

REGISTERED COMPANY NUMBER: 00795584 (England and Wales)

REGISTERED CHARITY NUMBER: 228634

Report of the Trustees and
Audited Financial Statements for the Year Ended 31 March 2024
for
The Multiple Sclerosis Research And
Relief Fund

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

**The Multiple Sclerosis Research And
Relief Fund**

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for the Year Ended 31 March 2024**

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**The Multiple Sclerosis Research And
Relief Fund**

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

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

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

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

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

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

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

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2024

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

OBJECTIVES AND ACTIVITIES

Objectives and aims

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

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

STRATEGIC REPORT

Financial Review

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

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

Investment policy and objectives

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

Reserves Policy

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

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

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

The Multiple Sclerosis Research And Relief Fund

Report of the Trustees for the Year Ended 31 March 2024

STRATEGIC REPORT

Principal risks and uncertainties

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Structure, governance and management

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

**The Multiple Sclerosis Research And
Relief Fund**

**Report of the Trustees
for the Year Ended 31 March 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

00795584 (England and Wales)

Registered Charity number

228634

Registered office

Benmar House Choppington Road
Stobhill
Morpeth
Northumberland
NE61 2HX

Trustees

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

Auditors

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

Solicitors

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

Charity Manager

Diane Charlton

**The Multiple Sclerosis Research And
Relief Fund**

**Report of the Trustees
for the Year Ended 31 March 2024**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

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

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

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

In so far as the trustees are aware:

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

AUDITORS

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

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 1 OCTOBER 2024 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 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

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

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

**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.

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

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

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

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

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

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

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

Use of our report

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

Peter Weldon (Senior Statutory Auditor)

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

Date: 8 OCTOBER 2024

**The Multiple Sclerosis Research And
Relief Fund**

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

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

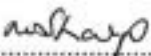
The notes form part of these financial statements

**The Multiple Sclerosis Research And
Relief Fund**

**Balance Sheet
31 March 2024**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 7 OCTOBER 2024 and were signed on its behalf by:


M Sharp - Trustee

The notes form part of these financial statements

**The Multiple Sclerosis Research And
Relief Fund**

**Cash Flow Statement
for the Year Ended 31 March 2024**

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

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

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

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23	Cash flow	At 31/3/24
	£	£	£
Net cash			
Cash at bank and in hand	622,164	(104,227)	517,937
	<u>622,164</u>	<u>(104,227)</u>	<u>517,937</u>
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	2,213,860	(2,213,860)	-
	<u>2,213,860</u>	<u>(2,213,860)</u>	<u>-</u>
Total	<u>2,836,024</u>	<u>(2,318,087)</u>	<u>517,937</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 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Income

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

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

Expenditure

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

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

Tangible fixed assets

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

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

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

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

Taxation

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

Fund accounting

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

**The Multiple Sclerosis Research And
Relief Fund**

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

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 2024**

3. DONATIONS AND LEGACIES

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

4. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Fundraising events	<u>10,249</u>	<u>10,182</u>

5. INVESTMENT INCOME

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

6. INCOME FROM CHARITABLE ACTIVITIES

	2024	2023
	£	£
Joseph Strong Frazer Trust	1,000	1,000
Drapers Charitable Fund	1,000	-
Barbour Foundation	1,000	-
	<u>3,000</u>	<u>1,000</u>

**The Multiple Sclerosis Research And
Relief Fund**

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

7. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Staff costs	13,511	-
Fundraising	3,561	3,563
	<u>17,072</u>	<u>3,563</u>

Investment management costs

	2024	2023
	£	£
Portfolio management	16,909	16,633
	<u>16,909</u>	<u>16,633</u>
Aggregate amounts	<u>33,981</u>	<u>20,196</u>

8. CHARITABLE ACTIVITIES COSTS

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

**The Multiple Sclerosis Research And
Relief Fund**

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

9. GRANTS PAYABLE

	2024	2023
	£	£
Grants	<u>28,979</u>	<u>24,545</u>

10. SUPPORT COSTS

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

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

Other

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

**The Multiple Sclerosis Research And
Relief Fund**

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

10. SUPPORT COSTS - continued
Governance costs

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

11. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Depreciation - owned assets	<u>18,557</u>	<u>19,738</u>

12. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

13. STAFF COSTS

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

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

	2024	2023
		
Staff	<u>6</u>	<u>5</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 2024**

14. TANGIBLE FIXED ASSETS

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

Cost or valuation at 31 March 2024 is represented by:

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

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

**The Multiple Sclerosis Research And
Relief Fund**

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

15. FIXED ASSET INVESTMENTS

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

There were no investment assets outside the UK.

