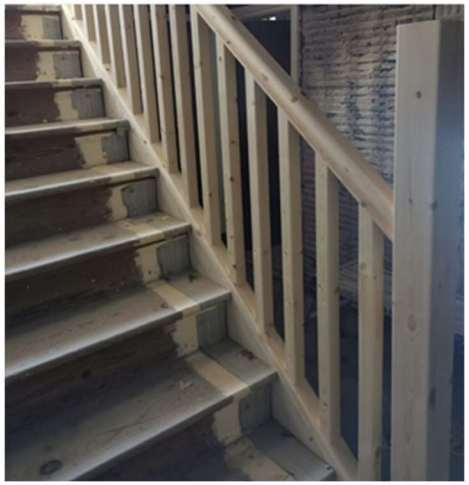
During periods of national lockdown and 'fire break' weeks, throughout this financial year, Benmar House has remained open with a small core team of staff who have continued to work, ensuring all statutory building checks were undertaken.

South Side House Construction

In May 2021, MSRRF trustees decided to terminate the building contract due to several issues and a new contractor, David Nicholas Construction, was appointed to carry out the remaining building work. The redevelopment of South Side House has moved forward significantly following the new appointment and we are excited to see the project moving with some pace now. The electrical and plumbing first fixes have now been completed, the orangery is under construction, a new balustrade has been installed and some of the walls and ceilings have now been boarded ready for plastering.







Fire and intruder alarm systems have been designed and are currently being installed at the property.

In October 2021, the external works were re-tendered and three quotes were received, in January 2022 the contract was awarded to David Nicholas Construction.

The proposal will create new employment opportunities for a physiotherapist, physiotherapist assistants and Charity staff, who will be located at the Centre. MSRRF have sourced a new state-of-the-art piece of equipment which will be available at South Side House, this is the AlterG (antigravity treadmill).

- **Via500 AlterG Anti-gravity Treadmill *(cost £45,000)***

  This Anti-Gravity Treadmill is used to provide pain-free physical rehabilitation, using air to comfortably and precisely unweight the user to as little as 20% of their body weight. This reduces impact and gravitational forces without compromising natural biomechanics and can simulate the benefits of hydrotherapy, without the need for water

- **Sara Plus *(cost £7,295)***

  Sara Plus is a powered standing and raising aid designed for active transfers, balance, stepping and gait training.

In addition to the AlterG and Sara Plus, a variety of new physiotherapy specific pieces of equipment have been identified for South Side House, these include standing / walking aids, physiotherapy steps, parallel rails and a physiotherapy plinth, some equipment has already been purchased, or funding identified for these items.

When fully operational it is anticipated that the Centre will offer weekly physiotherapy sessions for people with MS. Research has shown that physiotherapy can prolong the mobility of people with MS, which is one of the aims of the Charity.

Indicative costs regarding building and external works have been received. It is anticipated that the redevelopment of South Side House to provide a state-of-the-art Physiotherapy Centre will cost in in the region of £250,000.



PhysiQue®



ALTER G





ALTER G



Tania Clark
Service Development Officer

Covid-19 resilience plan

MSRRF are looking forward to the new centre being operational as soon as possible so we can continue to further support people with MS.

It is hoped that the Covid-19 pandemic will not have had a detrimental impact on local and national grant funding streams and sponsorships which MSRRF may be able to access.

VOLUNTEERS AND FRIENDS OF MSRRF

MSRRF has a number of volunteers and friends who have worked with the Charity for a number of years, and we appreciate all that they do and the impact their work has for the Charity, further details are provided below.

- **John Marshall** has been volunteering for over 10 years and provides therapies to services users every Tuesday at Benmar House
- **Susan Dowson** continues to be our liaison with the Charity's patrons
- **Julie Office** volunteered to help at MSRRF Golf Day
- **Sybil and Alan Rayson**, who supply hampers throughout the year - including Easter and Christmas - that raise hundreds of pounds towards the Charity's work
- Thanks also to all the self-employed staff and Trustees who volunteered time to help support our fundraising events

Corporate Volunteering



There were not many opportunities during this financial year to recruit or provide opportunities for volunteers due to the Covid-19 pandemic, however we have secured a new volunteering arrangement with the Bazaar Group who already support the Charity both financially and through the donation of their goods. Bazaar Group staff are offered 2 volunteering days per year and each month MSRRF inform Bazaar Group of any up and coming volunteering opportunities which are then shared with Bazaar Group staff to see if anyone would like to use one of their volunteering days to help MSRRF. This new volunteering arrangement, which the Charity is so grateful for, has already been fruitful with a number of their employees volunteered at our 6th annual Charity Golf Day and made a huge contribution to the success and fun of the day!!

The Charity's website has been updated to include information regarding corporate support and shows that there are many ways in which business can work with MSRRF to support the Charity both financially and through staff time.

Covid-19 resilience plan

It is our hope that volunteers and friends to the Charity will enhance the amazing work MSRRF does to support people with MS both locally and nationally.

Plans are in place for a new volunteer led hub within Benmar House as part of our Covid-19 resilience plans.

Corporate and Community Friends of the Charity

- **Bazaar Group**, corporate donor
- **Printed.com** for printing of promotional and fundraising materials at no cost to MSRRF
- **Claire McCabe**, Relationship Manager for the North East England Chamber of Commerce, reduction in subscription due to Covid-19
- **John Beynon,** a Conservative Councillor for Stobhill
- **RM Plumbing and Heating**, undertook many plumbing and general DIY projects throughout Benmar House
- **Brewin Dolphin,** event donation

GRANT REPORT

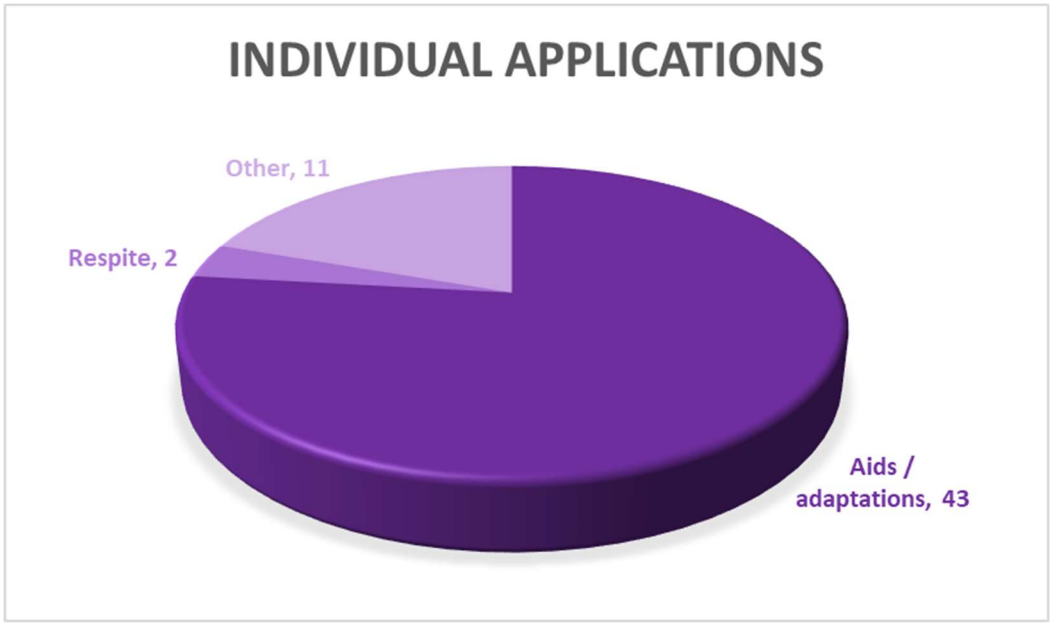
MSRRF has continued to provide a Grant Funding Service throughout 2021/22, which is open to people affected by MS anywhere in the UK.

MSRRF receive and welcome applications for financial assistance from individuals with MS and groups representing people with MS, with applications received from all over Great Britain and Northern Ireland.

MSRRF maintained their financial assistance to people with MS throughout the entire pandemic, as people with MS continued to require aids and adaptations as a result of their diagnosis. We did see a reduction in applications, however it was evident that the amount of assistance requested did increase during the year.

Individual Grant Applications

In the past financial year April 1st 2021 - March 31st 2022 inclusive, the Charity received 56 grant applications. MSRRF offer grants for aids and adaptions, equipment and respite care to people affected by MS throughout the United Kingdom, helping people from Penzance to John O'Groats - and beyond - live their lives.



The following table provides the amount of financial assistance allocated for each of the three funding categories.

Grants	
Aids & adaptions	£ 27,137.97
Respite	£ 300.00
Other	£ 2,724.62
TOTAL	**£30,162.59**

The table shows that £2,724.62 was allocated towards the cost of “other” items, this includes but is not limited to white goods and flooring.

MSRRF can provide shortfall funding to people with MS who have applied to the MS Society National. In the previous year and as a direct result of the Covid-19 pandemic, the MS Society made the decision to pause their national grants programme for 2 to 3 years. The MS Society’s decision has continued to have an impact on MSRRF, due to the level of assistance requested and the lack of opportunities for joint awards. It should be noted that some of the local branches throughout the UK have continued to award financial assistance, but only when their funds allow. In 2021/22 there were 4 applications awarded in partnership with MS Society local branches.

From the 56 grant applications received, 4 were declined as they did not meet our grants criteria, for example as they were for holidays, retrospective or for goods / services not associated with MS and 11 applications withdrawn.

‘You have honestly been amazing 🤩. With my powered wheelchair I can go home sooner. I have been in hospital for 5 weeks now missing my children so much. Especially not being with them Christmas Day and New Year’s Day. You have all been so amazing and my beautiful chair Delivered to me in hospital has allowed me to have a practice throughout the day.
I have MS and am going through a very difficult relapse. I have lost all power in my leg.’

The financial assistance helps people in a wide range of ways and not just in the purchase of the item. We have assisted people in continuing their employment (purchase of equipment, assistance with mobility vehicles), helped them continue to live in their family homes (stair lifts, wet rooms, new flooring) and allow people to live independent lives (mobility scooters, eating aids, rise and recliner chairs), as well as funding vital respite care.

At the end of this financial year, 12 grants had not been completed, but had been awarded with a total of £8,479.99 being accrued into the financial year 2022/23.

‘Thank you for providing me with the equipment I need to be myself again and regain my independence’

‘Thank you for my grant towards a wheelchair, my daughter is able to take me for coffee, something she wasn’t sure would be possible again’

‘Because of the generosity of the Charity I will be able to get out again and not be isolated and lonely’

2020/2021 Accrued grants

Eight applications totalling £3,670 were carried over from the previous financial year 2020/21. Seven of these applications totalling £3,420.00 were subsequently withdrawn. No applications from 2020/21 will be accrued into 2022/23.

Group Applications

We received no grant applications from groups during the past financial year April 1st 2021 - March 31st 2022 inclusive

Covid-19 resilience plan

MSRRF wish to continue to provide financial assistance to people with MS throughout the UK as much as possible. However, the decision of the National MS Society to suspend all grant funding has had a significant impact on the level of assistance that is now being requested. MSRRF is a small charity with limited financial resources, as such a review of the financial assistance that can be provided will now need to be undertaken in order that we can continue to offer some assistance to those who have a greater need for our help / support.

The financial review will consider the level of assistance that can be offered, the range of items which can be considered by the grants team and the assessment criteria which is used to determine the need for assistance. The new criteria may also consider the location of the person with MS, to ensure that we support people nationally not just those in the North East.

FUNDRAISING REPORT

MSRRF continue to be enormously grateful to **Bazaar Group** for their monthly Direct Debit donation, despite the ongoing Covid-19 pandemic.

We would like to thank Printed.com, for their continued support with our marketing and Covid-19 materials.

MSRRF has again benefitted greatly from subscribing to the online fundraising platforms JustGiving and VirginMoneyGiving (until its closure in November 2021). In addition, MSRRF now subscribes to the Charities Aid Foundation (CAF) and we hope to benefit further from this relationship.

JustGiving

During the financial year 2021 – 2022, **£16,697.81** was donated through JustGiving, this is currently by far the most successful fundraising platform for MSRRF. The vast majority of the money donated through JustGiving was via fundraising pages set up by fundraisers either for events they were undertaking or in memory of a loved one (£14,537.06), the remaining money was donated directly the MSRRF, some of which have been set up as monthly donations.

Virgin Money Giving

£1,553.92 was received via Virgin Money Giving this financial year, all of which was associated with fundraising pages set up by people taking part in events.

CAF

The Charities Aid foundation are a leading charity and bank who seek to connect organisations, institutions and individuals working to ensure hundreds of millions of pounds each year to move across sectors and borders and arrive safely with charities. During the last financial year MSRRF received **£150.00** through CAF.

Charties Trust

During the financial year 2021 – 2022, **£437.88** was received from Charities Trust, a leading donations management organisation committed to growing charitable giving.

Benevity

During the financial year 2021 – 2022, **£123.82** was received from Benevity, a software company that powers corporate giving, volunteering, and grant-making solutions for hundreds of Fortune 1000 companies from around the globe.

Memory Giving

It has become common to donate to charity in memory of a loved one at the time of the funeral. Memory Giving aims to make the process appropriate, safe and secure for donors whilst supporting the family's chosen funeral director to coordinate the donations. During this financial year, **£112.90** has been received from Memory Giving.

AmazonSmile

AmazonSmile is a simple and automatic way for people to support a charity every time they shop at Amazon, at no cost to them. When people shop at AmazonSmile, they find the exact same prices, selection and shopping experience as amazon.co.uk, with the added bonus that AmazonSmile donates a portion of the purchase price to their selected charity.

MSRRF is a registered charity with AmazonSmile and receives a donation of 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases. MSRRF occasionally remind people of this method of raising funds through our social media platforms.

During this financial year MSRRF has received **£557.96** of donations through AmazonSmile.

PayPal Giving

PayPal Giving Fund helps people support their favourite charities online and helps charities raise funds through PayPal, Facebook, eBay, Thrift+ and other online platforms.

During this financial year MSRRF has received **£402.14** of donations through the PayPal Giving Fund.

Easyfundraising

Easyfundraising UK is the UK's biggest charity fundraising site. Easyfundraising turns everyday online shopping into donations for Charities, at no cost to the purchaser. The donation per purchase is generally between 0.5% and 10%. Some retailers - including insurance and broadband providers - will pay a flat fee which can be in the £100s.

