

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

**Report of the Trustees and**  
**Audited Financial Statements for the Year Ended 31 March 2025**  
**for**  
**The Multiple Sclerosis Research And**  
**Relief Fund**

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

**The Multiple Sclerosis Research And  
Relief Fund**

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for the Year Ended 31 March 2025**

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# **The Multiple Sclerosis Research And Relief Fund**

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

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

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

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

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

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

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

# **The Multiple Sclerosis Research And Relief Fund**

## **Report of the Trustees for the Year Ended 31 March 2025**

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

### **OBJECTIVES AND ACTIVITIES**

#### **Objectives and aims**

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

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

### **STRATEGIC REPORT**

#### **Financial Review**

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

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

#### **Investment policy and objectives**

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

#### **Reserves Policy**

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

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

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

**The Multiple Sclerosis Research And  
Relief Fund**

**Report of the Trustees  
for the Year Ended 31 March 2025**

**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.

# **The Multiple Sclerosis Research And Relief Fund**

## **Report of the Trustees for the Year Ended 31 March 2025**

### **Structure, governance and management**

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

### **Key management remuneration**

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

### **REFERENCE AND ADMINISTRATIVE DETAILS**

#### **Registered Company number**

00795584 (England and Wales)

#### **Registered Charity number**

228634

**The Multiple Sclerosis Research And  
Relief Fund**

**Report of the Trustees  
for the Year Ended 31 March 2025**

**Registered office**

Benmar House Choppington Road  
Stobhill  
Morpeth  
Northumberland  
NE61 2HX

**Trustees**

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

**Auditors**

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

**Solicitors**

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

**Charity Manager**

Diane Charlton

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

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

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

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

**The Multiple Sclerosis Research And  
Relief Fund**

**Report of the Trustees  
for the Year Ended 31 March 2025**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

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

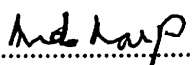
In so far as the trustees are aware:

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

**AUDITORS**

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

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

.....  
M Sharp - Trustee



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

**Opinion**

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

In our opinion the financial statements:

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

**Basis for opinion**

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

**Conclusions relating to going concern**

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

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

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

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

**Other information**

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

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

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

**Opinions on other matters prescribed by the Companies Act 2006**

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

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

**Matters on which we are required to report by exception**

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

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

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

**Responsibilities of trustees**

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

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

**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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

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

**Use of our report**

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

*Peter Weldon (Senior Statutory Auditor)*

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

Date: 18/7/25

**The Multiple Sclerosis Research And  
Relief Fund**

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

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

The notes form part of these financial statements

**The Multiple Sclerosis Research And  
Relief Fund**

**Balance Sheet  
31 March 2025**

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

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

M Sharp  
M Sharp - Trustee

The notes form part of these financial statements

**The Multiple Sclerosis Research And  
Relief Fund**

**Cash Flow Statement  
for the Year Ended 31 March 2025**

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

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 2025**

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

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

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	<b>At 1/4/24</b>	<b>Cash flow</b>	<b>At 31/3/25</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Net cash</b>			
Cash at bank and in hand	517,937	(334,790)	183,147
	<u>517,937</u>	<u>(334,790)</u>	<u>183,147</u>
	<u>517,937</u>	<u>(334,790)</u>	<u>183,147</u>
<b>Total</b>	<u><u>517,937</u></u>	<u><u>(334,790)</u></u>	<u><u>183,147</u></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 2025**

### **1. ACCOUNTING POLICIES**

#### **Basis of preparing the financial statements**

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

#### **Income**

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

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

#### **Expenditure**

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

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

#### **Tangible fixed assets**

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

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

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

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

#### **Taxation**

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

**The Multiple Sclerosis Research And  
Relief Fund**

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

**1. ACCOUNTING POLICIES - continued**

**Fund accounting**

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

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

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

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Investments**

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

**Debtors**

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

**Creditors**

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

**2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION  
UNCERTAINTY**

In the application of the Company's accounting policies management is required to make judgements, estimates and assumptions about the carrying values of assets and liabilities. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant.

