

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

Report of the Trustees and
Audited Financial Statements for the Year Ended 31 March 2023
for
The Multiple Sclerosis Research And
Relief Fund

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

**The Multiple Sclerosis Research And
Relief Fund**

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for the Year Ended 31 March 2023**

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**The Multiple Sclerosis Research And
Relief Fund**

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

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

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

This has been achieved and our recovery is now well under way.

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

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

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

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

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2023

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

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

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

STRATEGIC REPORT

Financial Review

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

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

Investment policy and objectives

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

Reserves Policy

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

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

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

Principal risks and uncertainties

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

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

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Structure, governance and management

The Multiple Sclerosis Research and Relief Fund is a charitable company limited by guarantee and complies with the Companies Act 2006 and the SORP. Incorporated on 11th March 1964 and registered as a charity on 13th June 1969, the company was established under a Memorandum of Association, which established the objectives and powers of the Charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to 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 £43,416 (2022: £40,187).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00795584 (England and Wales)

Registered Charity number

228634

**The Multiple Sclerosis Research And
Relief Fund**

**Report of the Trustees
for the Year Ended 31 March 2023**

Registered office

Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

Trustees

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

Auditors

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

Solicitors

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

Charity Manager

Diane Charlton

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

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

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

**The Multiple Sclerosis Research And
Relief Fund**

**Report of the Trustees
for the Year Ended 31 March 2023**

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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

In so far as the trustees are aware:

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

AUDITORS

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

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on15.11.23..... and signed on the board's behalf by:

.....
M Sharp - Trustee

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

Opinion

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

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

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

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

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

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

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

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

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

Responsibilities of trustees

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

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

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

Our responsibilities for the audit of the financial statements

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

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

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

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

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

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

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

Use of our report

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

Peter Weldon (Senior Statutory Auditor)

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

Date: *14.11.23*

**The Multiple Sclerosis Research And
Relief Fund**

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

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

The notes form part of these financial statements

**The Multiple Sclerosis Research And
Relief Fund**

**Balance Sheet
31 March 2023**

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

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

M Sharp
M Sharp - Trustee

The notes form part of these financial statements

**The Multiple Sclerosis Research And
Relief Fund**

**Cash Flow Statement
for the Year Ended 31 March 2023**

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

The notes form part of these financial statements

**The Multiple Sclerosis Research And
Relief Fund**

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

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

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

2. ANALYSIS OF CHANGES IN NET FUNDS

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

The notes form part of these financial statements

The Multiple Sclerosis Research And Relief Fund

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

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

Expenditure

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

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

Tangible fixed assets

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

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

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

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

Taxation

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

Fund accounting

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

**The Multiple Sclerosis Research And
Relief Fund**

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

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 2023**

3. DONATIONS AND LEGACIES

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

4. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	10,182	5,703
	<u>10,182</u>	<u>5,703</u>

5. INVESTMENT INCOME

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

6. INCOME FROM CHARITABLE ACTIVITIES

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

**The Multiple Sclerosis Research And
Relief Fund**

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

7. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Fundraising	<u>3,563</u>	<u>2,868</u>

Investment management costs

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

8. CHARITABLE ACTIVITIES COSTS

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

9. GRANTS PAYABLE

	2023	2022
	£	£
Grants	<u>24,545</u>	<u>5,918</u>

**The Multiple Sclerosis Research And
Relief Fund**

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

10. SUPPORT COSTS

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

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

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

**The Multiple Sclerosis Research And
Relief Fund**

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

10. SUPPORT COSTS - continued
Governance costs

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

11. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Depreciation - owned assets	<u>19,738</u>	<u>21,447</u>

12. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

13. STAFF COSTS

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

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

	2023	2022
Staff	<u>5</u>	<u>6</u>

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

**The Multiple Sclerosis Research And
Relief Fund**

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

14. TANGIBLE FIXED ASSETS

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

15. FIXED ASSET INVESTMENTS

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

There were no investment assets outside the UK.

**The Multiple Sclerosis Research And
Relief Fund**

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

15. FIXED ASSET INVESTMENTS - continued

Cost or valuation at 31 March 2023 is represented by:

	Listed investments £
Valuation in 2023	2,015,871

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

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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

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

19. LOANS

An analysis of the maturity of loans is given below:

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

**The Multiple Sclerosis Research And
Relief Fund**

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

20. MOVEMENT IN FUNDS

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

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

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

Comparatives for movement in funds

	At 1/4/21 £	Net movement in funds £	At 31/3/22 £
Unrestricted funds			
General fund	2,910,552	5,235	2,915,787
Restricted funds			
Specialised Physiotherapy Equipment	100,590	(26,000)	74,590
TOTAL FUNDS	<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 2023**