Using Easyfundraising means that we will have a steady stream of donations coming throughout the year. It's an effortless way of raising funds consistently alongside all our other fundraising initiatives. MSRRF occasionally remind people of this method of raising funds through our social media platforms.

To date we have 56 supporters of the Charity and have raised **£423.15**.

'In Aid of' Events

The Charity has been fortunate to have a number of supporters who have raised significant funding through in-aid-of events, a selection of these being highlighted below.

- **Andrew Ayre** will be taking on the Montane Summer Spine Challenger, running along the most iconic national trail in Britain; the Pennine Way, Andrews's spine challenge will take place in June 2022 but he has started fundraising already and has raised **£225.63** to date
- **Matthew and Ian Blacklock** ran the Northumberland Coastal Path in two days to raise money for MSRRF, this involved running 31 miles a day and raising **£2,433.41**
- **Lyndsey Bush** took part in the Virtual Great North Run 81 challenge, raising a total of **£433.75**

MSRRF Events





In addition to providing increased stewardship for people fundraising in aid of MSRRF, the Charity was able to organise one external fundraising event this year and an Autumn Raffle.

- **MSRRF Golf Day**
  2021 saw our Charity golf day being held at Arcot Hall, Cramlington for the sixth consecutive year, due to Covid-19 restrictions for the second time, participants were given individual tee times and only a raffle was available in the club house at the start of the day, a hot drink and snack were offered at the 9th hole, the event raised a profit of **£1,207.20** for MSRRF
- **Autumn raffle**
  Using donated items, four hampers were made for our Autumn raffle, this was the first raffle we have held in Benmar House since the beginning of the pandemic, so we had to modify the process, to ensure it was as Covid secure as possible, The raffle raised **£400** for MSRRF

Sponsored Events

The Covid-19 pandemic has continued to have a devastating impact on charities. However, later in 2021 a number of mass participation events were able to go ahead, including the iconic Great North Run (GNR). Information regarding some of the sponsored events where people raised money for MSRRF are shown below:

- MSRRF had carried over the Charity's places from the 2020 GNR into 2021, the race took place on 12th September, on a modified course which began and ended in Newcastle, MSRRF took the difficult decision not to attend the event this year, with the hope that we could keep Benmar House operational with our small staff team as long as possible, however we still had 11 runners in the event, who raised over **£8,000.00**
- The London Marathon took place in October 2021 and whilst our Charity place for the 2020 event was carried to 2022, we did have one supporter, Jackie Naber, who had managed to secure a place in the public ballot and raised **£1,318.84** for MSRRF

Corporate Fundraising

Due to Covid-19, MSRRF were not able to attract or promote corporate sponsors during this financial year. Monthly donations were however still received from **Bazaar Group**.

Additional Corporate Donations

St George's United Reform Church – general donation of **£500.00**

Special Thanks

- To the family and friends who have kindly donated funds towards the work of MSRRF at loved ones funerals or donated money in memory, including: **Mavis Smith, Chris Righton, Beryl Hunt, Keith Oxley, Lynn Dodds, William Michael, Tony Gowland, Jim (Mac) Mckay, Frederick and Betty Umpleby and Alec Edwards**
- **Mr T & M Moran**, for the donation of the monies generated by selling Tom's lockdown poem book, which raised **£335.00**
- **Lesley Stewart** regularly gives MSRRF the profits from her hand made card sales, raising **£150.00**
- **Sybil and Alan Rayson,** who donate amazing hampers for raffles in Benmar House, including two at Christmas, and at our golf day to raise fund for MSRRF, this year the raffles have raised over **£400**

To everyone who continued to send the Charity a regular gift via direct debit or standing order during the Covid-19 pandemic, in addition to those who also gave generously including:

- Mr Cook from Rothbury, for his donation of **£700**
- Mr J & Mrs J G Davison's donation of **£200**
- Mr M & K Booth's donation of **£500**
- Ms V Fairfax, for her donation of **£100**
- Mr J & M Thompson for their donation of **£150**
- Mrs A Kocher's donation of **£100**
- Mr D Eddy, for his donation of **£435**
- Ms V Failes' donation of **£100**
- Ms A Pigott for her donation of **£120**
- Ms A-M Thompson's donation of **£100**

Incoming Grants

MSRRF made grant applications to various organisations during this financial year and the successful grants were:



- **Joseph Strong Frazer Trust** made a donation of **£1,000** towards general running costs
- **Northumberland County Council**, Covid 19 Restart Grant in April 2021, **£12,000**

Two grant applications were made and approved during the previous financial year, although the funds were not received during this financial year, these are:

- **Community Chest,** award of **£2,873.00**, for fitness equipment and chairs
- **Cllr John Beynon, Small Members Scheme**, award of **£2,019.87**, for IT equipment



Legacies

During 2021/22 MSRRF received **£181,985.00** of funding from Legacies. The Charity remains very grateful to all benefactors who have willed legacies or made donations which will continue to have a positive impact on and secure the delivery of services for years to come.

Legacy information has been prepared and is currently awaiting approval, it is intended that MSRRF will use such information to promote this vital fundraising stream. This information will also be included on the Charity's website making it available to anyone who may be considering leaving a gift to MSRRF in their will.

Covid-19 resilience plan

Now that the country is tentatively moving towards a new normal, there are increasing opportunities to carry out fundraising, whether this is through MSRRF events or through supporters raising funds doing “in aid of” events which are increasingly going ahead now. However, due to the reduction in employed staff and in particular the loss of the fundraising team, a review of how we can raise vital funds will need to be undertaken.

MSRRF believes that there may need to be shift in how we fundraise in the future, for instance more work will need to be done with regards to social media, legacies and with corporate contacts, in order to minimise the impact this new but vital work will have on the existing staff team.

With regards to MSRRF events, it is hoped that volunteers will be able to be recruited to organise and run any event which is organised by the Charity, in order to minimise the demand on staff time. The planned volunteer hub will be used as a tool to recruit more volunteers for these vital roles.

RESEARCH OPPORTUNITIES

No research projects were undertaken during the Covid-19 pandemic.

This equipment which is proposed for our new Physiotherapy Centre would provide an exciting way of exercising, but it could also allow research to be gathered through the data automatically collected during the activities. The AlterG will allow MSRRF to provide an alternative and innovative method of rehabilitation to people with MS and we will be able to gather data (automatically gathered during activities), permitting research into its benefits to people with MS.

Future research

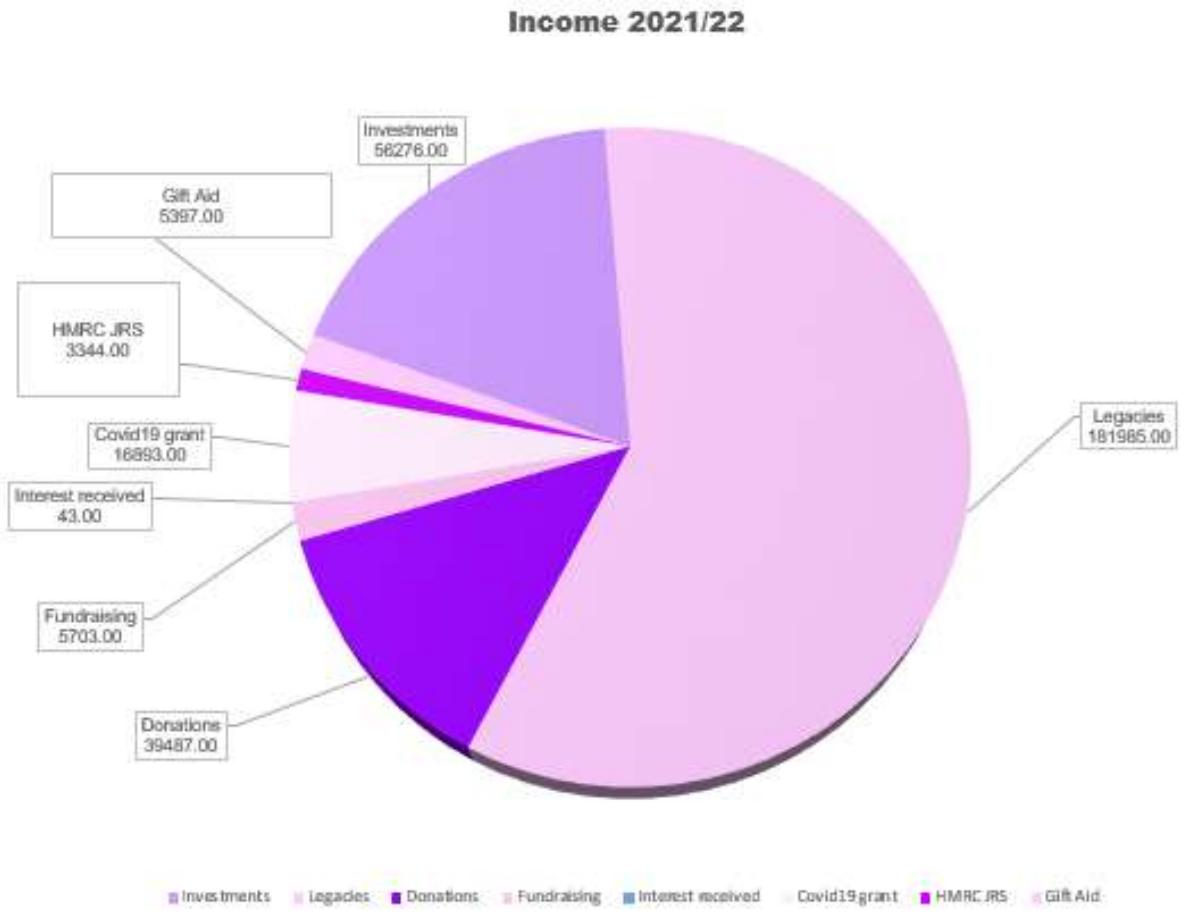
MSRRF continues to be extremely interested in supporting research opportunities when its limited funds allow.



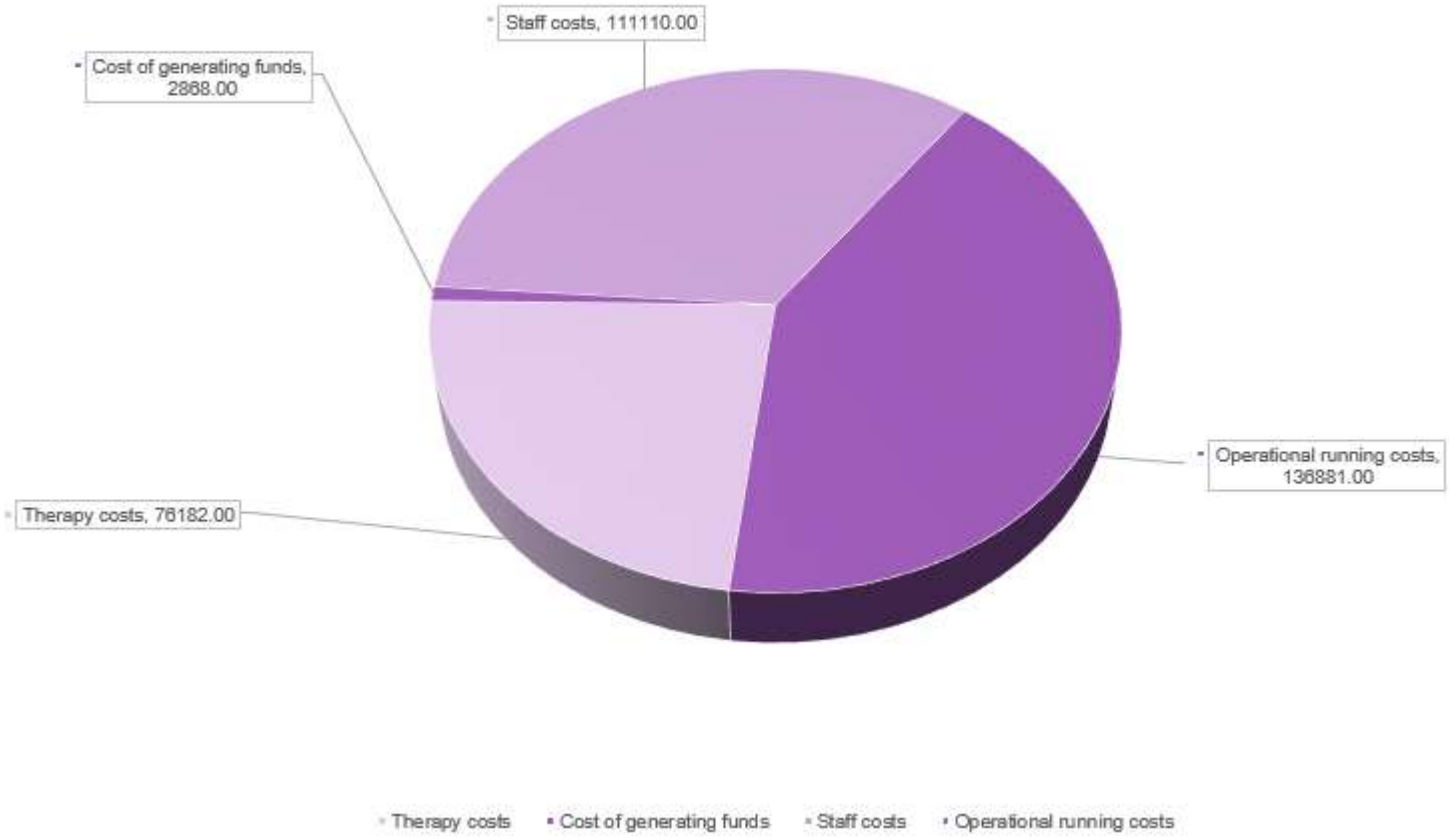
Covid-19 resilience plan

MSRRF is continuing to look to the new physiotherapy centre to provide new research opportunities. Some of the new equipment can help with data gathering and analysis to aid our research efforts into the benefit of exercise for people with MS.