The estimates and underlying assumption are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

The key assumptions and other sources of estimation uncertainty that have a significant effect of causing adjustments to the carrying amounts of assets are as follows:

**The Multiple Sclerosis Research And  
Relief Fund**

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

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

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

**3. DONATIONS AND LEGACIES**

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

**4. OTHER TRADING ACTIVITIES**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Fundraising events	11,078	10,249
	<u>11,078</u>	<u>10,249</u>

**5. INVESTMENT INCOME**

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

**The Multiple Sclerosis Research And  
Relief Fund**

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

**6. INCOME FROM CHARITABLE ACTIVITIES**

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

**7. RAISING FUNDS**

**Raising donations and legacies**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Staff costs	14,490	13,511
Fundraising	5,806	3,561
	<u>20,296</u>	<u>17,072</u>

**Investment management costs**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Portfolio management	18,499	16,909
	<u>18,499</u>	<u>16,909</u>
Aggregate amounts	<u>38,795</u>	<u>33,981</u>

**The Multiple Sclerosis Research And  
Relief Fund**

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

**8. CHARITABLE ACTIVITIES COSTS**

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

**9. GRANTS PAYABLE**

	2025 £	2024 £
Grants	<u>18,915</u>	<u>28,979</u>

**10. SUPPORT COSTS**

	Other £	Governance costs £	Totals £
Admin & running costs	101,583	-	101,583
Governance costs	-	15,000	15,000
	<u>101,583</u>	<u>15,000</u>	<u>116,583</u>

**The Multiple Sclerosis Research And  
Relief Fund**

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

**10. SUPPORT COSTS - continued**

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

**Other**

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

**Governance costs**

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

**The Multiple Sclerosis Research And  
Relief Fund**

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

**11. NET INCOME/(EXPENDITURE)**

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Depreciation - owned assets	817	18,557
	<u>          </u>	<u>          </u>

**12. TRUSTEES' REMUNERATION AND BENEFITS**

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

**Trustees' expenses**

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

**13. STAFF COSTS**

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

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

	<b>2025</b>	<b>2024</b>
Staff	<u>7</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 2025**

**14. TANGIBLE FIXED ASSETS**

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

Cost or valuation at 31 March 2025 is represented by:

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

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



**The Multiple Sclerosis Research And  
Relief Fund**

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

**15. FIXED ASSET INVESTMENTS**

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

There were no investment assets outside the UK.

Cost or valuation at 31 March 2025 is represented by:

	<b>Listed investments £</b>
Valuation in 2025	2,250,734
	<hr/> <hr/>

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

**The Multiple Sclerosis Research And  
Relief Fund**

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

**16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Prepayments and accrued income	7,388	9,762
	<u>7,388</u>	<u>9,762</u>

**17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

**18. MOVEMENT IN FUNDS**

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

**The Multiple Sclerosis Research And  
Relief Fund**

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

**18. MOVEMENT IN FUNDS - continued**

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

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

**Comparatives for movement in funds**

	<b>At 1/4/23 £</b>	<b>Net movement in funds £</b>	<b>At 31/3/24 £</b>
<b>Unrestricted funds</b>			
General fund	3,244,509	126,817	3,371,326
Property Revaluations Reserve	-	221,242	221,242
	<u>3,244,509</u>	<u>348,059</u>	<u>3,592,568</u>
<b>Restricted funds</b>			
Specialised Physiotherapy Equipment	68,510	(6,731)	61,779
<b>TOTAL FUNDS</b>	<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 2025**

**18. MOVEMENT IN FUNDS - continued**

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

	<b>Incoming resources £</b>	<b>Resources expended £</b>	<b>Gains and losses £</b>	<b>Movement in funds £</b>
<b>Unrestricted funds</b>				
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>
<b>Restricted funds</b>				
Specialised Physiotherapy Equipment	-	(6,731)	-	(6,731)
	<u>-</u>	<u>(6,731)</u>	<u>-</u>	<u>(6,731)</u>
<b>TOTAL FUNDS</b>	<u><u>594,934</u></u>	<u><u>(596,712)</u></u>	<u><u>343,106</u></u>	<u><u>341,328</u></u>

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

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

**The Multiple Sclerosis Research And  
Relief Fund**

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

**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 £
<b>Unrestricted funds</b>				
General fund	966,790	(1,188,661)	231,284	9,413
Property Revaluations Reserve	-	-	221,242	221,242
	<u>966,790</u>	<u>(1,188,661)</u>	<u>452,526</u>	<u>230,655</u>
<b>Restricted funds</b>				
Specialised Physiotherapy Equipment	-	(6,731)	-	(6,731)
Garden Fund	5,000	-	-	5,000
	<u>5,000</u>	<u>(6,731)</u>	<u>-</u>	<u>(1,731)</u>
<b>TOTAL FUNDS</b>	<u><u>971,790</u></u>	<u><u>(1,195,392)</u></u>	<u><u>452,526</u></u>	<u><u>228,924</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 2025.