20. MOVEMENT IN FUNDS - continued

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

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

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

	At 1/4/21 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	2,910,552	333,957	3,244,509
Restricted funds			
Specialised Physiotherapy Equipment	100,590	(32,080)	68,510
TOTAL FUNDS	<u>3,011,142</u>	<u>301,877</u>	<u>3,313,019</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	1,314,272	(991,687)	11,372	333,957
Restricted funds				
Specialised Physiotherapy Equipment	-	(32,080)	-	(32,080)
TOTAL FUNDS	<u>1,314,272</u>	<u>(1,023,767)</u>	<u>11,372</u>	<u>301,877</u>

Restricted Funds
Carers

**The Multiple Sclerosis Research And
Relief Fund**

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

20. MOVEMENT IN FUNDS - continued

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

Art Class

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

Specialised Physiotherapy Equipment

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

Class Equipment

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

21. RELATED PARTY DISCLOSURES

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

**The Multiple Sclerosis Research And
Relief Fund**

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

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

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 2023**

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

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 2023**

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

|| CONTENTS

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|| CHAIRMAN'S REPORT

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

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

This has been achieved and our recovery is now well under way.

Services have resumed, as previously, at no cost to service users, and are being expanded as and when we are able to do so.

Filling vacant staff positions is an ongoing problem which we are all working hard to resolve.

Outreach centres can be largely beyond our control, but we are doing our best to restore pre-Covid operations and are always willing to look at new opportunities as they arise.

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

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

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

Paul Atkinson
Chairman

OBJECTIVES AND ACTIVITIES

Purpose of the Charity

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

Our Vision

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

Our Mission

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

Our Values

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

Charity History

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

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

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

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

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

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

Reference and Administrative Details

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

MSRRF Staff, Benmar House

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

Outreach Staff

Belmont Parish Hall

Self-employed Staff	Wood, Elaine	Fitness Instructor
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Leadgate Community Centre

Self-employed Staff	Unwin, Sarah	Fitness Instructor
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Charles Young Centre

Facilitator	Farham, Dave	Volunteer (Ex staff member)
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Self-employed resignations

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



|| SERVICE PROVISION REVIEW

2022/2023 Service Provision

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

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



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

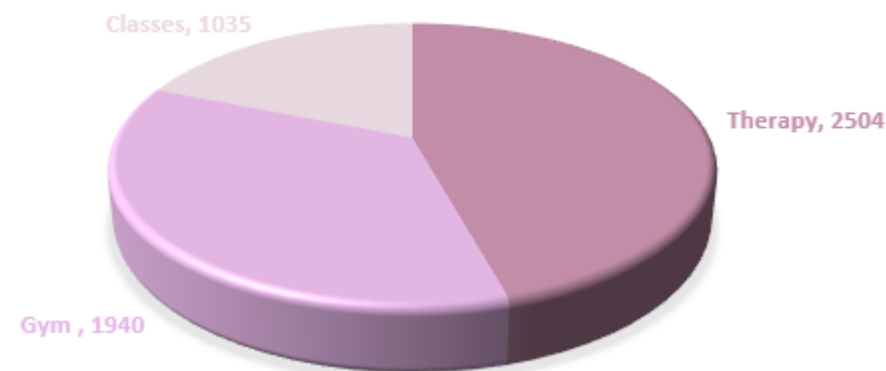


"Coming to MSRRF has helped with my mental health as well as my physical health'.