FINANCE


Income 2021/22
Investments 56276.00
Gift Aid 5397.00
HMRC JRS 3344.00
Covid19 grant 16893.00
Interest received 43.00
Fundraising 5703.00
Donations 39487.00
Legacies 181985.00
Investments
Legacies
Donations
Fundraising
Interest received
Covid19 grant
HMRC JRS
Gift Aid

Expenditure 2021/22



Financial Review 2021/22

During the year ended 31st March 2022 the net assets of the Multiple Sclerosis Research and Relief Fund decreased by £20,765 from £3,011,142 to £2,990,377.

The company had a decrease of net incoming resources of £129,352 and an increase in gains on investments of £108,587.

The Balance Sheet of 31st March 2022 continues to show a robust position with net current assets of £227,476.

Diane Charlton
Charity Manager

More information on MSRRF, our services and news of what's going can be found on our website, Twitter, Facebook and Instagram pages at:

Website: www.ms-researchandrelief.org

Facebook: @MSResearchandReliefFund

Instagram: msrrfcharity

Twitter: @MSRRFcharity

SCAN ME

MS Research and Relief Fund

A company registered as The Multiple Sclerosis Research and Relief Fund in England, No. 795584
Registered Office, Benmar House, Choppington Road, Morpeth, Northumberland NE61 2HX

A Registered Charity, No. 228634

VAT Registration No. 733 9173 23

REGISTERED COMPANY NUMBER: 00795584 (England and Wales)
REGISTERED CHARITY NUMBER: 228634

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2022

for

The Multiple Sclerosis Research And Relief Fund

Peter Weldon & Co. Ltd
87 Station Road
Ashington
Northumberland
NE63 8RS

The Multiple Sclerosis Research And Relief Fund

Contents of the Financial Statements for the Year Ended 31 March 2022

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The Multiple Sclerosis Research And Relief Fund

Chairman's Report 2022
for the Year Ended 31 March 2022

The past year has again proved to be difficult for the Charity as the effects of the Covid pandemic have continued to cause widespread problems throughout the world.

We are at all times attentive to the needs of our service users and have opened our doors and provided as many services as possible whenever we have been allowed to.

Our much valued staff and volunteers have pulled out all the stops to keep the Charity operating and have the full gratitude of all the Trustees.

The conversion of Southside House into a physiotherapy centre has continued whenever materials and labour have been available, and the completion of the project should not be far away. Fittings and equipment are in the process of being identified and obtained and we all look forward to its opening.

Our services are still not back to pre-Covid levels, but we are looking to restore them as soon as we become able to.

In closing, I can report that the Charity has been well run over this difficult period and is in a strong position to move forward as the effects of Covid subside.

Paul Atkinson
Chairman

Report of the Trustees
for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To provide support, counselling and training to the sufferers and carers of multiple sclerosis in the Morpeth area. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

To advance education and training of the community in the symptoms, types, causes, diagnosis and treatment of multiple sclerosis.

FINANCIAL REVIEW

Financial Review

During the year ended 31st March 2022 the net assets of the Multiple Sclerosis Research and Relief Fund decreased by £20,765 from £3,011,142 to £2,990,377.

The company had a decrease of net incoming resources of £129,352 and an increase in gains on investments of £108,587.

The balance sheet of 31st March 2022 continues to show a robust position with net current assets of £277,476.

Investment policy and objectives

The Charity maintains a high level of risk free liquid funds on deposit at any point in time. Surplus funds are managed by professional investment advisors on a low risk basis with regular comprehensive monitoring and feedback as to performance and strategy.Investments are made within an ethical framework set by the board.

Reserves Policy

The Trustees have given careful consideration to the current and future needs of the Charity's beneficiaries; the risks and opportunities association with the normal running of the Charity's affairs and have formulated a reserves policy accordingly.

At 31st March 2022, the Charity had reserves of £2,990,377 of which £74,590 constituted Restricted Funds. Of Unrestricted Funds constituting £2,915,787, £500,266 were tied to freehold property at the year end (2021: £2,910,552 of which £520,339 was tied to freehold property).

The balance remaining comprises General funds of £2,415,521 which are available as working capital to develop the charity including where appropriate further property acquisitions.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Report of the Trustees
for the Year Ended 31 March 2022

Structure, governance and management
The Multiple Sclerosis Research and Relief Fund is a charitable company limited by guarantee and complies with the Companies Act 2006 and the SORP. Incorporated on 11th March 1964 and registered as a charity on 13th June 1969, the company was established under a Memorandum of Association, which established the objectives and powers of the Charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contributed an amount not exceeding £1.

The directors of the company are also charitable trustees for the purpose of Charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandums and Articles of Association the longest serving members of the Management Committee will retire on rotation at each Annual General Meeting and being eligible can stand for re-election.

The Management Committee seeks to ensure representation on the Board of Trustees to reflect those with specific experience of Multiple Sclerosis and the issues confronting sufferers. An on-going skills audit is undertaken and training is provided to all new management committee members covering: -

a) The obligations of the Management Committee
b) The main documents which set out the operational framework for the charity including the Memorandums and Articles
c) Resourcing and the current financial position as set out in the latest published accounts
d) Future plans and objectives

Regular full team meetings inform the future planning and strategic thinking of the management committee and are open to staff, volunteers and peer volunteers. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity. The management committee has six members who meet every two months and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity. A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Charity Manager.

The Charity Manager is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

Key management remuneration
During the year there was one member of key management who received remuneration totalling £40,187 (2021: £39,414).

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
00795584 (England and Wales)

Registered Charity number
228634

Registered office
Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2022

Trustees
P D Atkinson Chairman
K Carr Trustee
B Ellis Trustee
M Sharp Trustee
M Tate Trustee
P Dawson Trustee

Independent Examiner
Peter Weldon & Co. Ltd
87 Station Road
Ashington
Northumberland
NE63 8RS

Solicitors
Weightmans
1 St James' Gate
Newcastle upon Tyne
NE1 4AD

Charity Manager
Diane Charlton

Approved by order of the board of trustees on 8th Nov 2022 and signed on its behalf by:

M Sharp.
.....
M Sharp - Trustee

Independent Examiner's Report to the Trustees of The Multiple Sclerosis Research And Relief Fund

Independent examiner's report to the trustees of The Multiple Sclerosis Research And Relief Fund ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of
The Multiple Sclerosis Research And
Relief Fund

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Peter Weldon ACA

Peter Weldon
ACA
Peter Weldon & Co. Ltd
87 Station Road
Ashington
Northumberland
NE63 8RS

Date: 28.11.22

The Multiple Sclerosis Research And Relief Fund

Statement of Financial Activities (Incorporating an Income and Expenditure Account) for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		226,868	-	226,868	285,787
Charitable activities					
Management and administration		16,893	-	16,893	39,500
Other trading activities	3	5,703	-	5,703	16,225
Investment income	4	56,319	-	56,319	57,783
Other income		3,344	-	3,344	28,350
Total		309,127	-	309,127	427,645
EXPENDITURE ON					
Raising funds	5	17,879	-	17,879	20,263
Charitable activities					
Management and administration		211,522	26,000	237,522	58,991
Grants		5,918	-	5,918	15,752
Admin & running costs		136,881	-	136,881	102,092
Premises costs		27,735	-	27,735	56,018
Governance costs		12,544	-	12,544	37,188
Total		412,479	26,000	438,479	290,304
Net gains on investments		108,587	-	108,587	330,013
NET INCOME/(EXPENDITURE)		5,235	(26,000)	(20,765)	467,354
RECONCILIATION OF FUNDS					
Total funds brought forward		2,910,552	100,590	3,011,142	2,543,788
TOTAL FUNDS CARRIED FORWARD		2,915,787	74,590	2,990,377	3,011,142

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Balance Sheet
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	9	504,366	-	504,366	525,813
Investments	10	2,258,829	-	2,258,829	2,200,989
		2,763,195	-	2,763,195	2,726,802
CURRENT ASSETS					
Debtors	11	6,190	-	6,190	7,174
Cash at bank and in hand		216,282	74,590	290,872	356,374
		222,472	74,590	297,062	363,548
CREDITORS					
Amounts falling due within one year	12	(19,586)	-	(19,586)	(28,955)
NET CURRENT ASSETS		202,886	74,590	277,476	334,593
TOTAL ASSETS LESS CURRENT LIABILITIES		2,966,081	74,590	3,040,671	3,061,395
CREDITORS					
Amounts falling due after more than one year	13	(50,294)	-	(50,294)	(50,253)
NET ASSETS		2,915,787	74,590	2,990,377	3,011,142
FUNDS	15				
Unrestricted funds				2,915,787	2,910,552
Restricted funds				74,590	100,590
TOTAL FUNDS				2,990,377	3,011,142

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2022

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ....8th Nov 2022..... and were signed on its behalf by:

.....
M Sharp - Trustee

Notes to the Financial Statements for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations, Legacies, grant and Fundraising income is recognised on receipt of income.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 4% on cost
Improvements to property	- 15% on reducing balance per annum
Fixtures and fittings	- 15% on reducing balance per annum

Tangible assets held for the companies own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss, if any.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Investments

Investments are stated at market value at the balance sheet date. Purchases and sales include transaction fees charged by the investment managers. All other fees are charged to expenditure.

Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In the application of the Company's accounting policies management is required to make judgements, estimates and assumptions about the carrying values of assets and liabilities. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumption are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

The key assumptions and other sources of estimation uncertainty that have a significant effect of causing adjustments to the carrying amounts of assets are as follows:

- The amounts held in accruals for grants authorised but not yet paid are included on the assumption that they will be paid in the following year. It is possible that the grant can be withdrawn or the amount due to be paid could increase or decrease.

continued...

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Fundraising events	5,703	16,225

4. INVESTMENT INCOME

	2022	2021
	£	£
Other fixed asset invest - FII	56,276	57,709
Deposit account interest	43	74
	56,319	57,783

5. RAISING FUNDS

Investment management costs

	2022	2021
	£	£
Portfolio management	15,011	9,415

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	21,447	23,697

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

Expenses paid to trustees for the year ended 31 March 2022 were £236 (in 2021 they were £14).

continued...

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Staff	6	7

No employees received emoluments in excess of £60,000.

9. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Totals £
COST				
At 1 April 2021 and 31 March 2022	667,590	125,383	82,339	875,312
DEPRECIATION				
At 1 April 2021	203,883	68,750	76,866	349,499
Charge for year	11,576	8,498	1,373	21,447
At 31 March 2022	215,459	77,248	78,239	370,946
NET BOOK VALUE				
At 31 March 2022	452,131	48,135	4,100	504,366
At 31 March 2021	463,707	56,633	5,473	525,813

continued...

10. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2021	2,005,657
Additions	352,557
Disposals	(402,445)
At 31 March 2022	1,955,769
PROVISIONS	
At 1 April 2021	(195,332)
Revaluation adjustments	(107,728)
At 31 March 2022	(303,060)
NET BOOK VALUE	
At 31 March 2022	2,258,829
At 31 March 2021	2,200,989

There were no investment assets outside the UK.

Cost or valuation at 31 March 2022 is represented by:

	Listed investments £
Valuation in 2022	1,955,769

The revaluations of the investments are inline with the Investment Managers' market value assessments of the investments as at 31st March 2022.

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Prepayments and accrued income	6,190	7,174

continued...

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Social security and other taxes	2,265	1,964
VAT	372	372
Net wages and pension	469	426
Accrued expenses	16,480	26,193
	19,586	28,955

13. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Bank loans (see note 14)	50,294	50,253

14. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due between two and five years:		
Bank loans - 2-5 years	50,294	50,253

15. MOVEMENT IN FUNDS

	At 1/4/21	Net movement in funds	At 31/3/22
	£	£	£
Unrestricted funds			
General fund	2,910,552	5,235	2,915,787
Restricted funds			
Specialised Physiotherapy Equipment	100,590	(26,000)	74,590
TOTAL FUNDS	3,011,142	(20,765)	2,990,377

continued...

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	309,127	(412,479)	108,587	5,235
Restricted funds				
Specialised Physiotherapy Equipment	-	(26,000)	-	(26,000)
TOTAL FUNDS	309,127	(438,479)	108,587	(20,765)

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	2,433,336	470,994	6,222	2,910,552
Restricted funds				
Carers	4,749	-	(4,749)	-
Art Class	1,473	-	(1,473)	-
Specialised Physiotherapy Equipment	104,230	(3,640)	-	100,590
	110,452	(3,640)	(6,222)	100,590
TOTAL FUNDS	2,543,788	467,354	-	3,011,142

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	427,645	(286,664)	330,013	470,994
Restricted funds				
Specialised Physiotherapy Equipment	-	(3,640)	-	(3,640)
TOTAL FUNDS	427,645	(290,304)	330,013	467,354

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	2,433,336	476,229	6,222	2,915,787
Restricted funds				
Carers	4,749	-	(4,749)	-
Art Class	1,473	-	(1,473)	-
Specialised Physiotherapy Equipment	104,230	(29,640)	-	74,590
	110,452	(29,640)	(6,222)	74,590
TOTAL FUNDS	2,543,788	446,589	-	2,990,377

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	736,772	(699,143)	438,600	476,229
Restricted funds				
Specialised Physiotherapy Equipment	-	(29,640)	-	(29,640)
TOTAL FUNDS	736,772	(728,783)	438,600	446,589

Restricted Funds

Carers

The Carers fund was set up following consultation with people affected by Multiple Sclerosis. Enabled by generous funding; a support group is to be launched to give carers a break from caring. The aim being that the group can reduce the sense of isolation and meet other carers so that they can receive support and reassurance. Carers will attend Mindfulness Group Sessions between July 2017 and July 2018, with at least 48 carers being able to have access to the service during this period.

Art Class

The Art Class fund provides various classes from painting to cake decorating. The purpose of the classes is to enable service users to socialise and enjoy activities together.

Specialised Physiotherapy Equipment

continued...

15. MOVEMENT IN FUNDS - continued

The Specialised Physiotherapy Equipment fund is to further develop the range of services offered to users.

Class Equipment
Following an extremely generous donation from a local councillor we have been able to purchase 2 x spinning cycles and 1 x recumbent cycle, as well as other smaller pieces of gym equipment, to enable the charity to provide free of charge cycling classes for people with MS and their primary carers.