**The Multiple Sclerosis Research And  
Relief Fund**

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

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

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**The Multiple Sclerosis Research And  
Relief Fund**

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

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

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**The Multiple Sclerosis Research And  
Relief Fund**

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

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

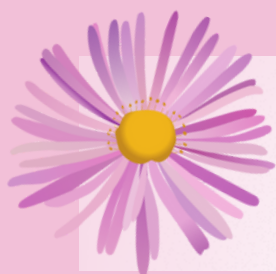
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# Impact Report

2024 - 2025



**MS Research & Relief Fund**

Supporting people affected by Multiple Sclerosis



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# Chairman's Report

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

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

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

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

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

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

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

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

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

**Paul Atkinson**  
**Chairman**





# Objectives and Activities

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



## OUR VISION

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



## OUR MISSION

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



## OUR VALUES

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



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	<b>The Multiple Sclerosis Research and Relief Fund</b>
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: <a href="http://www.msrrf.org.uk">www.msrrf.org.uk</a> E-mail: <a href="mailto:info@msrrf.org.uk">info@msrrf.org.uk</a>
Trustees	Paul Atkinson, Chairman Margaret Sharp Kevin Carr Barbara Ellis Peter Dawson Nicola Young
Patrons	Dr Martin Duddy Dr Joe Guadagno Mr John Pryce Jones Mrs Anne Wafula Strike MBE Mrs Marjorie Walker Mr Derek Wright



# Reference and Administrative Details

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



# Reference and Administrative Details

Contracted staff	<b>Davidson, John</b> Red Hill – IT Consultant
------------------	--

## Outreach Service Provision

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



# Service Provision Review

## CURRENT SERVICES

### Fitness

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

### Complementary Therapies

Sports Massage  
Swedish Massage  
Reiki  
Reflexology  
Indian Head Massage

### Classes

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

### Outreach

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

## GOING DIGITAL

### TM3 UPDATE

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

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

## SERVICE DEVELOPMENT

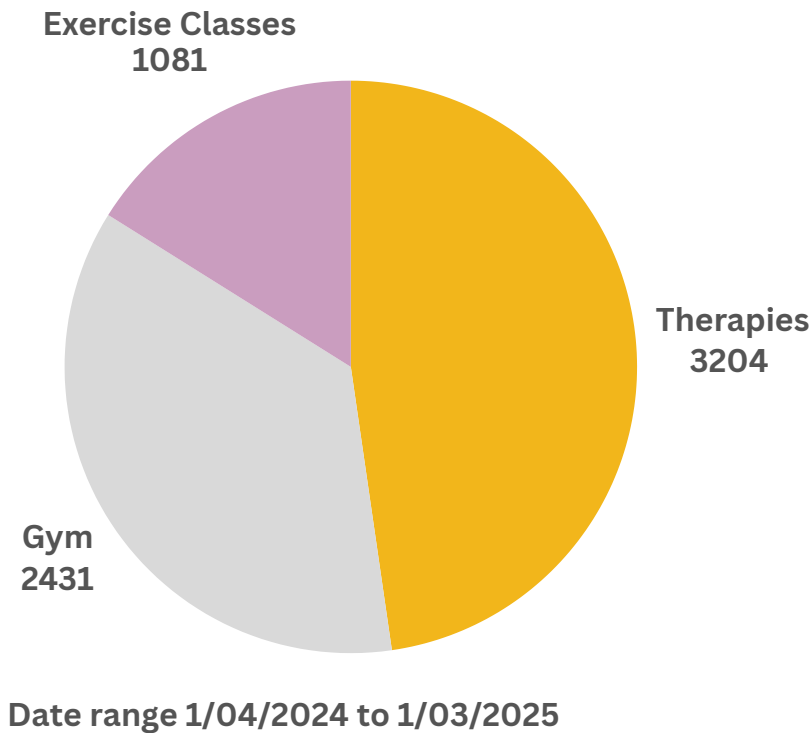
We are continually looking to identify relevant interventions that may enhance existing physiotherapy and wellness provisions.