Cost or valuation at 31 March 2024 is represented by:

	Listed investments £
Valuation in 2024	2,148,344
	<hr/>

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

**The Multiple Sclerosis Research And
Relief Fund**

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

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Prepayments and accrued income	9,762	5,832
	<u> </u>	<u> </u>

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

18. MOVEMENT IN FUNDS

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

**The Multiple Sclerosis Research And
Relief Fund**

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

18. MOVEMENT IN FUNDS - continued

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

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

Comparatives for movement in funds

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

**The Multiple Sclerosis Research And
Relief Fund**

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

18. MOVEMENT IN FUNDS - continued

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

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

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

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

**The Multiple Sclerosis Research And
Relief Fund**

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

18. MOVEMENT IN FUNDS - continued

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

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

Restricted Funds

Specialised Physiotherapy Equipment

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

19. RELATED PARTY DISCLOSURES

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

**The Multiple Sclerosis Research And
Relief Fund**

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

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

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 2024**

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

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**The Multiple Sclerosis Research And
Relief Fund**

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

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

This page does not form part of the statutory financial statements



Impact Report

2023 - 2024



MS Research & Relief Fund
Supporting people affected by Multiple Sclerosis

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Chairman's Report

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

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

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

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

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

Paul Atkinson
Chairman



Objectives and Activities

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



OUR VISION

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



OUR MISSION

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



OUR VALUES

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



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

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

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

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

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

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



Reference and Administrative Details

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



Reference and Administrative Details

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



Reference and Administrative Details

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

Outreach Service Provision

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



Service Provision Review

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

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

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

CURRENT SERVICES

Fitness

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

Complementary Therapies

Sports Massage
Swedish Massage
Reiki
Reflexology
Indian Head Massage

Classes

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

Outreach

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

GOING DIGITAL

INTRODUCING TM3

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

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

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

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

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

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



The Spring Survey

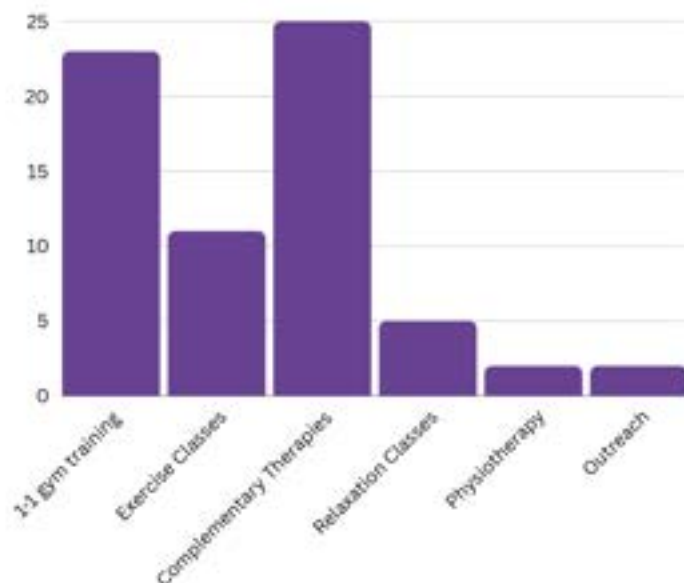
We continuously review our services to ensure we work in line with the charity vision, mission and goals. With that in mind we asked service users to give us feedback on a number of areas during our 2024 Spring survey.

How do you access the services at MSRRF?

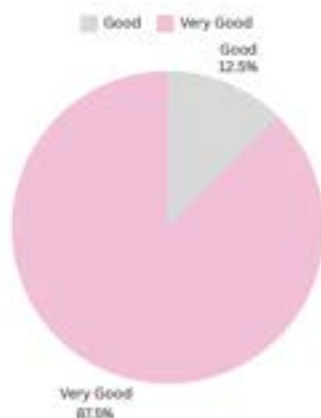
AS A CARER AS A PERSON WITH MS



What services do you access at MSRRF?



Services Offered



Appointment Booking



HERES WHAT PEOPLE TOLD US



Lot's of you told us how friendly, supportive, and welcoming the staff are, highlighting their positive interactions and helpfulness.



Many of you love the variety of things MSRRF offers, like gym sessions, classes, and different therapies like reflexology and massages.



You appreciate how MSRRF tailors things just for you, whether it's one-on-one gym sessions or personalised therapies that fit your needs.

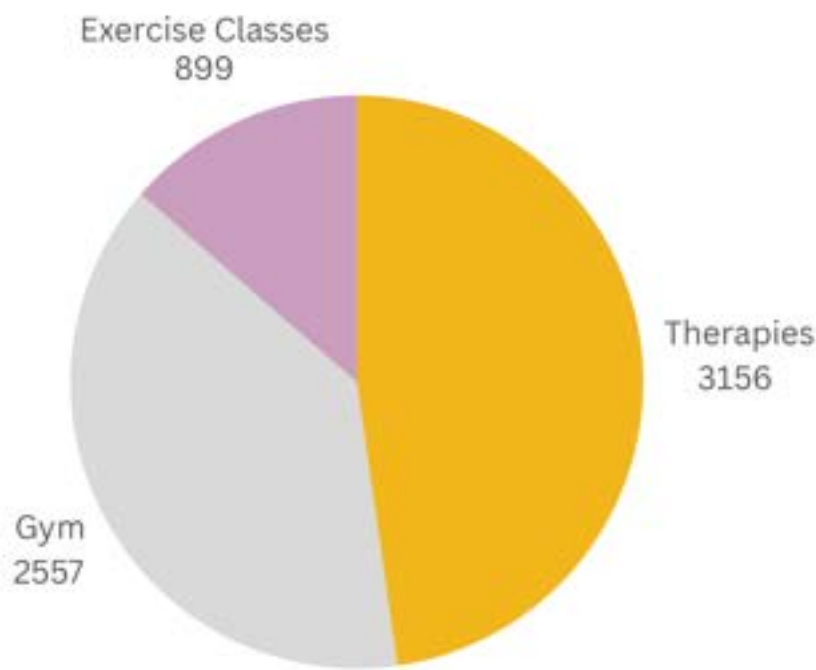


You'd like more opportunities to fundraise and more events outside of appointments. Plus social classes like art and pottery.

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

Data collated from approx. 48 service user feedback forms.

Appointments Attended



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

20.7%

increase on
appointments
from the previous year

6612

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

Outreach and Partnership Services

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

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

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



South Side House Development



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



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

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

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

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

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



The AlterG Trial

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



KEY RESULTS

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



Improved Walking Gait: 12 out of 15 participants experienced better walking, including longer strides and more balanced movements.



Enhanced Mobility and Posture: Many participants reported improved posture and balance, leading to more confidence in daily activities.



Better Balance and Coordination: 7 participants showed noticeable improvement in balance and coordination, making their movements more fluid.



Improved Pelvic Floor Function: 3 participants reported better urinary control, which boosted their quality of life.



Enhanced Mental Well-being: 9 participants felt more confident and experienced an improved mindset, with a better sense of normality in their daily lives.