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	39,486	30,331
Gift aid	5,397	-
Legacies	181,985	255,456
	226,868	285,787
Other trading activities		
Fundraising events	5,703	16,225
Investment income		
Other fixed asset invest - FII	56,276	57,709
Deposit account interest	43	74
	56,319	57,783
Charitable activities		
Northumberland County Council	16,893	39,500
Other income		
HMRC JRS income	3,344	28,350
Total incoming resources	309,127	427,645
EXPENDITURE		
Raising donations and legacies		
Wages	-	10,278
Fundraising	2,868	570
	2,868	10,848
Investment management costs		
Portfolio management	15,011	9,415
Charitable activities		
Wages	62,729	59,817
Rent and rates	6,882	2,255
Insurance	5,708	5,540
Carried forward	75,319	67,612

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	2022	2021
	£	£
Charitable activities		
Brought forward	75,319	67,612
Light, heat and water	7,701	5,847
Telephone	3,623	3,553
Print, postage and stationery	1,066	1,639
Sundries	1,618	353
Service User	3,256	203
Repairs and maintenance	11,724	19,517
Computer costs	2,805	2,984
Contracts	11,704	7,460
Travel expenses	1,076	844
Cost of Trustee's meetings	166	10
Refreshments and entertaining	188	58
Therapist fees	76,182	32,235
Southside House	84,780	3,640
Grants to individuals	5,918	15,752
	287,126	161,707
Support costs		
Other		
Wages	45,944	44,550
Pensions	2,437	2,902
Rent and rates	2,949	966
Insurance	2,446	2,375
Light and heat	1,925	1,461
Telephone	1,553	1,523
Postage and stationery	457	702
Sundries	693	151
Training	500	8
Repairs and maintenance	5,929	8,365
Contracts	3,649	2,241
Computer expenses	312	332
Travel expenses	141	100
Cost of Trustees' meetings	71	4
Bank charges	186	89
Irrecoverable VAT	30,291	10,030
Depreciation of tangible fixed assets	21,447	23,697
	120,930	99,496
Governance costs		
Legal and professional fees	1,785	2,096
Carried forward	1,785	2,096

The Multiple Sclerosis Research And Relief Fund

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	2022 £	2021 £
Governance costs		
Brought forward	1,785	2,096
Accountancy fees	9,694	6,489
Loan	1,065	253
	12,544	8,838
Total resources expended	438,479	290,304
Net (expenditure)/income before gains and losses	(129,352)	137,341
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	108,587	330,013
Net (expenditure)/income	(20,765)	467,354

THE MULTIPLE SCLEROSIS RESEARCH AND RELIEF FUND

England & Wales - Charity number 228634

Accounts

REGISTERED COMPANY NUMBER: 00795584 (England and Wales)
REGISTERED CHARITY NUMBER: 228634

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2021

for

The Multiple Sclerosis Research And Relief Fund

Peter Weldon & Co. Ltd
87 Station Road
Ashington
Northumberland
NE63 8RS

The Multiple Sclerosis Research And Relief Fund

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The Multiple Sclerosis Research And Relief Fund

Chairman's Report 2021
for the Year Ended 31 March 2021

The past year is one the Charity and indeed the entire world has not seen or experienced before.

It has been virtually impossible to be proactive in any aspect of the operations and running of the Charity. Our main priority as Trustees of MSRRF has been to react to quickly changing situations and restrictions in the best interests of the Charity, our staff and our many potentially vulnerable service users.

Social distancing restrictions only allowed the trustees to physically meet once during the year, but regular electronic communications have been utilised whenever required.

Following Covid protection regulations, services were suspended at the commencement of lockdown in March 2020. They recommenced in the following September under the conditions required by the Government. Regrettably we had lost seven of our fitness and therapy team who had understandably taken up employment elsewhere, and we thank them for their efforts whilst with us, and wish them well for the future.

Services were again curtailed in December due to the pandemic and resumed as soon as we were able to. Essential repairs to Benmar House were undertaken whilst the building was not in use.

Whenever possible, work has continued on the new premises at Ashington. The financial uncertainties arising from the Covid pandemic has resulted in the decision being taken to shelve the hydrotherapy pool project for the foreseeable future, but to continue with the setting up of a physiotherapy centre. We are also evaluating a new piece of equipment which simulates the benefits provided by a hydrotherapy pool.

The Trustees and staff have managed the Charity's affairs prudently and sensibly during the pandemic, to ensure that MSRRF has a fruitful future and can continue the high level of care offered and provided to all our service users.

As always, it remains for me to thank everyone involved with the Charity for their considerable and much appreciated efforts over the past year.

Paul Atkinson
Chairman

Report of the Trustees
for the Year Ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To provide support, counselling and training to the sufferers and carers of multiple sclerosis in the Morpeth area. The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

To advance education and training of the community in the symptoms, types, causes, diagnosis and treatment of multiple sclerosis.

FINANCIAL REVIEW

Financial Review

During the year ended 31st March 2021 the net assets of the Multiple Sclerosis Research and Relief Fund increased by £467,354 from £2,543,788 to £3,011,142.

The company had an increase of net incoming resources of £137,341 and an increase in gains on investments of £330,013.

The balance sheet of 31st March 2021 continues to show a robust position with net current assets of £334,593.

Investment policy and objectives

The Charity maintains a high level of risk free liquid funds on deposit at any point in time. Surplus funds are managed by professional investment advisors on a low risk basis with regular comprehensive monitoring and feedback as to performance and strategy.Investments are made within an ethical framework set by the board.

Reserves Policy

The Trustees have given careful consideration to the current and future needs of the Charity's beneficiaries; the risks and opportunities association with the normal running of the Charity's affairs and have formulated a reserves policy accordingly.

At 31st March 2021, the Charity had reserves of £3,011,142 of which £100,590 constituted Restricted Funds. Of Unrestricted Funds constituting £2,910,552, £520,339 were tied to freehold property at the year end (2020: £2,433,336 of which £541,909 was tied to freehold property).

The balance remaining comprises General funds of £2,390,213 which are available as working capital to develop the charity including where appropriate further property acquisitions.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Report of the Trustees
for the Year Ended 31 March 2021

Structure, governance and management

The Multiple Sclerosis Research and Relief Fund is a charitable company limited by guarantee and complies with the Companies Act 2006 and the SORP. Incorporated on 11th March 1964 and registered as a charity on 13th June 1969, the company was established under a Memorandum of Association, which established the objectives and powers of the Charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contributed an amount not exceeding £1.

The directors of the company are also charitable trustees for the purpose of Charity law and under the company's Articles are known as members of the Management Committee. Under the requirements of the Memorandums and Articles of Association the longest serving members of the Management Committee will retire on rotation at each Annual General Meeting and being eligible can stand for re-election.

The Management Committee seeks to ensure representation on the Board of Trustees to reflect those with specific experience of Multiple Sclerosis and the issues confronting sufferers. An on-going skills audit is undertaken and training is provided to all new management committee members covering: -

a) The obligations of the Management Committee
b) The main documents which set out the operational framework for the charity including the Memorandums and Articles
c) Resourcing and the current financial position as set out in the latest published accounts
d) Future plans and objectives

Regular full team meetings inform the future planning and strategic thinking of the management committee and are open to staff, volunteers and peer volunteers. In addition, user and carer involvement groups and surveys of stakeholders inform the work of the charity. The management committee has six members who meet every two months and are responsible for the strategic direction and policy of the charity. At present the Committee has members from a variety of backgrounds relevant to the work of the charity. A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Charity Manager.

The Charity Manager is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. In so far as it is complimentary to the charity's objects, the charity is guided by both local and national policy.

Key management remuneration

During the year there was one member of key management who received remuneration totalling £39,414 (2020: £39,436).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
00795584 (England and Wales)

Registered Charity number
228634

Registered office
Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2021

Trustees
P D Atkinson Chairman
K Carr Trustee
B Ellis Trustee
M Sharp Trustee
M Tate Trustee
P Dawson Trustee

Independent Examiner
Peter Weldon & Co. Ltd
87 Station Road
Ashington
Northumberland
NE63 8RS

Solicitors
Watson Burton LLP
1 St James' Gate
Newcastle upon Tyne
NE99 1YQ

Approved by order of the board of trustees on 7 October 2021 and signed on its behalf by:

.....
M Sharp - Trustee

Independent examiner's report to the trustees of The Multiple Sclerosis Research And Relief Fund ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of The Multiple Sclerosis Research And Relief Fund

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Peter Weldon ACA.

Peter Weldon
ACA
Peter Weldon & Co. Ltd
87 Station Road
Ashington
Northumberland
NE63 8RS

Date: 22 September 2021.

The Multiple Sclerosis Research And Relief Fund

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		285,787	-	285,787	327,607
Charitable activities					
Management and administration		39,500	-	39,500	-
Grants		-	-	-	2,000
Other trading activities	3	16,225	-	16,225	18,187
Investment income	4	57,783	-	57,783	71,627
Other income		28,350	-	28,350	-
Total		427,645	-	427,645	419,421
EXPENDITURE ON					
Raising funds	5	20,263	-	20,263	55,170
Charitable activities					
Management and administration		55,351	3,640	58,991	404,891
Grants		15,752	-	15,752	61,494
Admin & running costs		102,092	-	102,092	106,737
Premises costs		56,018	-	56,018	43,900
Governance costs		37,188	-	37,188	11,360
Total		286,664	3,640	290,304	683,552
Net gains/(losses) on investments		330,013	-	330,013	(228,580)
NET INCOME/(EXPENDITURE)		470,994	(3,640)	467,354	(492,711)
Transfers between funds	15	6,222	(6,222)	-	-
Net movement in funds		477,216	(9,862)	467,354	(492,711)
RECONCILIATION OF FUNDS					
Total funds brought forward		2,433,336	110,452	2,543,788	3,036,499
TOTAL FUNDS CARRIED FORWARD		2,910,552	100,590	3,011,142	2,543,788

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

Balance Sheet
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	9	525,813	-	525,813	549,510
Investments	10	2,200,989	-	2,200,989	1,819,012
		2,726,802	-	2,726,802	2,368,522
CURRENT ASSETS					
Debtors	11	7,174	-	7,174	7,794
Cash at bank and in hand		255,784	100,590	356,374	206,102
		262,958	100,590	363,548	213,896
CREDITORS					
Amounts falling due within one year	12	(28,955)	-	(28,955)	(38,630)
NET CURRENT ASSETS		234,003	100,590	334,593	175,266
TOTAL ASSETS LESS CURRENT LIABILITIES		2,960,805	100,590	3,061,395	2,543,788
CREDITORS					
Amounts falling due after more than one year	13	(50,253)	-	(50,253)	-
NET ASSETS		2,910,552	100,590	3,011,142	2,543,788
FUNDS	15				
Unrestricted funds				2,910,552	2,433,336
Restricted funds				100,590	110,452
TOTAL FUNDS				3,011,142	2,543,788

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2021

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 7 October 2021 and were signed on its behalf by:

msharp

M Sharp - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Donations, Legacies, grant and Fundraising income is recognised on receipt of income.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 4% on cost
Improvements to property	- 15% on reducing balance per annum
Fixtures and fittings	- 15% on reducing balance per annum

Tangible assets held for the companies own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss, if any.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

continued...

1. ACCOUNTING POLICIES - continued

Fund accounting

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Investments

Investments are stated at market value at the balance sheet date. Purchases and sales include transaction fees charged by the investment managers. All other fees are charged to expenditure.

Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors

Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In the application of the Company's accounting policies management is required to make judgements, estimates and assumptions about the carrying values of assets and liabilities. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant.
The estimates and underlying assumption are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.
The key assumptions and other sources of estimation uncertainty that have a significant effect of causing adjustments to the carrying amounts of assets are as follows:

- The amounts held in accruals for grants authorised but not yet paid are included on the assumption that they will be paid in the following year. It is possible that the grant can be withdrawn or the amount due to be paid could increase or decrease.

continued...

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Fundraising events	16,225	18,187

4. INVESTMENT INCOME

	2021	2020
	£	£
Other fixed asset invest - FII	57,709	70,841
Deposit account interest	74	786
	57,783	71,627

5. RAISING FUNDS

Investment management costs

	2021	2020
	£	£
Portfolio management	9,415	7,682

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	23,697	25,781

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

Expenses paid to trustees for the year ended 31 March 2021 were £14 (in 2020 they were £502).

continued...

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Staff	7	9

No employees received emoluments in excess of £60,000.

9. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Totals £
COST				
At 1 April 2020 and 31 March 2021	667,590	125,383	82,339	875,312
DEPRECIATION				
At 1 April 2020	192,307	58,757	74,738	325,802
Charge for year	11,576	9,993	2,128	23,697
At 31 March 2021	203,883	68,750	76,866	349,499
NET BOOK VALUE				
At 31 March 2021	463,707	56,633	5,473	525,813
At 31 March 2020	475,283	66,626	7,601	549,510

continued...

10. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2020	1,953,919
Additions	794,996
Disposals	(743,258)
At 31 March 2021	2,005,657
PROVISIONS	
At 1 April 2020	134,907
Revaluation adjustments	(330,239)
At 31 March 2021	(195,332)
NET BOOK VALUE	
At 31 March 2021	2,200,989
At 31 March 2020	1,819,012

There were no investment assets outside the UK.

Cost or valuation at 31 March 2021 is represented by:

	Listed investments £
Valuation in 2021	2,005,657

The revaluations of the investments are inline with the Investment Managers' market value assessments of the investments as at 31st March 2021.

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments and accrued income	7,174	7,794

continued...

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Social security and other taxes	1,964	3,037
VAT	372	372
Net wages and pension	426	1,301
Accrued expenses	26,193	33,920
	28,955	38,630

13. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2021	2020
	£	£
Bank loans (see note 14)	50,253	-

14. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due between two and five years:		
Bank loans - 2-5 years	50,253	-

15. MOVEMENT IN FUNDS

	At 1/4/20	Net movement in funds	Transfers between funds	At 31/3/21
	£	£	£	£
Unrestricted funds				
General fund	2,433,336	470,994	6,222	2,910,552
Restricted funds				
Carers	4,749	-	(4,749)	-
Art Class	1,473	-	(1,473)	-
Specialised Physiotherapy Equipment	104,230	(3,640)	-	100,590
	110,452	(3,640)	(6,222)	100,590
TOTAL FUNDS	2,543,788	467,354	-	3,011,142

continued...