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





# Appointments Attended 2024/2025



1.57%

increase on  
appointments  
from the previous year

6716

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

## Outreach and Partnership Services

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

## MS Nurse Clinic

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

## Peel Psychotherapy Consultancy

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

## Group Service Provision

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



# Physiotherapy 2025

For the past 12 months, MS Research & Relief Fund has been able to fund and develop a Physiotherapy-led service to its service users in the North East. Offering this service has allowed us to provide bespoke rehabilitation programmes and goal specific aims to service users within our therapy and gym teams.

Having a Physiotherapy assessment allows early identification of those service users who may be suffering a relapse or physically declining, to a point which may mean they were no longer able to access our services or sites in Morpeth and Ashington. This subsequently leads to a further decline in their physical abilities and can result in them becoming house-bound, or even chair / bed bound and fully reliant on carers or family members.

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

The Physiotherapist endeavours to quickly and effectively assess, treat, re-assess and modify rehabilitation programmes where necessary to ensure service users are receiving the best treatment possible for their condition and situation. The Physio works closely with gym and therapy staff to ascertain which service users may be either declining or about to and can therefore act quickly to reduce the risk of this.

These service users have managed to avoid the potential of worsening symptoms, decreasing mobility and the lack of ability to come and use the services that the Charity can offer them.

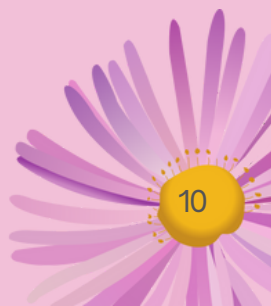
Through offering a range of treatments including massage, falls prevention classes, gym sessions, pilates classes, reflexology and other interventions - We help to maximise a service users function and ability. However this is only achievable if they are able to continue to access our clinic sites.

The Charity has been able to provide Physiotherapy assessments and treatments to over 140 service users with over 70 re-assessments so far. The charities hope is to continue this through 2025.

“

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

”



# AlterG Service Update

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

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

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

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

“

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

”




# Volunteers and Friends of MSRRF


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




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



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



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



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

## CORPORATE INVOLVEMENT

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



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**BAZAAR GROUP**



# Grant Report

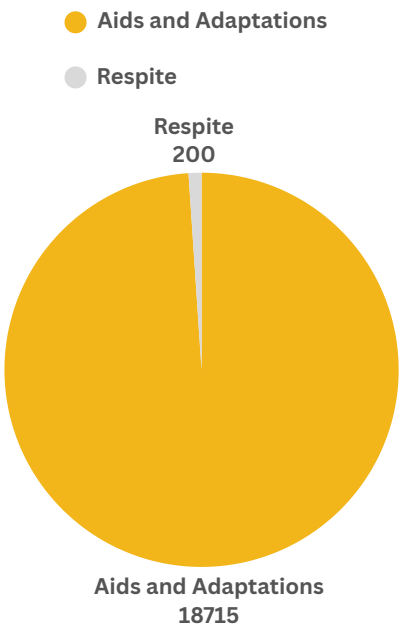
**Nationally** MS Research and Relief Fund continues to promote its grant services for aids, adaptations, equipment and services to people affected by MS.

## INDIVIDUAL GRANT APPLICATIONS

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

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

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



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

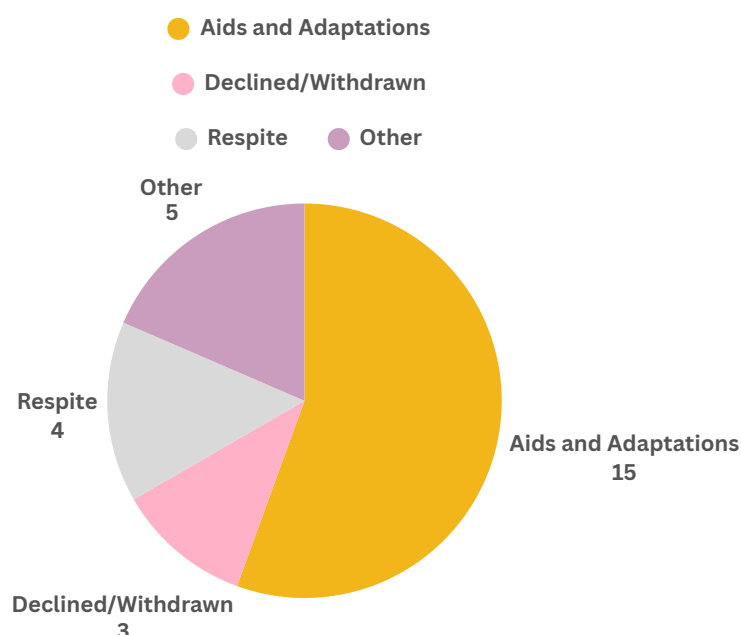
“I will never be able to express my gratitude to MS Research and Relief Fund. I have been given back my independence. Im able to go for special days out with my family, something I thought I wouldn't be able to ever do again.”



# Grant Awards

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

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



## GRANT AWARD IMPACT

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

- **Enabling Employment:**

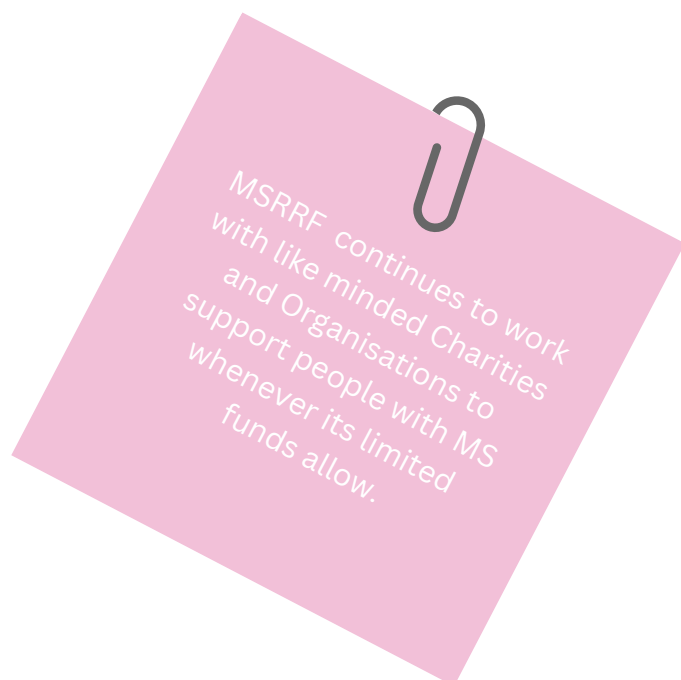
Through funding for essential equipment and assistance with mobility vehicles, MSRRF has directly helped people maintain their employment and continue contributing to the workforce.

- **Supporting Independent Living at Home:**

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

- **Promoting Independence:**

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



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



# Fundraising Report

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

## 'IN AID OF EVENTS'

### Cake Day

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

### Golf Event

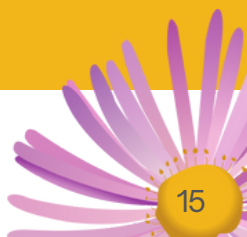
A huge thank you to Gary Fawcett for hosting a golf event raising 1240.00.