Volunteers and Friends of MSRRF

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




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



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



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



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

CORPORATE INVOLVEMENT

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

BAZAAR GROUP



 **printed.com**

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

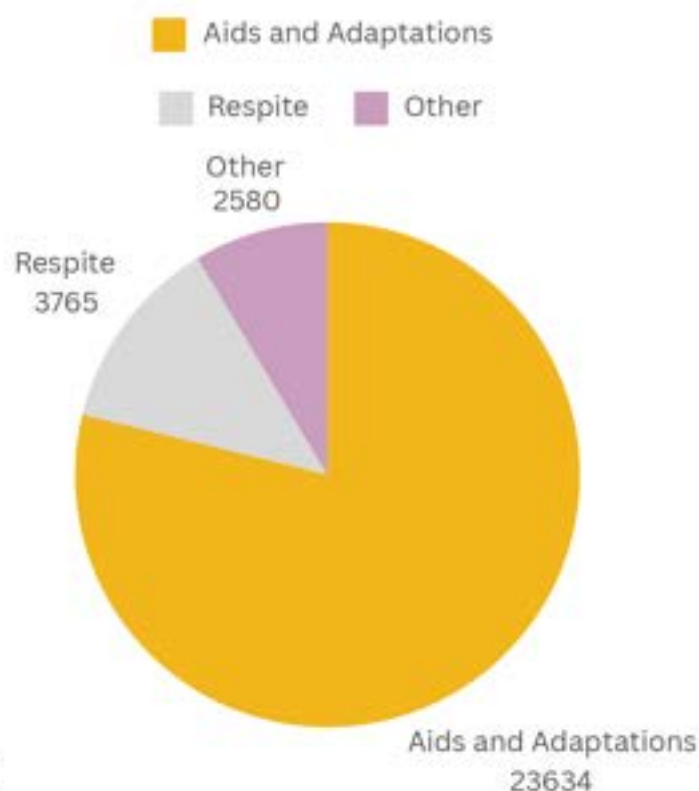
Grant Report

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

INDIVIDUAL GRANT APPLICATIONS

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

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



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

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

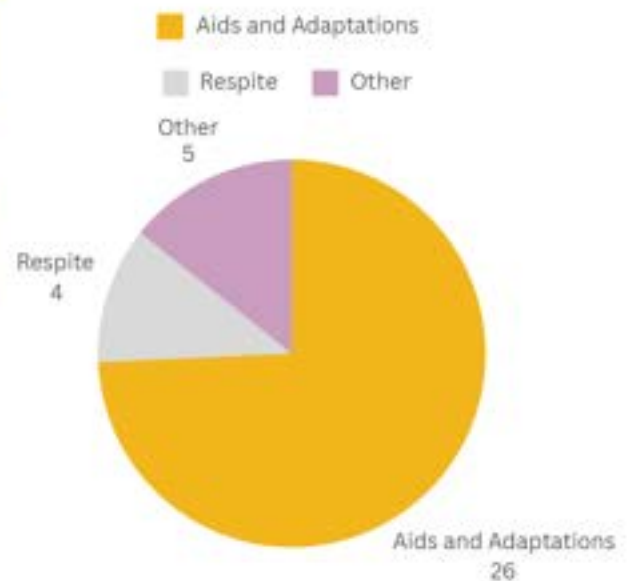
“Your kindness has not only met a crucial need, but it has also brought a sense of hope and reassurance during a challenging time. I cannot thank MSRRF enough for the positive impact your assistance has had and I deeply appreciate your dedication to helping those with MS”