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	427,645	(286,664)	330,013	470,994
Restricted funds				
Specialised Physiotherapy Equipment	-	(3,640)	-	(3,640)
TOTAL FUNDS	427,645	(290,304)	330,013	467,354

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	At 31/3/20 £
Unrestricted funds			
General fund	2,924,769	(491,433)	2,433,336
Restricted funds			
Carers	4,753	(4)	4,749
Art Class	2,747	(1,274)	1,473
Specialised Physiotherapy Equipment	104,230	-	104,230
	111,730	(1,278)	110,452
TOTAL FUNDS	3,036,499	(492,711)	2,543,788

continued...

15. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	419,421	(682,274)	(228,580)	(491,433)
Restricted funds				
Carers	-	(4)	-	(4)
Art Class	-	(1,274)	-	(1,274)
	-	(1,278)	-	(1,278)
TOTAL FUNDS	419,421	(683,552)	(228,580)	(492,711)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	2,924,769	(20,439)	6,222	2,910,552
Restricted funds				
Carers	4,753	(4)	(4,749)	-
Art Class	2,747	(1,274)	(1,473)	-
Specialised Physiotherapy Equipment	104,230	(3,640)	-	100,590
	111,730	(4,918)	(6,222)	100,590
TOTAL FUNDS	3,036,499	(25,357)	-	3,011,142

continued...

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	847,066	(968,938)	101,433	(20,439)
Restricted funds				
Carers	-	(4)	-	(4)
Art Class	-	(1,274)	-	(1,274)
Specialised Physiotherapy Equipment	-	(3,640)	-	(3,640)
	-	(4,918)	-	(4,918)
TOTAL FUNDS	847,066	(973,856)	101,433	(25,357)

Restricted Funds

Carers

The Carers fund was set up following consultation with people affected by Multiple Sclerosis. Enabled by generous funding; a support group is to be launched to give carers a break from caring. The aim being that the group can reduce the sense of isolation and meet other carers so that they can receive support and reassurance. Carers will attend Mindfulness Group Sessions between July 2017 and July 2018, with at least 48 carers being able to have access to the service during this period.

Art Class

The Art Class fund provides various classes from painting to cake decorating. The purpose of the classes is to enable service users to socialise and enjoy activities together.

Specialised Physiotherapy Equipment

The Specialised Physiotherapy Equipment fund is to further develop the range of services offered to users.

Class Equipment

Following an extremely generous donation from a local councillor we have been able to purchase 2 x spinning cycles and 1 x recumbent cycle, as well as other smaller pieces of gym equipment, to enable the charity to provide free of charge cycling classes for people with MS and their primary carers.

continued...

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

Detailed Statement of Financial Activities
for the Year Ended 31 March 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	30,331	72,468
Legacies	255,456	255,139
	285,787	327,607
Other trading activities		
Fundraising events	16,225	18,187
Investment income		
Other fixed asset invest - FII	57,709	70,841
Deposit account interest	74	786
	57,783	71,627
Charitable activities		
Joseph Strong Frazer Trust	-	1,000
Hedley Denton Charitable Trust	-	1,000
Northumberland County Council	39,500	-
	39,500	2,000
Other income		
HMRC JRS income	28,350	-
Total incoming resources	427,645	419,421
EXPENDITURE		
Raising donations and legacies		
Wages	10,278	32,452
Fundraising	570	15,036
	10,848	47,488
Investment management costs		
Portfolio management	9,415	7,682
Charitable activities		
Wages	59,817	44,785
Carried forward	59,817	44,785

Detailed Statement of Financial Activities
for the Year Ended 31 March 2021

	2021 £	2020 £
Charitable activities		
Brought forward	59,817	44,785
Rent and rates	2,255	6,741
Insurance	5,540	6,070
Light, heat and water	5,847	10,005
Telephone	3,553	3,321
Print, postage and stationery	1,639	1,659
Sundries	353	615
Service User	203	11,796
Repairs and maintenance	19,517	24,377
Computer costs	2,984	2,075
Contracts	7,460	3,725
Travel expenses	844	2,510
Cost of Trustee's meetings	10	113
Refreshments and entertaining	58	2,063
Therapist fees	32,235	221,367
Art class costs	-	1,274
Carer's group	-	4
Voice MS	-	130
Southside House	3,640	46,330
Grants to individuals	15,752	77,183
	161,707	466,143
Support costs		
Other		
Wages	44,550	71,598
Pensions	2,902	3,132
Rent and rates	966	2,536
Insurance	2,375	2,602
Light and heat	1,461	2,501
Telephone	1,523	1,423
Postage and stationery	702	711
Sundries	151	263
Training	8	1,131
Repairs and maintenance	8,365	10,459
Contracts	2,241	1,352
Computer expenses	332	585
Travel expenses	100	279
Cost of Trustees' meetings	4	277
Bank charges	89	395
Irrecoverable VAT	10,030	25,854
Carried forward	75,799	125,098

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	2021 £	2020 £
Other		
Brought forward	75,799	125,098
Depreciation of tangible fixed assets	23,697	25,781
	99,496	150,879
Governance costs		
Legal and professional fees	2,096	2,924
Accountancy fees	6,489	8,436
Loan	253	-
	8,838	11,360
Total resources expended	290,304	683,552
Net income/(expenditure) before gains and losses	137,341	(264,131)
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	330,013	(228,580)
Net income/(expenditure)	467,354	(492,711)

MS Research and Relief Fund

"Supporting people affected by Multiple Sclerosis"

ANNUAL REPORT

FINANCIAL YEAR 2020 – 2021

INCLUDING COVID-19 RESILIANCE PLANS

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CHAIRMAN'S REPORT 2020

The past year is one the Charity and indeed the entire world has not seen or experienced before.

It has been virtually impossible to be proactive in any aspect of the operations and running of the Charity. Our main priority as Trustees of MSRRF has been to react to quickly changing situations and restrictions in the best interests of the Charity, our staff and our many potentially vulnerable service users.

Social distancing restrictions only allowed the trustees to physically meet once during the year, but regular electronic communications have been utilised whenever required.

Following Covid protection regulations, services were suspended at the commencement of lockdown in March 2020. They recommenced in the following September under the conditions required by the Government. Regrettably we had lost seven of our fitness and therapy team who had understandably taken up employment elsewhere, and we thank them for their efforts whilst with us, and wish them well for the future.

Services were again curtailed in December due to the pandemic and resumed as soon as we were able to. Essential repairs to Benmar House were undertaken whilst the building was not in use.

Whenever possible, work has continued on the new premises at Ashington. The financial uncertainties arising from the Covid pandemic has resulted in the decision being taken to shelve the hydrotherapy pool project for the foreseeable future, but to continue with the setting up of a physiotherapy centre. We are also evaluating a new piece of equipment which simulates the benefits provided by a hydrotherapy pool.

The Trustees and staff have managed the Charity's affairs prudently and sensibly during the pandemic, to ensure that MSRRF has a fruitful future and can continue the high level of care offered and provided to all our service users.

As always, it remains for me to thank everyone involved with the Charity for their considerable and much appreciated efforts over the past year.

Paul Atkinson
Chairman

OBJECTIVES AND ACTIVITIES

Purpose of the Charity

MS Research and Relief Fund (MSRRF) is a UK registered charity established in 1964 to provide a range of services to people whose lives have been affected by Multiple Sclerosis (MS).

Our Vision

To actively involve all people in improving the quality of life of people affected by Multiple Sclerosis.

Our Mission

Working with Service Users to make the best possible use of funds entrusted to us towards improving the quality of life of people affected by Multiple Sclerosis, and by researching potential advancements in our knowledge and treatment of the condition.

Our Values

Good and responsible stewardship. Transparency across the board. Participation across the board. Treating everyone equally as individuals. Honesty. Mutual trust.

Charity History

Robert Walker founded Multiple Sclerosis Research and Relief Fund in 1964. Its work principally involved funding research into MS and providing specialist equipment for people with MS.

In 2005 MS Master Centres, “a sister charity”, was “wound up” and its assets, services and responsibilities were transferred to MSRRF.

In addition the Charity’s grant service, which awards financial assistance to help people affected by MS to pay for services and equipment they require due to MS, was also expanded and continues to this day.

In September 2006, in consultation with Service Users, MSRRF’s Development Plan was created. The aim of the Development Plan was to increase Complementary Therapy and Fitness provision at Benmar House, Morpeth and to identify other outreach venues which may enable the Charity to provide similar services for people with MS throughout the North East of England.

During financial year 2016/17, following an evaluation of services and a staff review, work began on a Service Development and Fundraising Plan. Trustees identified the need for a reliable and sustainable income stream to maintain MSRRF’s existing service provision as well as ensure the Charity’s continued growth. MSRRF purchased South Side House in July 2017, work has progressed on gaining planning permission for a Physiotherapy Centre, with the redevelopment commencing in October 2019.

Covid-19 pandemic

The pandemics impact on the global financial markets resulted in a substantial reduction in MSRRF’s income revenue. The Charity was still required to meet all regular overheads associated with both Benmar House and South Side House throughout the pandemic and sadly staff redundancies were necessary.

In March 2020, following Government guidelines, MSRRF suspended all services due to the Covid-19 pandemic, work also ceased on the construction of our Physiotherapy Centre project. A small staff team continued to work throughout the pandemic, considering financial assistance, financial administration of the Charity, ensuring MSRRF was Covid Secure in order to open as soon as it was safe to do so and continued to work on the planning and programming of the new Physiotherapy Centre.

In September 2020, Benmar House re-opened to provide services to people with MS. The service was reduced as a result of the measures required to make Benmar House Covid Secure. All group exercise classes could not recommence and only relaxation classes took place. For the remainder of the year, these reduced Services were offered as and when the Government restrictions were lifted sufficiently to allow

for gym and therapies to take place. No outreach services were provided as many of the facilities MSRRF hire were not open or were not Covid Secure.

Covid-19 resilience plan

Throughout this Annual Report we have noted how we plan to move forward following the Covid-19 pandemic. These initial plans are highlighted at the end of the relevant sections and are continuously under review as the route out of the pandemic changes, but give an indication as to how we hope to proceed and make the Charity a success post Covid.

Reference and Administrative Details

Charity name	**The Multiple Sclerosis Research and Relief Fund**
Registered charity number	228634
Head office address	The Multiple Sclerosis Research and Relief Fund Benmar House Choppington Road Morpeth Northumberland NE61 2HX
Contact details	Telephone 01670 505 829 Fax: 0191 247 5816 Web: www.ms-researchandrelief.org E-mail: info@ms-researchandrelief.org
Trustees	Paul Atkinson, Chairman Margaret Sharp Kevin Carr Margery Tate Barbara Ellis Peter Dawson

Trustee appointments	None
Trustee resignations	None

Patrons	Dr Martin Duddy Dr Joe Guadagno Mr John Pryce Jones Mrs Anne Wafula Strike MBE Mrs Marjorie Walker, Founder of the Charity's widow

MSRRF Staff, Benmar House

Employed Staff	Appleton, Jon		Fundraising Officer, *made redundant August 2020*
	Blythe, Gillian		Receptionist
	Charlton, Diane		Charity Manager
	Clark, Tania	P/T	Service Development Officer
	Davidson, Deborah	P/T	Therapist and Fitness Team Lead
	Dunn, Amy		Assistant Manager
	Harris, Sara	P/T	Fundraising Coordinator, *made redundant July 2020*
	Reed, John	P/T	Caretaker
Staff changes	Appleton, Jon		Fundraising Officer*, made redundant August 2020*
	Harris, Sara	P/T	Fundraising Coordinator, *made redundant July 2020*

Self-employed Staff	Barrell, Amanda	Tai Chi Instructor, *resigned during this year*
	Berry, Jamie	Therapist and Fitness Instructor
	Bloomfield, Sean	Therapist, *resigned during this year*
	Dickinson, Margaret	Therapist
	Gray, Denise	Therapist, *resigned during this year*
	Howe, Michelle	Therapist
	Hurst, Carolyn	Yoga, Pilates and Fitness Instructor
	King, Beryl	Therapist, Stress Management Instructor
	Logan, Amanda	Therapist, *resigned during this year*
	McGorrell, Lee	Therapist and Fitness Instructor
	McKenna, Shelly	Therapist and Fitness Instructor
	Morgan, Jonny	Fitness Instructor
	Robson, Nikki	Therapist and Fitness Instructor, *resigned during this year*
	Philipson, Carol	Therapist and Reiki practitioner
	Ross-Knight, Joanna	Therapist and Fitness Instructor
	Taylor, Christine	Therapist
	Twaites, Hayley	Therapist
	Unwin, Sarah	Fitness Instructor, *resigned during this year*
	Wood, Helen	Pilates and Fitness Instructor, *resigned during this year*
Volunteers	Dowson, Sue	Patron Liaison Officer
	Marshall, John	Therapist
Contracted Staff	Davidson, John	Red Hill – IT Consultant

Outreach Staff

Whilst we have not been in a position to hold any outreach facilities this financial year, the following tables provide the Self-Employed staff who were going to and we believe are still available to work for MSRRF as and when the respective facilities are able to re-open.

Belmont Parish Hall

Self-employed Staff	Coats, Diane	Yoga Teacher
	Wood, Elaine	Fitness Instructor

Berwick Infirmary

Self-employed Staff	Bush, Amy	Therapist
	Gallon, Caroline	Therapist
	Gunn, Mary	Therapist
	Hunter, Helen	Physiotherapist

Hilton Newcastle Gateshead

Volunteers	Grieveson, Amanda	Therapist
	Harris, Katanya	Therapist

Leadgate Community Centre

Self-employed Staff	Ellis, Jason	Physiotherapist
	McKenna, Shelly	Fitness Instructor
	Newton Paull, Carlee	Therapist

Meadowfield Leisure Centre

Self-employed Staff	Ellis, Jason	Physiotherapist
	McGorrell, Lee	Therapist
	McKenna, Shelly	Fitness Instructor

Sacriston

Self-employed Staff	Newton Paull, Carly	Therapist
	McCourt, Katie	Therapist

Walkergate Park

Self-employed Staff	Berry, Jamie	Therapist
	Dickinson, Margaret	Therapist

MSRRF were informed that the room which was used at Walkergate Park Hospital would not be available for the outreach provision, as all rooms were now required by the hospital for their services during the pandemic.