### Annual Golf Day

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

### Great North Run

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



# Fundraising Report

## SPECIAL THANKS

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

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

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

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

## Thank you...

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

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

## INCOMING GRANTS

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

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

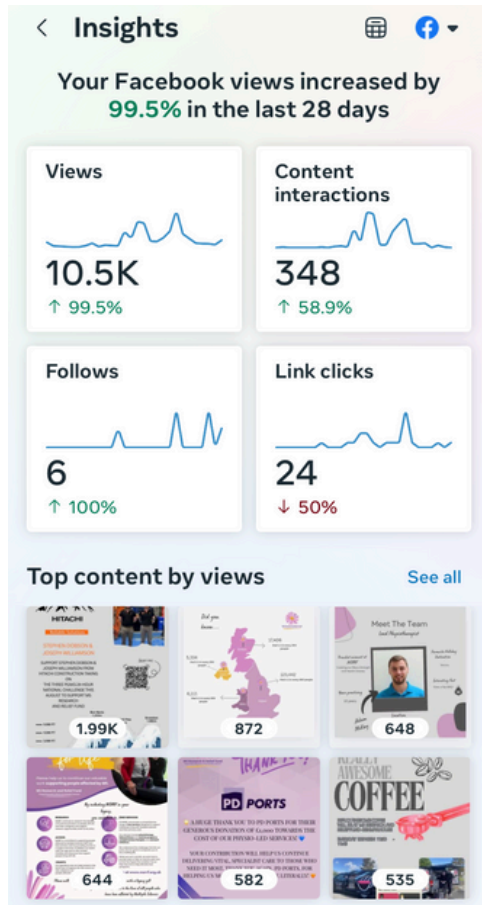
This vital support has helped us continue our work with people affected by MS and their carers.



