

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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for the Year Ended 31 March 2021**

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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

The Multiple Sclerosis Research And Relief Fund

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.

The Multiple Sclerosis Research And Relief Fund

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 contribute 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

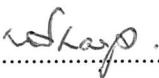
Independent Examiner

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**

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.

Pete 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
		<u>2,726,802</u>	<u>-</u>	<u>2,726,802</u>	<u>2,368,522</u>
CURRENT ASSETS					
Debtors	11	7,174	-	7,174	7,794
Cash at bank and in hand		255,784	100,590	356,374	206,102
		<u>262,958</u>	<u>100,590</u>	<u>363,548</u>	<u>213,896</u>
CREDITORS					
Amounts falling due within one year	12	(28,955)	-	(28,955)	(38,630)
		<u>234,003</u>	<u>100,590</u>	<u>334,593</u>	<u>175,266</u>
NET CURRENT ASSETS					
		<u>234,003</u>	<u>100,590</u>	<u>334,593</u>	<u>175,266</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,960,805</u>	<u>100,590</u>	<u>3,061,395</u>	<u>2,543,788</u>
CREDITORS					
Amounts falling due after more than one year	13	(50,253)	-	(50,253)	-
		<u>2,910,552</u>	<u>100,590</u>	<u>3,011,142</u>	<u>2,543,788</u>
NET ASSETS		<u>2,910,552</u>	<u>100,590</u>	<u>3,011,142</u>	<u>2,543,788</u>
FUNDS	15				
Unrestricted funds				2,910,552	2,433,336
Restricted funds				100,590	110,452
TOTAL FUNDS				<u>3,011,142</u>	<u>2,543,788</u>

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

**The Multiple Sclerosis Research And
Relief Fund**

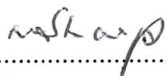
**Balance Sheet - continued
31 March 2021**

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:


.....
M Sharp - Trustee

The Multiple Sclerosis Research And Relief Fund

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.

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

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.

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

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
	<u>57,783</u>	<u>71,627</u>

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).

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

8. STAFF COSTS

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

	2021	2020
Staff	<u>7</u>	<u>9</u>

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	<u>667,590</u>	<u>125,383</u>	<u>82,339</u>	<u>875,312</u>
DEPRECIATION				
At 1 April 2020	192,307	58,757	74,738	325,802
Charge for year	<u>11,576</u>	<u>9,993</u>	<u>2,128</u>	<u>23,697</u>
At 31 March 2021	<u>203,883</u>	<u>68,750</u>	<u>76,866</u>	<u>349,499</u>
NET BOOK VALUE				
At 31 March 2021	<u>463,707</u>	<u>56,633</u>	<u>5,473</u>	<u>525,813</u>
At 31 March 2020	<u>475,283</u>	<u>66,626</u>	<u>7,601</u>	<u>549,510</u>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

10. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2020	1,953,919
Additions	794,996
Disposals	(743,258)
	<hr/>
At 31 March 2021	2,005,657
	<hr/>
PROVISIONS	
At 1 April 2020	134,907
Revaluation adjustments	(330,239)
	<hr/>
At 31 March 2021	(195,332)
	<hr/>
NET BOOK VALUE	
At 31 March 2021	2,200,989
	<hr/>
At 31 March 2020	1,819,012
	<hr/>

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
	<hr/>

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
	<hr/>	<hr/>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

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
	<u>28,955</u>	<u>38,630</u>

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

	2021	2020
	£	£
Bank loans (see note 14)	50,253	-
	<u>50,253</u>	<u>-</u>

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	-
	<u>50,253</u>	<u>-</u>

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
	<u>110,452</u>	<u>(3,640)</u>	<u>(6,222)</u>	<u>100,590</u>
TOTAL FUNDS	<u>2,543,788</u>	<u>467,354</u>	<u>-</u>	<u>3,011,142</u>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

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	<u>427,645</u>	<u>(290,304)</u>	<u>330,013</u>	<u>467,354</u>

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
	<u>111,730</u>	<u>(1,278)</u>	<u>110,452</u>
TOTAL FUNDS	<u>3,036,499</u>	<u>(492,711)</u>	<u>2,543,788</u>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

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	<u>419,421</u>	<u>(683,552)</u>	<u>(228,580)</u>	<u>(492,711)</u>

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	<u>3,036,499</u>	<u>(25,357)</u>	<u>-</u>	<u>3,011,142</u>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

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	<u>847,066</u>	<u>(973,856)</u>	<u>101,433</u>	<u>(25,357)</u>

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.

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

**The Multiple Sclerosis Research And
Relief Fund**

**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
	<hr/>	<hr/>
	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
	<hr/>	<hr/>
	57,783	71,627
Charitable activities		
Joseph Strong Frazer Trust	-	1,000
Hedley Denton Charitable Trust	-	1,000
Northumberland County Council	39,500	-
	<hr/>	<hr/>
	39,500	2,000
Other income		
HMRC JRS income	28,350	-
	<hr/>	<hr/>
Total incoming resources	427,645	419,421
EXPENDITURE		
Raising donations and legacies		
Wages	10,278	32,452
Fundraising	570	15,036
	<hr/>	<hr/>
	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

This page does not form part of the statutory financial statements

**The Multiple Sclerosis Research And
Relief Fund**

**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
	<hr/> 161,707	<hr/> 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

This page does not form part of the statutory financial statements

**The Multiple Sclerosis Research And
Relief Fund**

**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
	<u>99,496</u>	<u>150,879</u>
Governance costs		
Legal and professional fees	2,096	2,924
Accountancy fees	6,489	8,436
Loan	253	-
	<u>8,838</u>	<u>11,360</u>
Total resources expended	<u>290,304</u>	<u>683,552</u>
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)	<u><u>467,354</u></u>	<u><u>(492,711)</u></u>

This page does not form part of the statutory financial statements



MS Research and Relief Fund

"Supporting people affected by Multiple Sclerosis"

ANNUAL REPORT

FINANCIAL YEAR 2020 – 2021

INCLUDING COVID-19 RESILIENCE 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 pandemic’s 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
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MSRRF Staff, Benmar House

Employed Staff	Appleton, Jon Blythe, Gillian Charlton, Diane Clark, Tania Davidson, Deborah Dunn, Amy Harris, Sara Reed, John	 P/T P/T P/T P/T	Fundraising Officer, <i>made redundant August 2020</i> Receptionist Charity Manager Service Development Officer Therapist and Fitness Team Lead Assistant Manager Fundraising Coordinator, <i>made redundant July 2020</i> Caretaker
Staff changes	Appleton, Jon Harris, Sara	 P/T	Fundraising Officer, <i>made redundant August 2020</i> Fundraising Coordinator, <i>made redundant July 2020</i>

Self-employed Staff	Barrell, Amanda	Tai Chi Instructor, <i>resigned during this year</i>
	Berry, Jamie	Therapist and Fitness Instructor
	Bloomfield, Sean	Therapist, <i>resigned during this year</i>
	Dickinson, Margaret	Therapist
	Gray, Denise	Therapist, <i>resigned during this year</i>
	Howe, Michelle	Therapist
	Hurst, Carolyn	Yoga, Pilates and Fitness Instructor
	King, Beryl	Therapist, Stress Management Instructor
	Logan, Amanda	Therapist, <i>resigned during this year</i>
	McGorrell, Lee	Therapist and Fitness Instructor
	McKenna, Shelly	Therapist and Fitness Instructor
	Morgan, Jonny	Fitness Instructor
	Robson, Nikki	Therapist and Fitness Instructor, <i>resigned during this year</i>
	Philipson, Carol	Therapist and Reiki practitioner
	Ross-Knight, Joanna	Therapist and Fitness Instructor
	Taylor, Christine	Therapist
	Twaites, Hayley	Therapist
	Unwin, Sarah	Fitness Instructor, <i>resigned during this year</i>
	Wood, Helen	Pilates and Fitness Instructor, <i>resigned during this year</i>
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	Grievesson, 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

Sacrison

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.

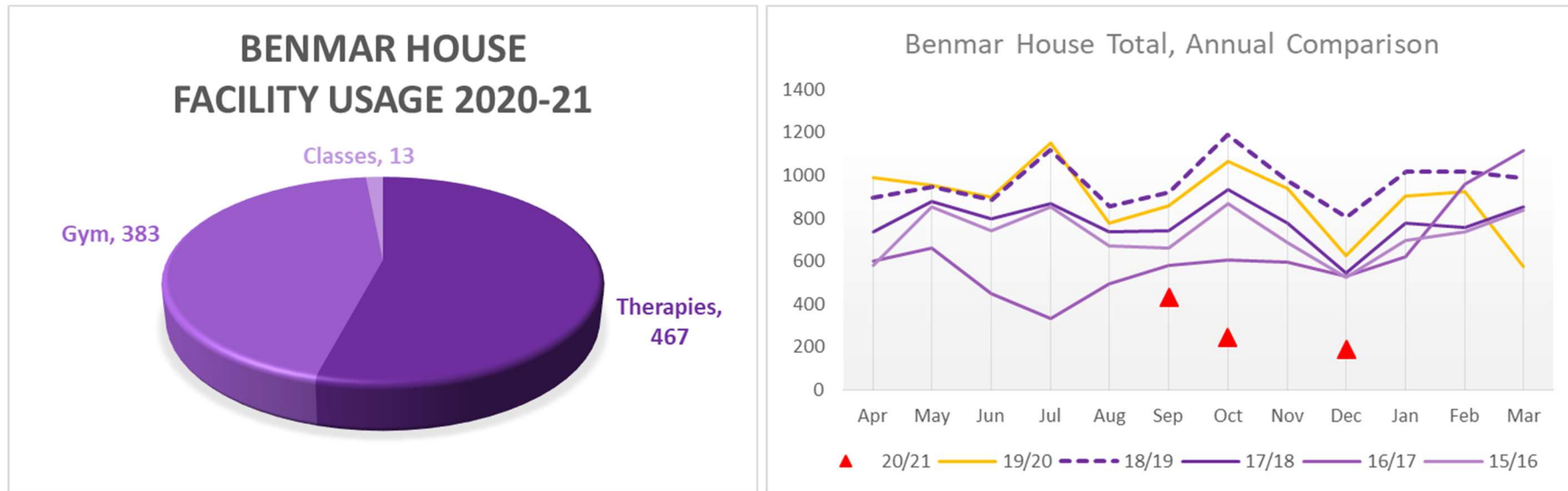
During the previous year, MSRRF worked in partnership with an MS Specialist Nurse and a Continence Specialist Nurse who attended Benmar House at least once per month to confidentially meet people with MS, by appointment only. During 2020/21, no nurse appointments were available at Benmar House, as the 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.