Grant Awards

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

Aids and Adaptations	26
Respite	4
Other	5
Total	35



GRANT AWARDS

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

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

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

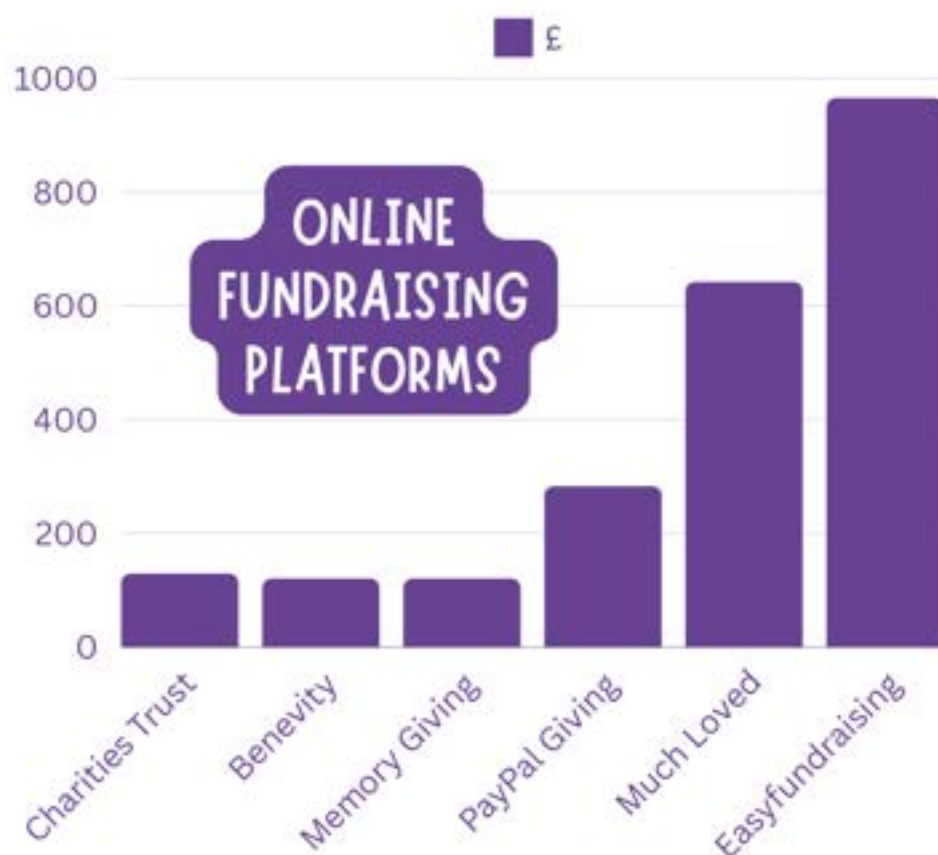
Grant provision allows people to live independent lives with items such as mobility scooters, rise and recliner chairs and eating aids.

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

Fundraising Report

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

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



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



Fundraising Report

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

'IN AID OF EVENTS'

Cake Day

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

3 Peak Challenge

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

Montane Summer Spine Challenge

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

Annual Golf Day

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

Great North Run

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

MSRRF had 11 runners, who raised £4889.61



Fundraising Report

SPECIAL THANKS

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

Bob and Barbara for their continued support.

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

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

Thank you...

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

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

INCOMING GRANTS

The **Barbour Foundation** for the £1000 donation toward the Sara Steady.

The **Joseph Strong Frazer Trust** for the £1000 donation.

The **Drapers Company** for the £1000 donation.



