

## **BMRES report April 2022-March 2023**

President: Prof Jo Bradwell

Chairman: Prof Chris Imray

Treasurer: Dr Owen Thomas

Secretary: Dr Alex Wright

Committee members Dr John Delamere, