



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
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MSRRF Staff, Benmar House

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

Self-employed Staff	Berry, Jamie	Therapist and Fitness Instructor, <i>resigned during this year</i>
	Dickinson, Margaret	Therapist
	Howe, Michelle	Therapist
	Hurst, Carolyn	Yoga, Pilates and Fitness Instructor, <i>resigned during this year</i>
	King, Beryl	Therapist, Stress Management Instructor
	McGorrell, Lee	Therapist and Fitness Instructor
	McKenna, Shelly	Therapist and Fitness Instructor <i>resigned during this year</i>
	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
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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.

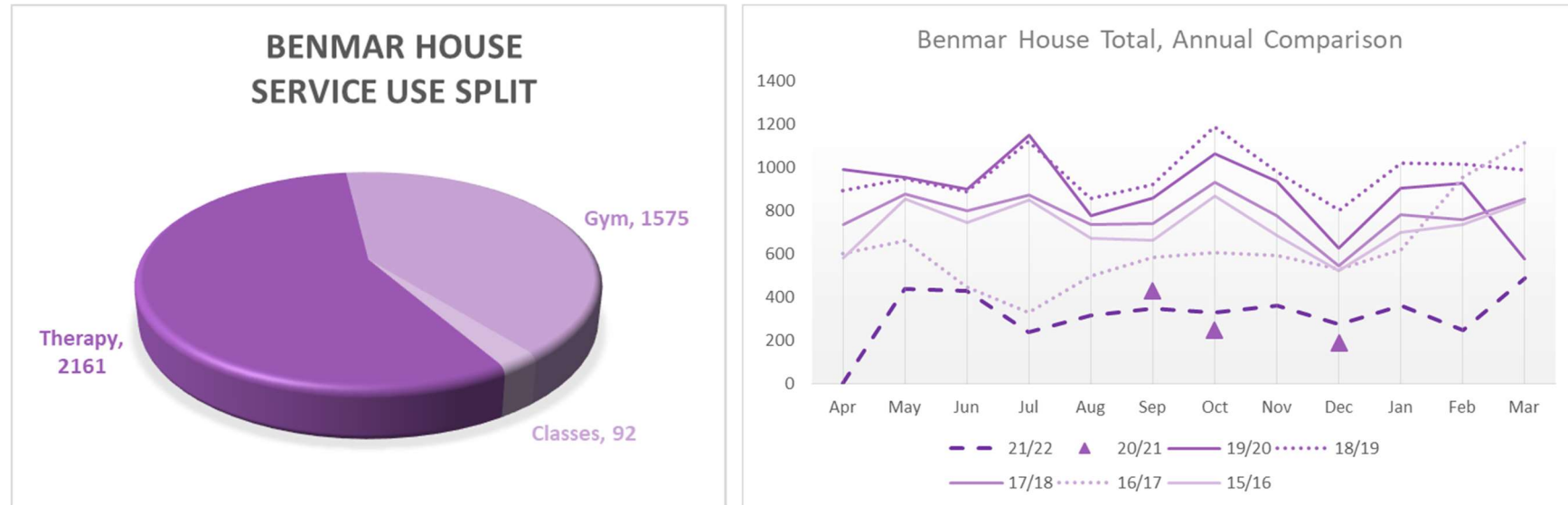
"All of you at HQ are doing sterling work."

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 the region of £250,000.



PhysiQue®



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.

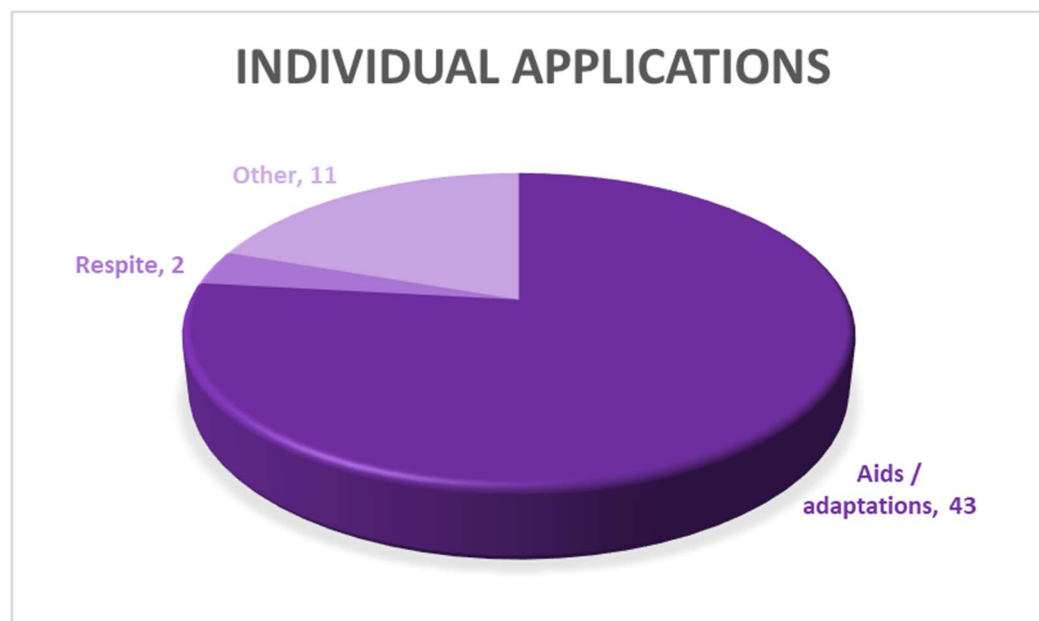
MSRRF maintained their financial assistance to people with MS throughout the entire pandemic, as people with MS continued to require aids and adaptations as a result of their diagnosis. We did see a reduction in applications, however it was evident that the amount of assistance requested did increase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

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.

*‘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.’*

*‘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.

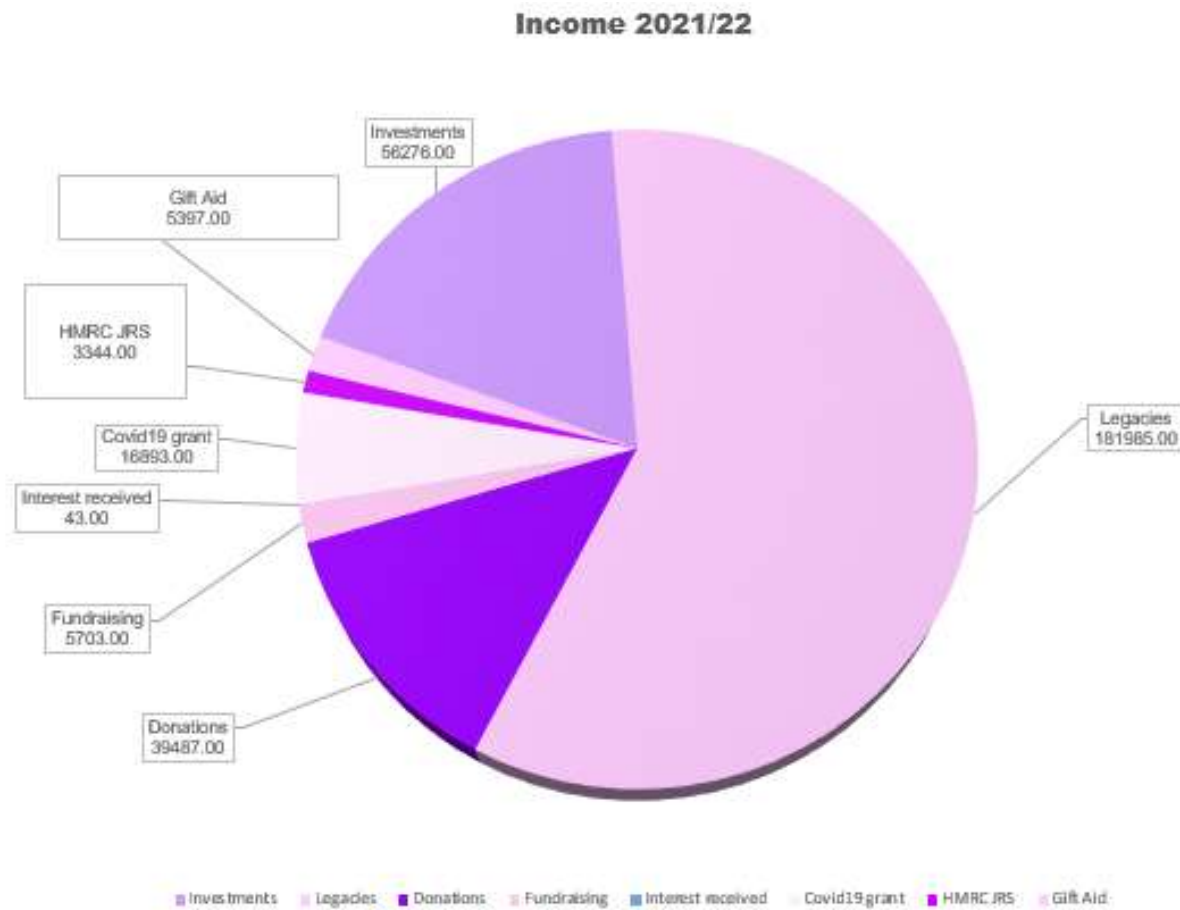
Future research

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

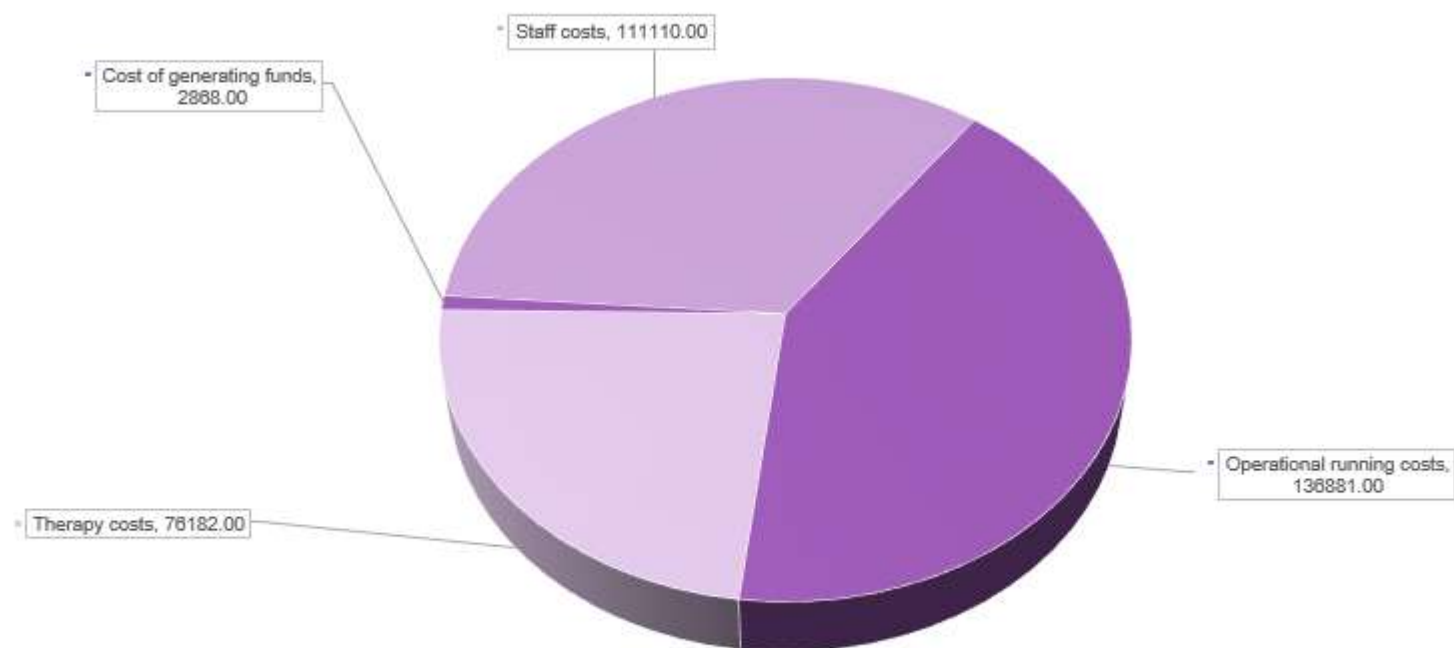


Covid-19 resilience plan

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.



Expenditure 2021/22



• Therapy costs • Cost of generating funds • Staff costs • Operational running costs

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



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**

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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

The Multiple Sclerosis Research And Relief Fund

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.

The Multiple Sclerosis Research And Relief Fund

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 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 £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*31 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
		<u>2,763,195</u>	<u>-</u>	<u>2,763,195</u>	<u>2,726,802</u>
CURRENT ASSETS					
Debtors	11	6,190	-	6,190	7,174
Cash at bank and in hand		216,282	74,590	290,872	356,374
		<u>222,472</u>	<u>74,590</u>	<u>297,062</u>	<u>363,548</u>
CREDITORS					
Amounts falling due within one year	12	(19,586)	-	(19,586)	(28,955)
		<u>202,886</u>	<u>74,590</u>	<u>277,476</u>	<u>334,593</u>
NET CURRENT ASSETS					
		<u>2,966,081</u>	<u>74,590</u>	<u>3,040,671</u>	<u>3,061,395</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>2,915,787</u>	<u>74,590</u>	<u>2,990,377</u>	<u>3,011,142</u>
CREDITORS					
Amounts falling due after more than one year	13	(50,294)	-	(50,294)	(50,253)
		<u>2,915,787</u>	<u>74,590</u>	<u>2,990,377</u>	<u>3,011,142</u>
NET ASSETS					
		<u>2,915,787</u>	<u>74,590</u>	<u>2,990,377</u>	<u>3,011,142</u>
FUNDS	15				
Unrestricted funds				2,915,787	2,910,552
Restricted funds				74,590	100,590
TOTAL FUNDS				<u>2,990,377</u>	<u>3,011,142</u>

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 Multiple Sclerosis Research And
Relief Fund**

**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 on8th Nov. 2022..... and were signed on its behalf by:

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

The Multiple Sclerosis Research And Relief Fund

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.

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

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 2022**

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
	<u>56,319</u>	<u>57,783</u>

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).

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

8. STAFF COSTS

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

	2022	2021
Staff	<u>6</u>	<u>7</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 2021 and 31 March 2022	<u>667,590</u>	<u>125,383</u>	<u>82,339</u>	<u>875,312</u>
DEPRECIATION				
At 1 April 2021	203,883	68,750	76,866	349,499
Charge for year	<u>11,576</u>	<u>8,498</u>	<u>1,373</u>	<u>21,447</u>
At 31 March 2022	<u>215,459</u>	<u>77,248</u>	<u>78,239</u>	<u>370,946</u>
NET BOOK VALUE				
At 31 March 2022	<u>452,131</u>	<u>48,135</u>	<u>4,100</u>	<u>504,366</u>
At 31 March 2021	<u>463,707</u>	<u>56,633</u>	<u>5,473</u>	<u>525,813</u>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

10. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2021	2,005,657
Additions	352,557
Disposals	(402,445)
	<hr/>
At 31 March 2022	1,955,769
PROVISIONS	
At 1 April 2021	(195,332)
Revaluation adjustments	(107,728)
	<hr/>
At 31 March 2022	(303,060)
NET BOOK VALUE	
At 31 March 2022	2,258,829
	<hr/>
At 31 March 2021	2,200,989
	<hr/>

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
	<hr/>

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
	<hr/>	<hr/>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

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
	<u>19,586</u>	<u>28,955</u>

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

	2022	2021
	£	£
Bank loans (see note 14)	50,294	50,253
	<u>50,294</u>	<u>50,253</u>

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
	<u>50,294</u>	<u>50,253</u>

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	<u>3,011,142</u>	<u>(20,765)</u>	<u>2,990,377</u>

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

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	<u>309,127</u>	<u>(438,479)</u>	<u>108,587</u>	<u>(20,765)</u>

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
	<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>

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

**The Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

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
	<u>110,452</u>	<u>(29,640)</u>	<u>(6,222)</u>	<u>74,590</u>
TOTAL FUNDS	<u>2,543,788</u>	<u>446,589</u>	<u>-</u>	<u>2,990,377</u>

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)
	<u>736,772</u>	<u>(728,783)</u>	<u>438,600</u>	<u>446,589</u>
TOTAL FUNDS	<u>736,772</u>	<u>(728,783)</u>	<u>438,600</u>	<u>446,589</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 Multiple Sclerosis Research And
Relief Fund**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

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
	<hr/>	<hr/>
	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
	<hr/>	<hr/>
	56,319	57,783
Charitable activities		
Northumberland County Council	16,893	39,500
Other income		
HMRC JRS income	3,344	28,350
	<hr/>	<hr/>
Total incoming resources	309,127	427,645
 EXPENDITURE		
Raising donations and legacies		
Wages	-	10,278
Fundraising	2,868	570
	<hr/>	<hr/>
	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

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 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
	<hr/> 287,126	<hr/> 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
	<hr/> 120,930	<hr/> 99,496
Governance costs		
Legal and professional fees	1,785	2,096
Carried forward	1,785	2,096

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**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
	<u>12,544</u>	<u>8,838</u>
Total resources expended	<u>438,479</u>	<u>290,304</u>
Net (expenditure)/income before gains and losses	(129,352)	137,341
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	<u>108,587</u>	<u>330,013</u>
Net (expenditure)/income	<u>(20,765)</u>	<u>467,354</u>

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