Self-employed resignations

Sadly the Covid-19 pandemic has had a significant impact on all Self-Employed people and unfortunately some who worked at MSRRF, have had to seek new employment opportunities. We thank all of the Self Employed staff who have worked for the Charity and wish them well in their new ventures, the following provides a list of those who have resigned over the year.

Barrell, Amanda	Yoga teacher
Bloomfield, Sean	Therapist
Gray, Denise	Therapist
Logan, Amanda	Therapist
Robson, Nikki	Therapist and Fitness Instructor
Wood, Helen	Pilates and Fitness Instructor
Unwin, Sarah	Fitness Instructor

Covid-19 resilience plan

The Charity plans to recruit new self-employed staff to replace those who have recently resigned as a result of the Covid-19 pandemic. In addition to this, extra staff will also be required who can train alongside existing Gym and Therapy staff, in preparation for staffing South Side House.

MSRRF will follow up on existing contacts with Colleges and Universities, in order to find new Gym and Therapy staff, whilst advertising the job opportunities in social media platforms.

SERVICE PROVISION REVIEW

During the financial year 2020/21 MSRRF have facilitated services **free of charge** for people affected by MS, as and when Government regulations have allowed. The Covid-19 pandemic resulted in three national lockdowns with all but essential services permitted to operate and when Northumberland was in Tier 4 (Dec 2020), we were also required to stop gym and therapy sessions. Benmar House had to undergo changes to ensure it was Covid Secure before each period of operation, as well as the man hours required to consider and implement the necessary changes, there was a financial cost for the materials and equipment required.

"Thanks for your continued hard work in these troubled times, its very much appreciated"

The Charity has been constantly under review as the pandemic and global situation changed, these reviews have resulted in many staff changes throughout the entire financial year, making use of the Governments furlough scheme in all of its guises, this has enabled the Charity to protect jobs, where possible.

Covid-19 but we are still here for you!

During the local and national lockdowns MSRRF were acutely aware that our Services Users may feel isolated and alone, which has a significant impact on mental health and in turn on MS symptoms.

During each lockdown, the staff who were still working prepared newsletters which were sent to all Service Users of the Charity, keeping them all up to date with work that was being carried out by the Charity so we could operate as soon as it was safe to do so.

Feedback from Service Users was positive regarding these newsletters and many of their friends and family donated to the Charity as a consequence.

2020/2021 Service Provision

When Benmar House was required to close and Government guidance was provided to make the service Covid-19 Secure, all services were reviewed and many changes had to be made to both Benmar House and the services that could be permitted to take place.

"You are all angels at work, thank you"

Benmar House was open Monday to Friday with Complementary Therapies and Gym appointments available from 10:00 to 16:00 Monday to Thursday and 10:00 to 15:00 on a Friday. The shorter hours provided staff with the opportunity to clean the building thoroughly and prepare the rooms for appointments.

During periods of lockdown, many Service Users contacted MSRRF to see if and when appointments would be available as they had missed their therapies and gym sessions. When services were permitted the appointments were fully booked, although it should be noted that a small number of Service Users did not wish to attend until the pandemic was over or they had received a vaccine.

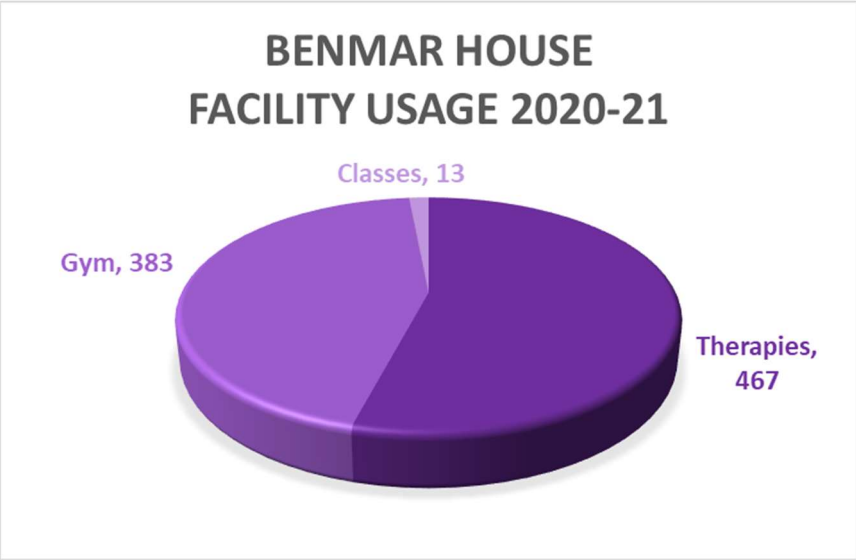


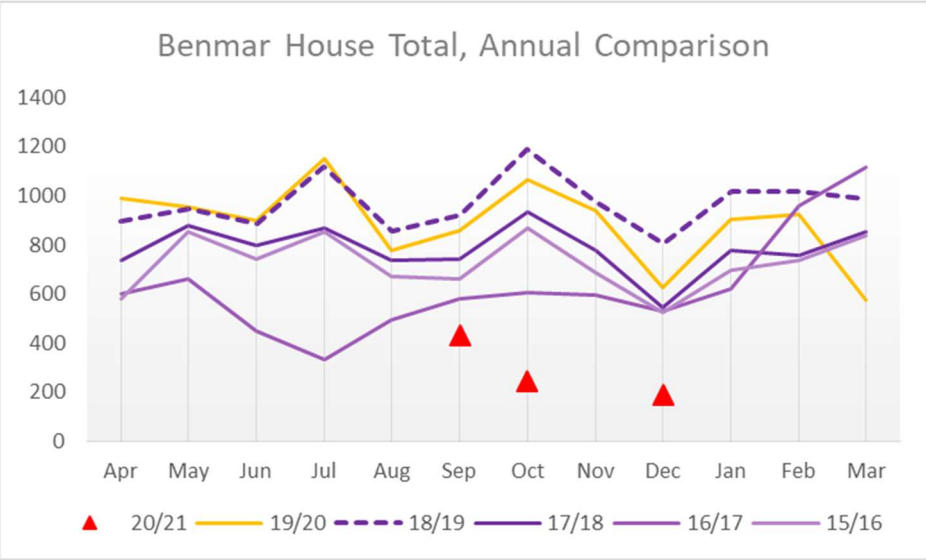
During the previous year, MSRRF worked in partnership with an MS Specialist Nurse and a Continence Specialist Nurse who attended Benmar House at least once per month to confidentially meet people with MS, by appointment only. During 2020/21, no nurse appointments were available at Benmar House, as the NHS suspended all bookings and we understand that the nursing team provided remote / virtual appointments for people with MS.

Against all the odds and during a period of significant disruption, MSRRF did manage to provide some of our Services to people with MS and their primary carer, the following table provides a summary of these for 2020/21.

Dates	Therapies	Gym	Relaxation Classes	Total
7th September – 15th October	228	195	7	430
5th Oct – 15th Oct	140	99	6	245
9th December – 18th December	99	89	-	188
Total	467	383	13	863

The following graphs show the number of Service User appointments that were able to take place at Benmar House, along with an annual comparison over the previous five years and the sudden drop due to Covid 19 in March 2020.





Benmar House Group Activities

The group activities which were able to take place during 2020/21, were limited to small relaxation classes, as these did not involve any movement which increases exhalation, the upstairs gym was used to enable social distancing during the classes. MSRRF was able to provide classes during September and October 2020 providing 13 relaxation appointments.

Due to the Covid-19 pandemic, MSRRF were unable to facilitate any carers or art groups and the Voice MS group were not able to meet at Benmar House. It is hoped that these groups will all resume when we can offer our full range of services again.

Covid-19 resilience plan

All activities which take place at Benmar House have been reviewed before we re-opened in May 2021. Sport and Complementary Therapies along with Gym appointments are now offered and we are considering how we may be able to offer Covid secure exercise classes in the rooms we have available.

All group activities will need to be reviewed to determine if we have sufficient room to accommodate larger groups in a socially distanced way, to minimise the risk to both attendees and staff at Benmar House.

Outreach facilities

No outreach facilities were offered during 2020/21, as all venues were required to close in March 2020.

Covid-19 resilience plan

As a result of the Covid-19 pandemic, MSRRF were required to stop all services, including our Outreach provisions. As the country tentatively moves towards a new normal, we are looking at ways in which we can offer our services throughout the North East again.

We are in the process of reviewing all Outreach provisions, both the locations / facilities where they take place and the services offered and this may result in some changes to our provisions. Only when we are certain that we can provide Covid-19 Secure Outreach provisions will we be re-opening in any location.

SERVICE DEVELOPMENT

Benmar House

The forced closure of Benmar House to services provided an opportunity to undertake a number of upgrades of Benmar House which minimised any disruption to Service Users. During the first lockdown, a new fire system and automatic front door were installed and were fully operational prior to the lockdown being lifted in August 2020. The building has been deep cleaned during each lockdown, to ensure the Service could be provided as soon as the Government restrictions were eased.

Whilst not development per say, during each lockdown a small core team of staff continued to work, ensuring all statutory building checks were undertaken and the garden was maintained.

South Side House

In March 2020, the Covid-19 pandemic and the subsequent lockdown, the construction works at South Side House had to halt. Work has commenced with regards to the submission of documents to Northumberland County Council for the discharge of planning conditions; building control; and amendment to the existing planning permission, with all relevant permissions granted, as follows:

- Discharge of planning conditions 3 and 4, 20/8/2020;
- Building Control approval, 19/1/2021; and
- Non-material amendment application, 7/9/2020.

Additional security arrangements were implemented during the first lockdown as there would be no contractors at South Side House and the alarm does not currently have an electricity supply. Visits by MSRRF staff were increased and in addition Delta One Security visited the site twice per week to ensure there has been no damage or theft.

During the first lockdown, the Government did permit contractors to work on building sites, if the site was made Covid-19 Secure. White Knight Maintenance carried the works necessary for the construction to continue, with the electrical 1st fix and the fire system 1st fix now complete.

SOUTH SIDE HOUSE DEVELOPMENT CHANGES AS A RESULT OF COVID-19

TRUSTEE ANNOUNCEMENT

You will not be surprised to learn that MSRRF have been affected along with virtually everyone else, by the Covid-19 pandemic.

It is now quite a while since we bought South Side House to convert into a Physiotherapy and Hydrotherapy Centre, and whilst we were committed to meeting the very substantial cost of the project, the economic uncertainties both currently and for the foreseeable future, have forced us to re-evaluate our spending plans. As responsible and diligent trustees, we have always vigorously protected the long term future of MSRRF when approving budgets and spending plans.

The upgrading of South Side House has already required substantial investment and we are pleased to be able to let you know that we are going ahead with the development of the Physiotherapy Centre.

Sadly, at this present time, however, we feel that the very high cost of buying, fitting and operating a hydrotherapy pool is too risky a venture, and instead, we are looking at the feasibility of installing a new and exciting piece of equipment which simulates the benefits of a hydrotherapy pool, is much more accessible and does not require the use of water.

We know that substantial funds have been raised for the pool project and we can assure everybody who has helped that every penny raised will be used to benefit people affected by MS, hopefully the future provision of a pool being part of our services.

The proposal will create new employment opportunities for a physiotherapist, physiotherapist assistants and Charity staff, who will be located at the Centre.

When fully operational it is anticipated that the Centre will provide weekly physiotherapy sessions for people with MS. Research has shown that physiotherapy can prolong the mobility of people with MS, which is one of the aims of the Charity.

Indicative costs regarding building and external works have been received. It is anticipated that the redevelopment of South Side House to provide a state of the art Physiotherapy Centre will cost in in the region of £250,000.

Tania Clark
Service Development Officer

Covid-19 resilience plan

There is an increase in urgency relating to the development of the physiotherapy centre as during the latter Covid-19 lockdowns physiotherapy was still permitted to operate. As such MSRRF would have been able to offer some services to people with MS, if the centre had been completed.

As no one knows if or when there might be another lockdown, it is imperative that the new centre is operational as soon as possible so we can continue to support people with MS even during a pandemic.

It is hoped that the Covid-19 pandemic will not have had a detrimental impact on local and national grant funding streams and sponsorships which MSRRF may be able to access.

VOLUNTEERS AND FRIENDS OF MSRRF

MSRRF has a number of volunteers and friends who have worked with the Charity for a number of years and we appreciate all that they do and the impact their work has for the Charity, further details are provided below.

- **John Marshall** has been volunteering for over 10 years and provides therapies to services users every Tuesday at Benmar House.
- **Susan Dowson** continues to be our liaison with the Charity's patrons.
- **Brenda Charlton** helps at fundraising events held by MSRRF.
- **Julie Office** volunteered to help at MSRRF Golf Day.
- **Sybil and Alan Rayson**, who supply hampers throughout the year - including Easter - that raise hundreds of pounds towards the Charity's work.
- Thanks also to all the self-employed staff and Trustees who volunteered time to help support our fundraising events.
- Staff and self-employed staff who help maintain the garden at Benmar House.

Covid-19 resilience plan

It is our hope that volunteers and friends to the Charity will enhance the amazing work MSRRF does to support people with MS both locally and nationally.

Plans are in place for a new volunteer led hub within Benmar House as part of our Covid-19 resilience plans.

Corporate and Community Friends of the Charity

- **Bazzar Group**, corporate donor.
- **Printed.com** for printing of promotional and fundraising materials at no cost to MSRRF.
- **Claire McCabe**, Relationship Manager for the North East England Chamber of Commerce, reduction in subscription due to Covid-19.
- **John Beynon,** a Conservative Councillor for Stobhill.
- **Mark Burdett,** NC Insurance.
- **David Nicholas Construction Ltd,** made Benmar House secure following break in.
- **AJ Glazing,** re-glazed the broken window unit following Benmar House break in.
- **RM Plumbing and Heating**, undertook many plumbing and general DIY projects throughout Benmar House.