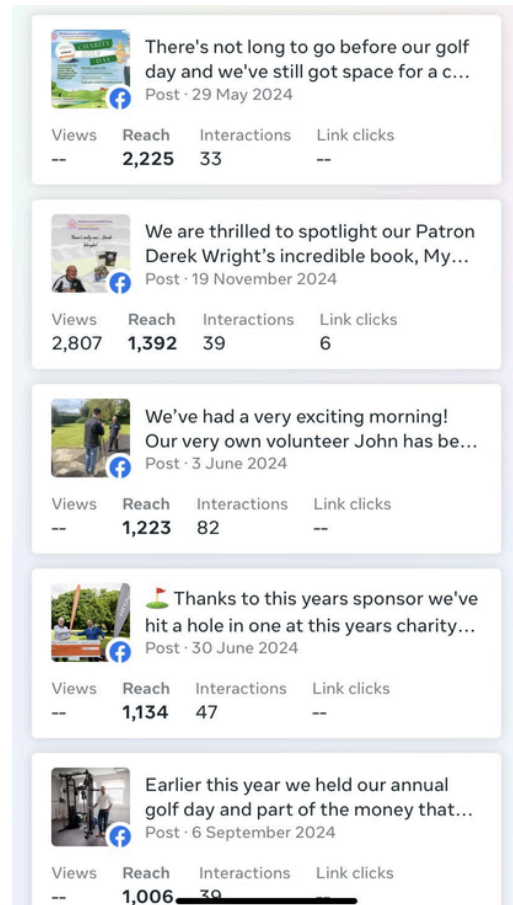


# Social Media

## FACEBOOK



## TOP REACH CONTENT



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

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

### Reach ⓘ

8.3K ↑ 31.8%

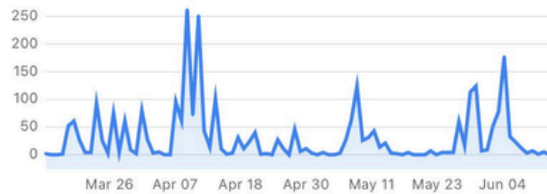


# Social Media

## ENGAGEMENT

**2,772 Engagement** ⓘ

↑246% from previous 90 days



### How people engage

#### Media type

#### Interaction type

#### Following type

● 81.1% Followers ● 18.9% Non-followers



## DEMOGRAPHIC

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

### Demographics

Based on lifetime followers

#### Age and gender ⓘ

All

Women: 78.3%

Men: 21.7%

18-24

■ 1.4%

25-34

■ 11.2%

35-44

■ 28.1%

45-54

■ 25.1%

55-64

■ 19.1%

65+

■ 15.1%

### Demographics

Based on lifetime followers

#### Top towns/cities

Newcastle upon Tyne

■ 12.1%

Morpeth

■ 11.5%

Ashington

■ 6.6%

Cramlington

■ 5.4%

Gateshead

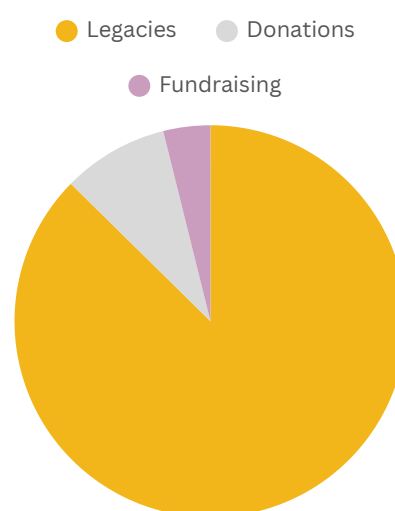
■ 3.6%

# Legacy Report

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

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

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



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

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

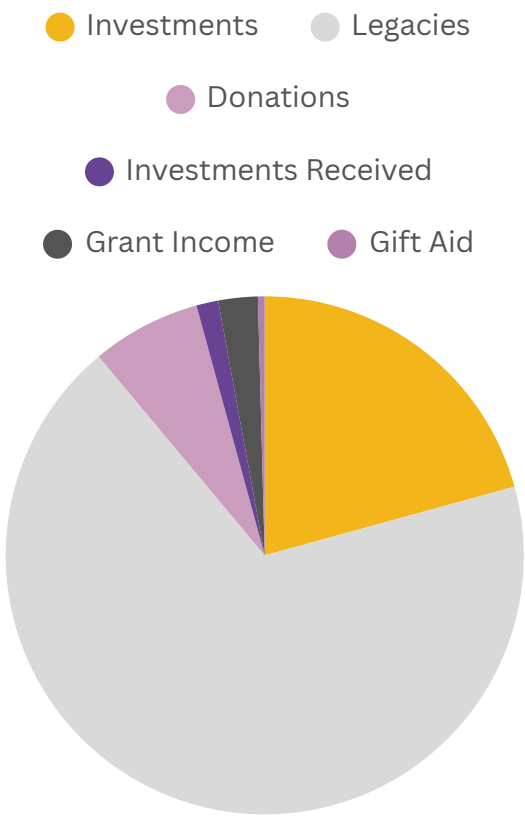


# Finance Report

## 2024/2025

### INCOME

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



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



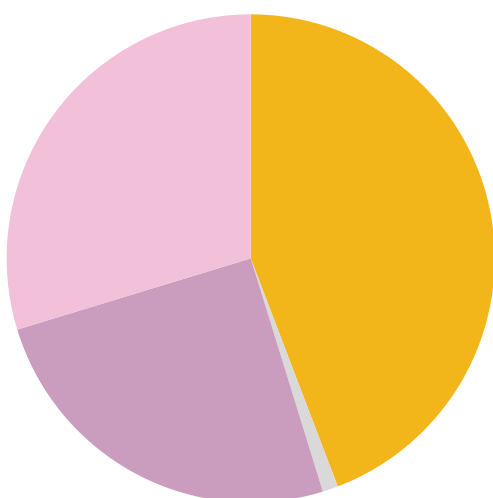
# Finance Report

## 2024/2025

### EXPENDITURE

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

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



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

# Financial Review

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

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

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

**Diane Charlton, Charity Manager**

This year our service  
users accessed

**2431**

Gym Sessions

This year our  
operational costs  
have gone up

**15.75%**

This year our  
supporters have  
raised a fantastic

**£11,078.00**

This year our service  
users accessed

**3204**

Therapies

This year legacies  
accounted for

**66.19%**

of total income

This year we gave out

**£18,915.00**

in grant funding



# Our 2025 Goals

## 1 Growing Awareness

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

## 2 Funding Partnerships

**Our aim was to strengthen our funding partnerships to enhance our impact and reach.**

Printed.com has kindly pledged to support us with printing our marketing, funding and service provision literature.

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

## 3 Service Provision Growth

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

Falls Prevention began in September 2024.

Psychotherapy began in January 2025.

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

# Our 2026 Goals

## 1 Growing Awareness

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

## Funding Partnerships

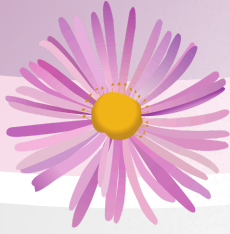
2 We want to work with local businesses and foundations to secure resources needed to continue and improve our work. We will also be looking to apply to suitable grant giving bodies.

## 3 Service Provision Growth

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







# MS Research & Relief Fund

Supporting people affected by Multiple Sclerosis

## ACKNOWLEDGEMENTS

### Our Special Thanks

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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](http://www.msrrf.org.uk) [info@msrrf.org.uk](mailto:info@msrrf.org.uk)

 MS Research and Relief Fund  msrrfcharity  MS Research and Relief Fund

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