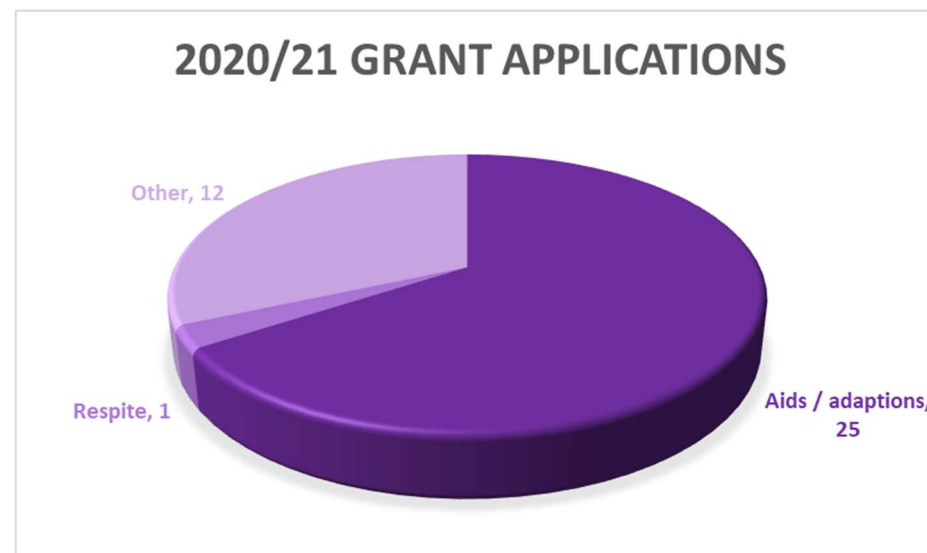
Individual Grant Applications

In the past financial year April 1st 2020 - March 31st 2021 inclusive, the Charity received 38 grant applications. MSRRF offer grants for aids and adaptations, 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 & adaptations	£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.