GRANT REPORT

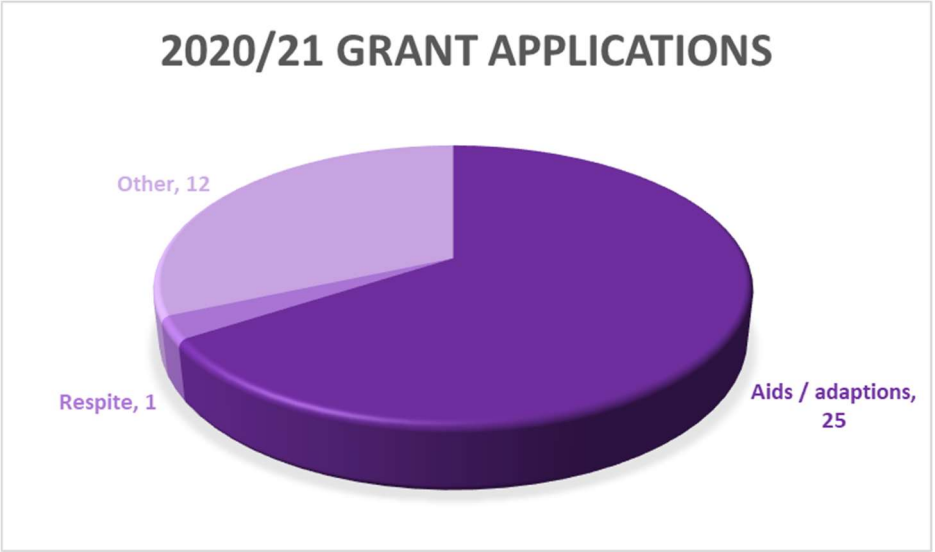
MSRRF has continued to provide a Grant Funding Service throughout 2020/21, which is open to people affected by MS anywhere in the UK.

MSRRF receive and welcome applications for financial assistance from individuals with MS and groups representing people with MS, with applications received from all over Great Britain and Northern Ireland.

MSRRF maintained their financial assistance to people with MS throughout the entire pandemic, as people with MS still continued to require aids and adaptations as a result of their diagnosis. We did see a reduction in applications, however it was evident that the amount of assistance requested did increase during the year.

Individual Grant Applications

In the past financial year April 1st 2020 - March 31st 2021 inclusive, the Charity received 38 grant applications. MSRRF offer grants for aids and adaptions, equipment and respite care to people affected by MS throughout the United Kingdom, helping people from Penzance to John O'Groats - and beyond - live their lives.



The following table provides the amount of financial assistance allocated for each of the three funding categories.

Grants	
Aids & adaptions	£12,150.00
Respite	£0
Other	£ 2,379.50
TOTAL	**£14,529.50**

The table shows that £2,379.50 was allocated towards the cost of “other” items, this includes but is not limited to cookers, washing machines and flooring.

MSRRF can provide shortfall funding to people with MS who have applied to the MS Society for a grant and in 2020/21 there were 2 applications awarded in partnership with the MS Society. During this year and as a direct result of the Covid-19 pandemic, the MS Society made the decision to pause their national grants programme for 2 to 3 years. It should be noted that some of the local branches throughout the UK have continued to award financial assistance, but only when their funds allow. The MS Society's decision has had an impact on MSRRF, due to the level of assistance requested and the lack of opportunities for joint awards. Unfortunately, this has resulted in a number of applications being denied / withdrawn as the applicants were not able to raise the full funding for their goods / services.

From the 38 grant applications received, 9 were declined as they did not meet our grants criteria, for example as they were for holidays, retrospective or for goods / services not associated with MS with 0 applications were withdrawn.

The financial assistance helps people in a wide range of ways and not just in the purchase of the item. We have assisted people in continuing their employment (purchase of IT and other equipment, assistance with mobility vehicles), helped them continue to live in their family homes (stair lifts, wet rooms, new flooring) and allow people to live independent lives (mobility scooters, eating aids, rise and recliner chairs), as well as funding vital respite care.

2019/2020 Accrued grants

27 applications totalling £17,409.81 were carried over from the previous financial year 2019/20. Sixteen of these applications totalling £9,290.00 were subsequently withdrawn, one application was declined and one application is being accrued into 2021/22.

Group Applications

We received no grant applications from groups during the past financial year April 1st 2020 - March 31st 2021 inclusive.

Covid-19 resilience plan

MSRRF wish to continue to provide financial assistance to people with MS throughout the UK as much as possible. However, the decision of the National MS Society to suspend all grant funding has had a significant impact on the level of assistance that is now being requested. MSRRF is a small charity with limited financial resources, as such a review of the financial assistance that can be provided will now need to be undertaken in order that we can continue to offer some assistance to those who have a greater need for our help / support.

The financial review will consider the level of assistance that can be offered, the range of items which can be considered by the grants team and the assessment criteria which is used to determine the need for assistance. The new criteria may also consider the location of the person with MS, to ensure that we support people nationally not just those in the North East.

FUNDRAISING REPORT

Over the past year, MSRRF has benefitted enormously from direct donations to the Charity, we would like to thank **Bazaar Group**, a soft furnishings company based in Cramlington, Northumberland, who have, despite the Covid-19 pandemic, continued their corporate relationship with MSRRF with a regular Direct Debit donation.

We would like to thank Printed.com, for their continued support with our marketing and Covid-19 materials.

MSRRF has again benefitted greatly from subscribing to the online fundraising platforms JustGiving and VirginMoneyGiving. In addition, MSRRF now subscribes to the Charities Aid Foundation (CAF) and we hope to benefit further from this relationship.

Charties Trust

During the financial year 2020 – 2021, **£60.00** was received from Charities Trust, a leading donations management organisation committed to growing charitable giving. Charities Trust provide a number of services including pay roll giving, we are awaiting further information regarding how this year's money has been raised and how MSRRF can use this platform to raise future funds.

Benevity

During the financial year 2020 – 2021, **£90.02** was received from Benevity, a software company that powers corporate giving, volunteering, and grant-making solutions for hundreds of Fortune 1000 companies from around the globe.

AmazonSmile

AmazonSmile is a simple and automatic way for people to support a charity every time they shop at Amazon, at no cost to them. When people shop at AmazonSmile, they find the exact same prices, selection and shopping experience as amazon.co.uk, with the added bonus that AmazonSmile donates a portion of the purchase price to their selected charity.

MSRRF is a registered charity with AmazonSmile and receives a donation of 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases. MSRRF occasionally remind people of this method of raising funds through our social media platforms.

During this financial year MSRRF has received **£497.15** of donations through AmazonSmile.

PayPal Giving

PayPal Giving Fund helps people support their favourite charities online and helps charities raise funds through PayPal, eBay and other technology platforms.

During this financial year MSRRF did not receive any donations from PayPal Giving Fund, however MSRRF have now registered with them in order to start benefiting from this new fundraising opportunity.

Easyfundraising

During 2020, MSRRF registered with Easyfundraising UK, which is the UK's biggest charity fundraising site. Easyfundraising turns everyday online shopping into donations for Charities, at no cost to the purchaser. The donation per purchase is generally be between 0.5% and 10%. Some retailers - including insurance and broadband providers - will pay a flat fee which can be in the £100s.

Using Easyfundraising means that we will have a steady stream of donations coming throughout the year. It's an effortless way of raising funds consistently alongside all our other fundraising initiatives.

To date we have 51 supporters of the Charity and have raised **£245.93**.

‘In Aid of’ Events

The Charity has been fortunate to have a number of supporters who have raised significant funding through in-aid-of events, a selection of these being highlighted below.

- **Lyndsey Bush.** In September 2020, Lyndsey took part in the Virtual Great North Run in memory of her uncle, and MSRRF Patron, Neil Black, raising a total of **£1,408.43.**
- **David Chappell** took part in the 2.6 Challenge raising **£433.75**.
- **Lee McGorrell** undertook a number of running challenges raising **£132.50.**
- **Olivia Ball** ran 5k and collected sponsorship money totalling **£375.50.**
- **Elizabeth Gagie** ran the virtual Great North Run and raised **£50.00.**
- **Imogen Carlson,** ran the Month of Miles challenged, beating her fundraising target with a total of **£640.00.**
- **Sarah White** took part in the 2.6 challenge and raised **£24.75.**
- **Andrea Louise** took part in the 2.6 challenge and raised **£159.70.**
- **Sean Bloomfield.** Following his successful 2018 and 2019 series of self-set challenges, Sean decided to set himself a new challenge of 20 different events across the year, 20in20. Sean took part in events with MSRRF, including the Mad March Mare, Virtual Great North Run and 2.6 Challenge, found events to enter himself, including running the 100 mile St Oswald’s Way in 29 hours!!!. Over the course of the year, Sean raised **£3,327.86** for MSRRF.
- **Joanna Ross-Knight** cycled 46 miles as part of the Prudential MyRideLondon raising **£681.25**.
- **Lesley Stewart** regularly gives MSRRF the profits from her hand made card sales, raising over **£200** and Lesley also took part in the 2.6 Challenge raising a further **£1,300.00.**
- **Sven Schierig** took part in the Dog & Rabbit Half Marathon raising **£1,954.25.**
- **Dawn Walker** who Hoola Hooped in March and has raised **£468.75** to date.

MSRRF Events

In addition to providing increased stewardship for people fundraising in aid of MSRRF, the Charity was only able to organised one fundraising event this year.



- **MSRRF Golf Day**
  2020 saw our Charity golf day being held at Arcot Hall, Cramlington for the fifth consecutive year, due to Covid-19 restrictions our usual tried and tested format with an 18 hole, shotgun start round followed by hot food and charity auction and raffle had to be revised. Participants were given individual tee times, a raffle and silent auction were available in the club house at the start of the day, with a hot drink and snack provided at the 9th hole, the event raised a profit of **£1,841.35** for MSRRF.

Sponsored Events

The Covid-19 pandemic has had a devastating impact on charities, with the UK charity sector predicting an estimated £10 billion funding gap and many charities facing closure. This impacts all sectors of society – from children to the elderly – as well as the vital work in areas such as palliative care, serious diseases, research, mental health, housing support, food supplies and countless others that charities support.

However, a number of virtual events did take place and MSRRF marketed these events on our social media platforms and these were successful with many people taking part in the events and raising funds, these are detailed below.

2.6 CHALLENGE - £3,167.45



The Covid-19 pandemic had a catastrophic effect on all Charities with the cancellation of thousands of events and the loss of income through fundraising events.

All people had to do is dream up an activity based around the numbers 2.6 or 26 that suited their skills and complete it on Sunday 26 April – when the 40th London Marathon would have taken place.

The activities could have been something as simple as pledging to run or ride 2.6 miles as daily exercise, holding the plank for 2.6 minutes, to gardening for 26 minutes. There were no rules – apart from the following Government guidelines on how to exercise safely during lockdown.

MyRideLondon - £680.57



My Prudential RideLondon built on the success of The 2.6 Challenge. Prudential RideLondon is the world's greatest festival of cycling, over seven years it has inspired hundreds of thousands of people to take up cycling or cycle more often and has raised more than £77 million for thousands of charities.

The eighth edition was due to take place on the weekend of 15 and 16 August 2020 and feature four mass participation events: the Prudential RideLondon-Surrey 19, 46 and 100 sportives, plus Prudential RideLondon FreeCycle: the free event that invites cyclists of all ages and abilities to pedal round eight miles of traffic-free roads in central London.

While the Covid-19 pandemic meant the festival couldn't go ahead they wanted to keep the wheels moving and celebrate the event weekend by encouraging even more people to get on their bikes and explore new ways of travelling and exercising in a socially distanced world – and help save the UK's charities in the process.

MSRRF joined in the campaign and promoted it through our social media channels, many Service Users, staff and self-employed members of staff took part, raising vital funds during a difficult time for all Charities.

Appeals

Covid-19 meant that we have needed to review the way we provide services to be Covid-19 Secure. In August 2020 MSRRF published a Facebook Campaign, using an Amazon wish list, asking people to donate a new microfiber towel to the Charity. The campaign was a great success and 50 towels were donated saving the Charity approximately **£500.**



Corporate Fundraising

Due to Covid-19, MSRRF were not able to attract or promote corporate sponsors during this financial year. Monthly donations were however still received from **Bazaar Group** and **UNW** made a payment of £8,757.48 from previous years fundraising, the payment was delayed due to Covid-19.

Additional Corporate Donations



Waitrose – general donation - **£333.00**

Normedica – donated 90 bottles of hand sanitiser

BannerBuzz – donated a banner for use at events

DiscountDisplays – donated an A Board pavement sign

Special Thanks



- To the family and friends who have kindly donated funds towards the work of MSRRF at loved ones funerals or donated money in memory, including: **Martin Fiddles, Sue Haines, Mrs G M Thompson's mother, Neil Black (patron), Lynn Dodds and Mavis Smith.**
- **Peter McTiernan** raised money in memory of **Fay McTiernan £1,261.59.**

To everyone who continued to send the Charity a regular gift via direct debit or standing order during the Covid-19 pandemic, in addition to those who also gave generously including:

- Mr Cook from Rothbury, for his **£400** donation
- Mr J and Mrs J G Davison's donation of **£400**

Incoming Grants

MSRRF made a number of grant applications to our local authority and other grant giving organisations, £42,000 was secured via grants during this financial year and the successful grants were:

- **Joseph Strong Frazer Trust** made a donation of £1,000.
- **Northumberland County Council**, Covid-19 Discretionary Grant Fund award of £25,000 October 2020.
- **Northumberland County Council**, Local Restrictions Support Grant award of £2,000 January 2020.
- **Northumberland County Council**, Local Restrictions Support Grant award of £9,357, 14 February 2020.
- **Northumberland County Council**, Local Restrictions Support Grant award of £3,143, 6 March 2021.
- **Northumberland Estates,** made a donation of £500, restricted to outreach provisions.
- **Kenneth Barge Memorial Trust** made a donation of £1,000.

A grant application was submitted to **The Postcode Neighbourhood Trust**, in August 2020, unfortunately this application was not successful.

Two grant applications were made and approved during this financial year, however the funds were not received until April 2021, these are:

- **Community Chest,** award of £2,873.00, for physiotherapy equipment and chairs.
- **Cllr John Beynon, Small Members Scheme**, award of £2,019.87.

Legacies

During 2020/21 MSRRF received **£255,455.68** of funding from Legacies. The Charity remains very grateful to all benefactors who have willed legacies or made donations which will continue to have a positive impact on and secure the delivery of services for years to come.

Changes to MSRRF Fundraising Team

In July and August 2020, Fundraising Officer Jon Appleton and Fundraising Coordinator Sara Harris were sadly made redundant, due to the large financial losses to the Charity as a result of the pandemic. Both members of staff had been placed on furlough as a result of Covid-19 and during this period it was decided that their positions were no longer viable as the scope of the Charity's fundraising has had to shift from organising and running events to promoting virtual events.