Marketing Report

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

FACEBOOK AUDIENCE

Audience

Facebook

Trends

Demographics

Potential audience

Follows

91 ↑ 264%

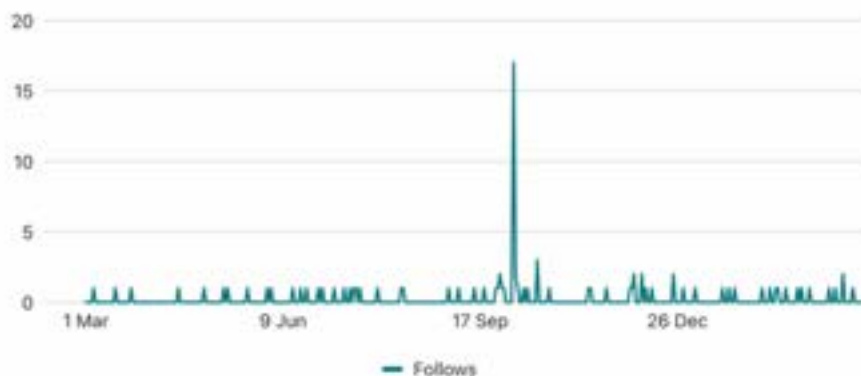
Returning viewers

0 0%

Engaged followers

0 0%

Based on last 28 days



Followers breakdown

1 Mar 2023 - 1 Apr 2024

Unfollows

16 ↑ 60%

Net follows

75 ↑ 400%

Followers

Lifetime

831

TOP REACH BY CONTENT

Top content by reach

Boost content

See all content



Marketing Report

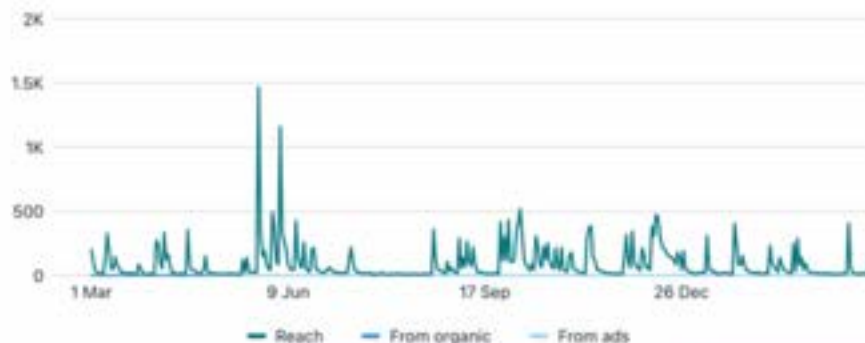
FACEBOOK CONTENT REACH

Content overview

Breakdown: Organic/ads

All Reels Videos Live Posts Stories

Reach 9.2K ↑ 147% 3-second views 2.5K ↓ 42.3% 1-minute views 4 ↓ 85.2% Content interactions 2.1K ↑ 125.2% Minutes viewed 15h 11m ↓ 38.4%



Reach breakdown

1 Mar 2023 - 1 Apr 2024

Total

9,157 ↑ 147%

From organic

8,431 ↑ 100%

From ads

0 0%



MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

UK REGISTERED CHARITY NO. 228634 REGISTERED COMPANY NO. 795584

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

[in](#) MS Research and Relief Fund [@msrrfcharity](#) [f](#) MS Research and Relief Fund

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

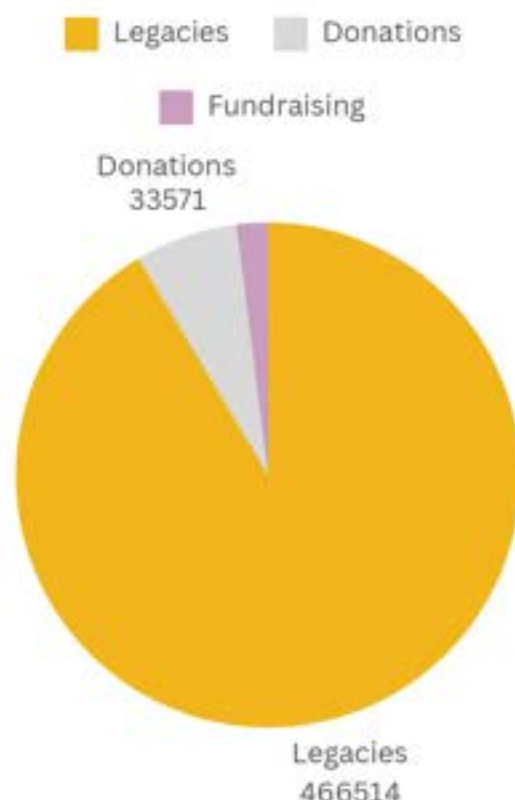


Legacies Report

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

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

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



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

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

Finance Report

2023/2024

INCOME

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



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

Finance Report

2023/2024

EXPENDITURE

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

- Therapy Costs
- Cost of generating funds
- Staff Costs
- Operational running costs



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

Finance Review

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

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

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

Diane Charlton, Charity Manager

This year our service users accessed

2557

Gym Sessions

This year our operational costs have gone up

8%

This year our supporters have raised a fantastic

£10,249

This year our service users accessed

3156

Therapies

This year legacies accounted for

78.4%

of total income

This year we gave out

£29,979

in grant funding



Our 2025 Goals



1

Growing Awareness

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

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

2

Funding Partnerships

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

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

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

3

Service Provision Growth

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





MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

ACKNOWLEDGEMENTS

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

We are grateful to our dedicated volunteers and regular supporters.

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

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

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

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



Supporting people with MS

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

Pashler Physiotherapy Centre
South Side
North Seaton
Northumberland
NE63 9YB

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

MS Research and Relief Fund msrrfcharity MS Research and Relief Fund

UK registered charity No. 228634. Registered company No. 795084