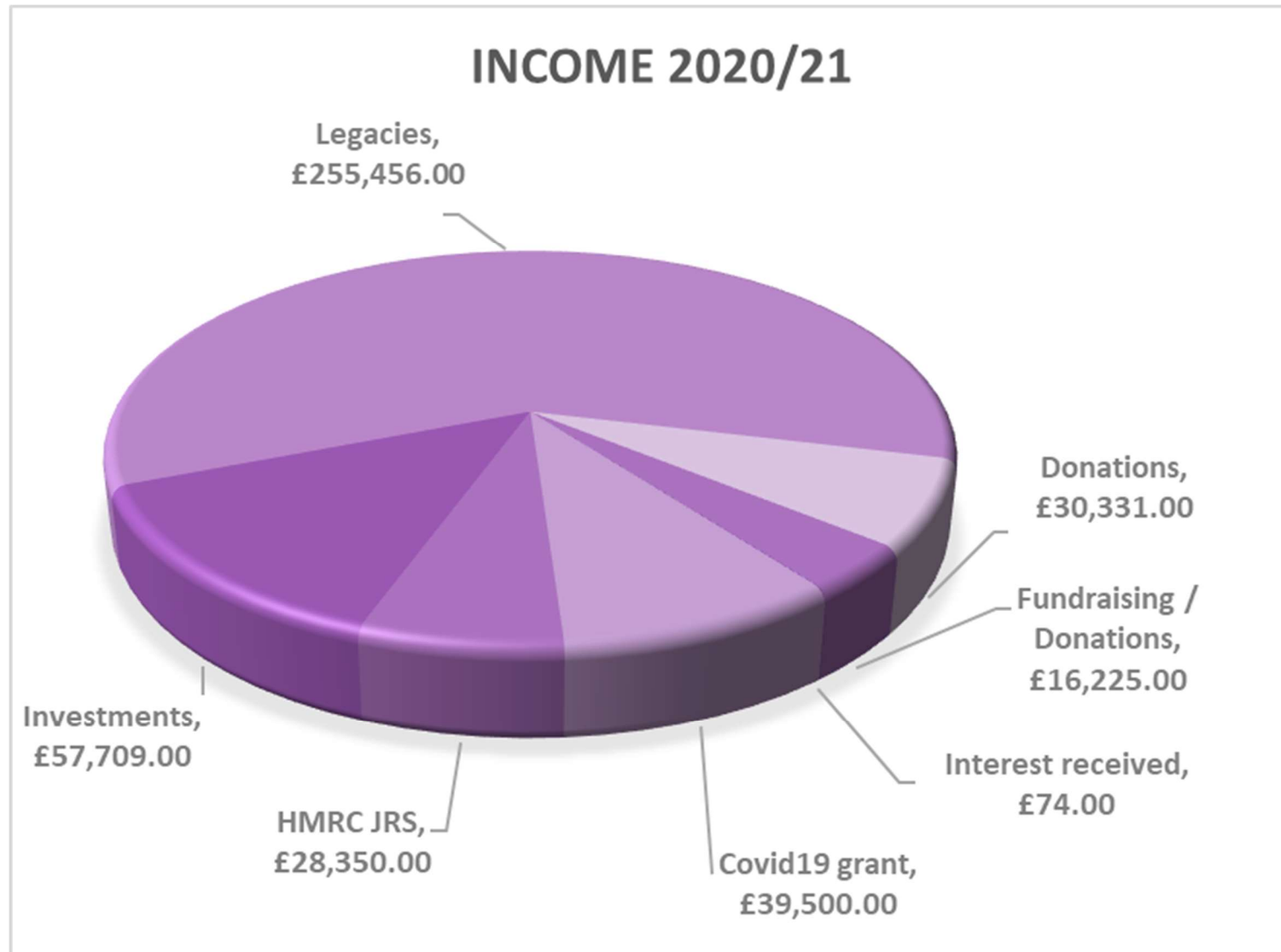
Future research

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

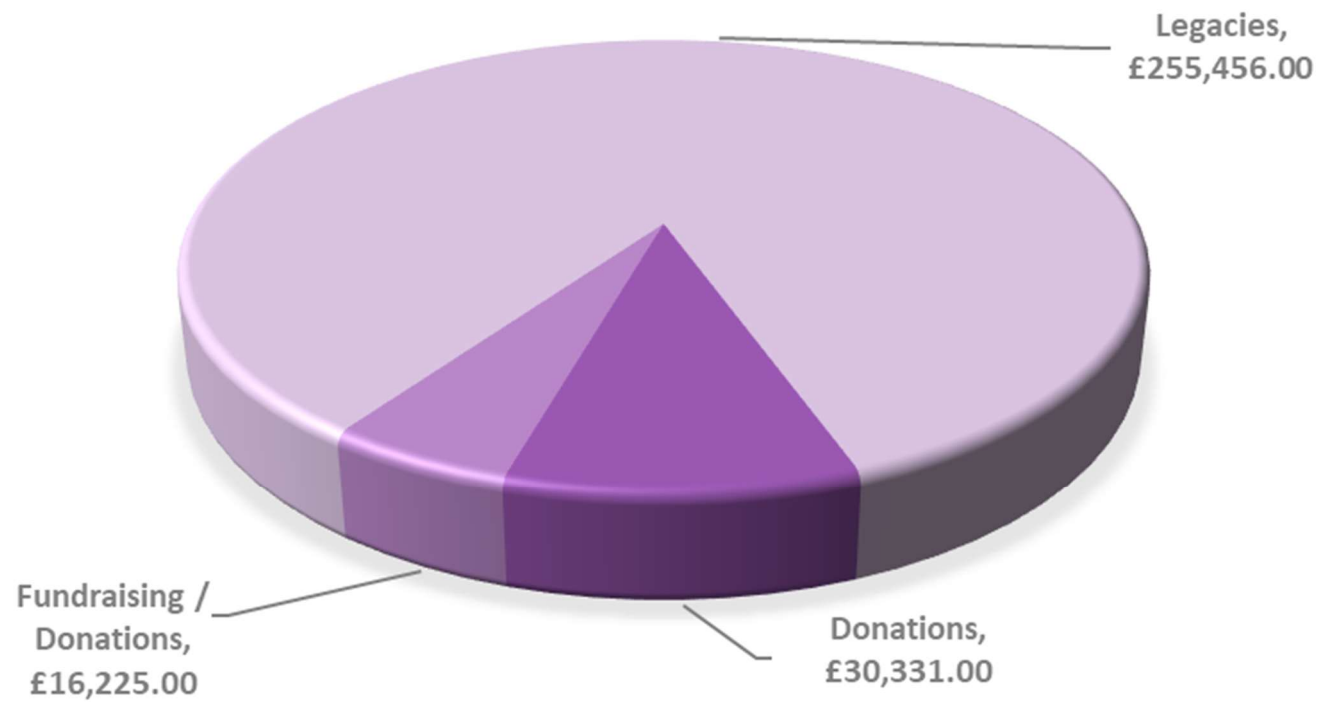
Covid-19 resilience plan

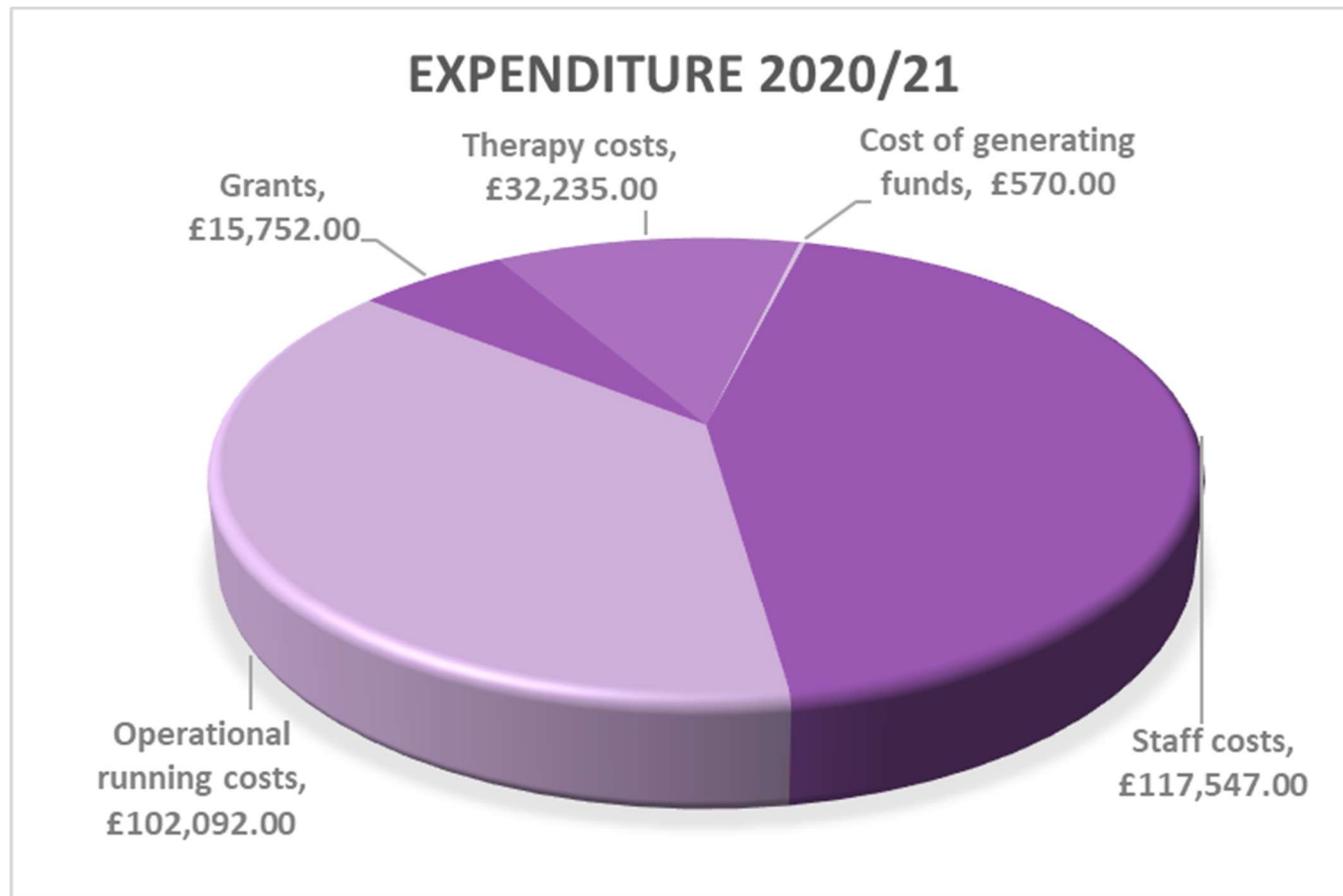
MSRRF is looking to the new physiotherapy centre to provide new research opportunities. New equipment has been identified which may be used as a replacement for the conductive education programme which was previously provided by Percy Hedley.

|| FINANCE



FUNDRAISING, LEGACIES AND DONATIONS 2020/21





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



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