Covid-19 resilience plan

Now that the country is tentatively moving towards a new normal, there are increasing opportunities to carry out fundraising, whether this is through MSRRF events or through supporters raising funds doing "in aid of" events which are increasingly going ahead now. However, due to the reduction in employed staff and in particular the loss of the fundraising team, a review of how we can raise vital funds will need to be undertaken.

MSRRF believes that there may need to be shift in how we fundraise in the future, for instance more work will need to be done with regards to social media, legacies and with corporate contacts, in order to minimise the impact this new but vital work will have on the existing staff team.

With regards to MSRRF events, it is hoped that volunteers will be able to be recruited to organise and run any event which is organised by the Charity, in order to minimise the demand on staff time. The planned volunteer hub will be used as a tool to recruit more volunteers for these vital roles.

RESEARCH OPPORTUNITIES

No research projects were undertaken during the Covid-19 pandemic and no future opportunities were identified, due to the lack of facilities being permitted to be open.

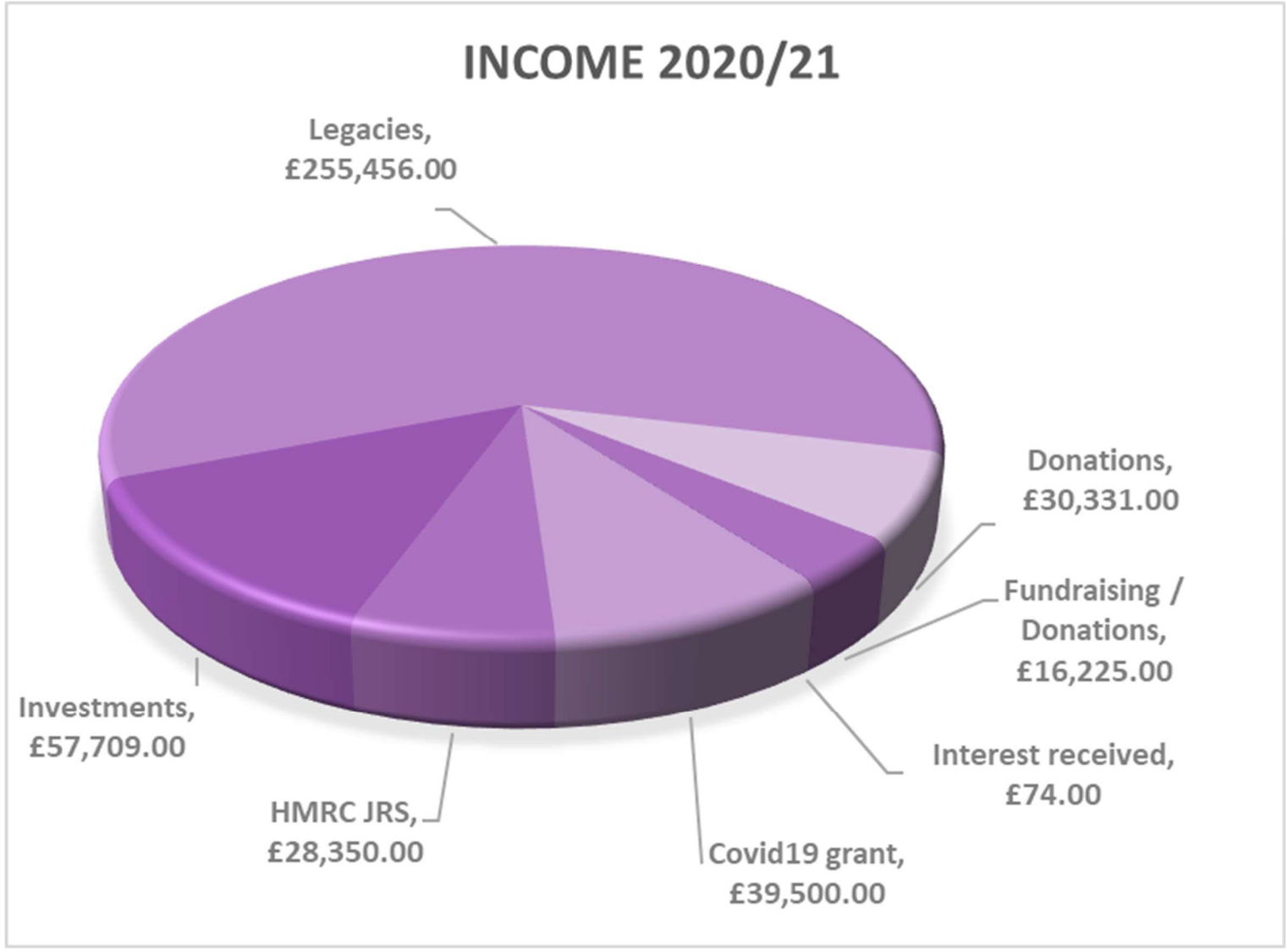
Future research

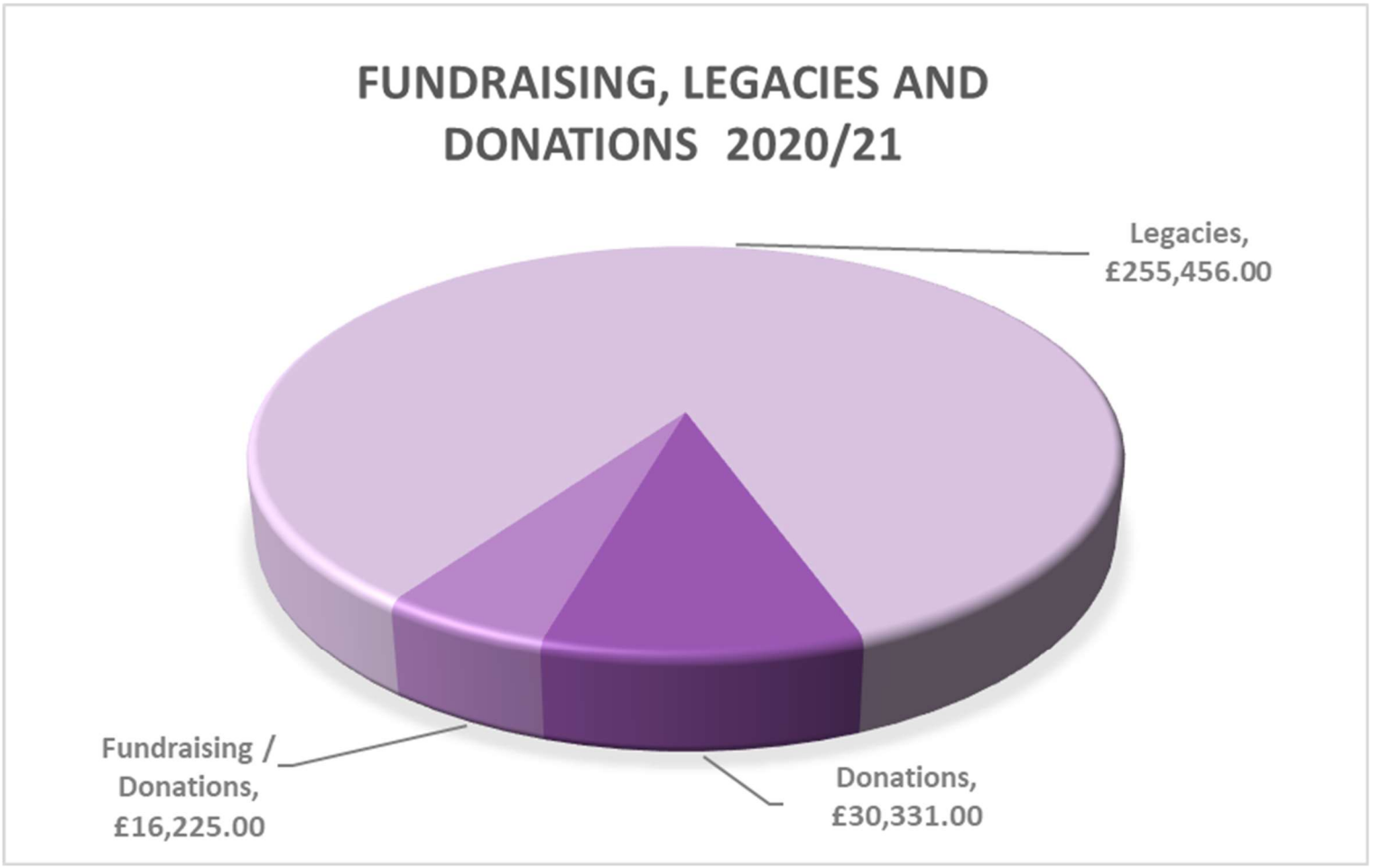
MSRRF continues to be extremely interested in supporting research opportunities when its limited funds allow.

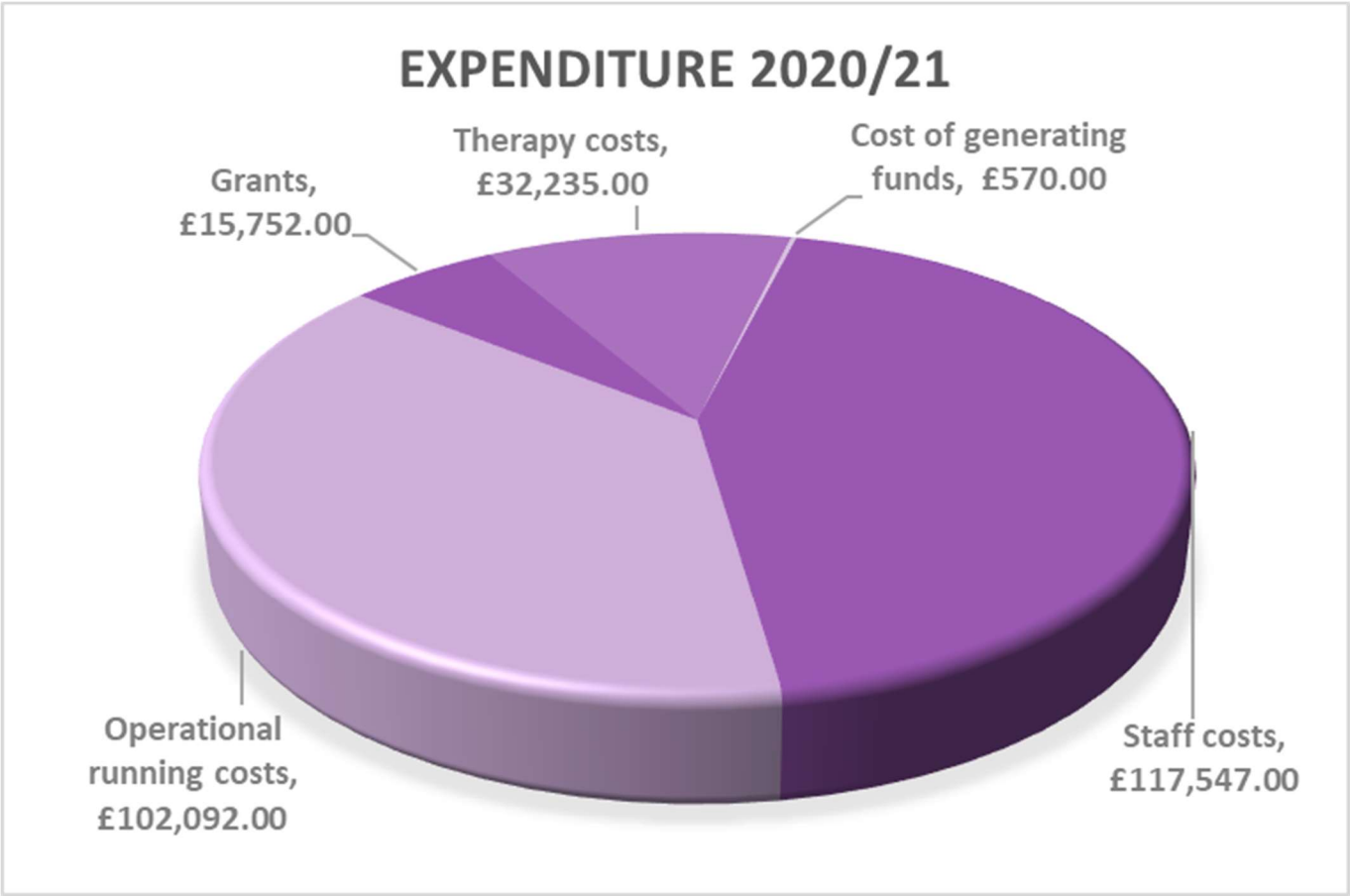
Covid-19 resilience plan

MSRRF is looking to the new physiotherapy centre to provide new research opportunities. New equipment has been identified which may be used as a replacement for the conductive education programme which was previously provided by Percy Hedley.

FINANCE


INCOME 2020/21
Legacies, £255,456.00
Donations, £30,331.00
Fundraising / Donations, £16,225.00
Interest received, £74.00
Covid19 grant, £39,500.00
HMRC JRS, £28,350.00
Investments, £57,709.00


FUNDRAISING, LEGACIES AND DONATIONS 2020/21
Legacies, £255,456.00
Fundraising / Donations, £16,225.00
Donations, £30,331.00



Financial Review 2020/21

During the year ended 31st March 2021 the net assets of the Multiple Sclerosis Research and Relief Fund increased by £467,354 from £2,543,788 to £3,011,142.

The company had a decrease of net incoming resources of £137,341 and an increase in gains on investments of £330,013.

The Balance Sheet of 31st March 2021 continues to show a robust position with net current assets of £334,593.

Diane Charlton
Charity Manager

More information on MSRRF, our services and news of what's going can be found on our website, Twitter, Facebook and Instagram pages at:

Website: www.ms-researchandrelief.org

Facebook: @MSResearchandReliefFund

Instagram: msrrfcharity

Twitter: @MSRRFcharity

SCAN ME

MS Research and Relief Fund

A company registered as The Multiple Sclerosis Research and Relief Fund in England, No. 795584
Registered Office, Benmar House, Choppington Road, Morpeth, Northumberland NE61 2HX

A Registered Charity, No. 228634

VAT Registration No. 733 9173 23