|| APPOINTMENTS ATTENDED

2022-2023

Therapies	Gym	Exercise Classes	Total
2504	1940	1032	5476



Outreach and Partnership Services

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

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

Group Service Provision

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

|| SERVICE DEVELOPMENT

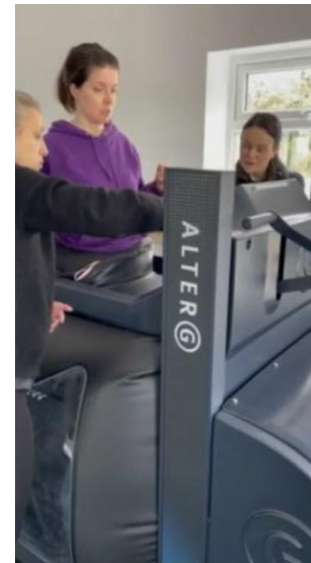
South Side House Update

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

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

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

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



|| VOLUNTEERS AND FRIENDS OF MSRRF

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

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

Corporate Involvement

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

Corporate and Community Friends of the Charity

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

printed.com



GRANT REPORT 2022/23

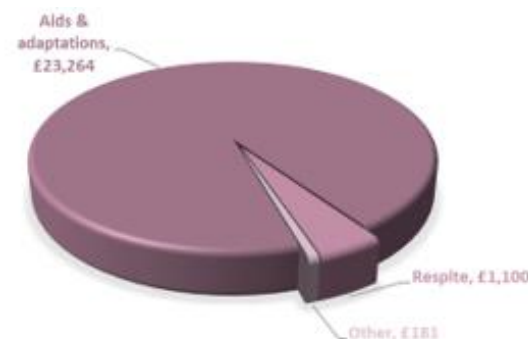
Individual Grant Applications

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

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

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

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



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

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

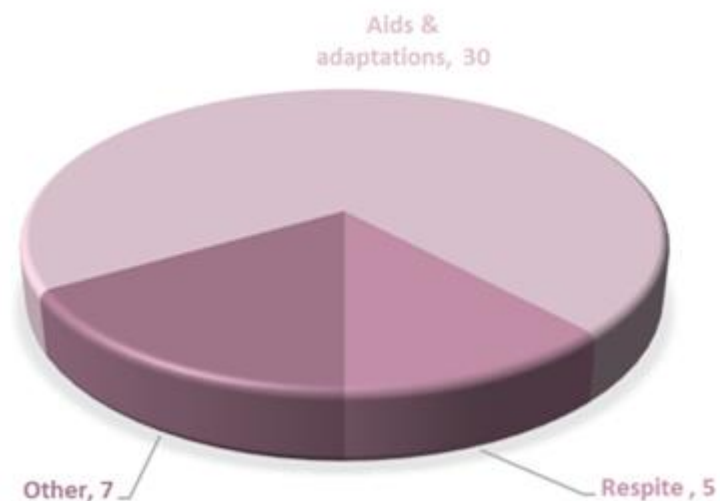
MS Research and Relief Fund is currently looking at ways to improve its grant giving service nationally. Unfortunately, The MS Society paused its national grants programme in 2020 after their income was impacted by the pandemic. They have since made the decision to close the grants programme permanently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

GRANT AWARDS

2022-2023

Grants	
Aids & adaptations	30
Respite	5
Other	7
TOTAL	42

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



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

- Grant recipient pictured on the right.



FUNDRAISING REPORT 2022/23

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



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



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



JustGiving

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

CAF

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

Charties Trust

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



Benevity

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

Memory Giving

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



AmazonSmile

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



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

PayPal Giving

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



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

Much Loved

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



Easyfundraising

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



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

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

'In Aid of' Events

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

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





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

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

MSRRF Events

- **MSRRF Golf Day**

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

Sponsored Events

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

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

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

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



Memorial Trust Donations

Our grateful thanks to

Kenneth Barge Memorial Trust

Nora Milburn Memorial Trust



Special Thanks

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

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

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

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



Incoming Grants

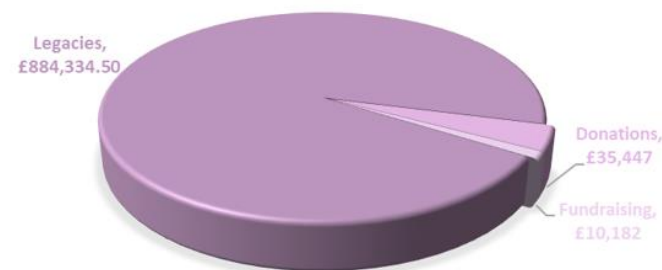
Our grateful thanks to;

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

LEGACIES

2023

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

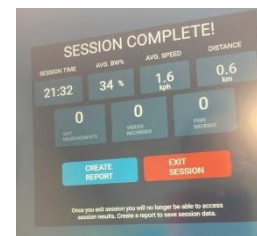
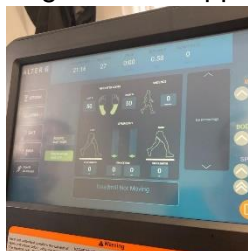


RESEARCH OPPORTUNITIES

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

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

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



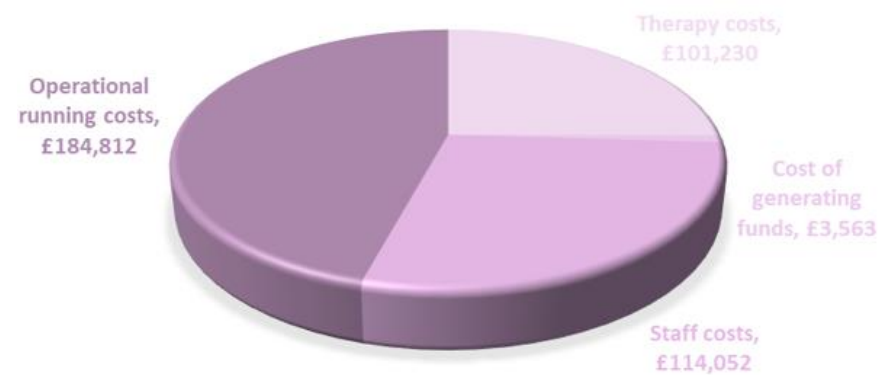
FINANCE

Income & Expenditure 2022/2023

INCOME



EXPENDITURE



|| FINANCIAL REVIEW 2022/23

Financial Review

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

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

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

Diane Charlton
Charity Manager

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



Website: www.msrrf.org.uk



Facebook: @MSResearchandReliefFund



Instagram: msrrfcharity



Twitter: @MSRRFcharity

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

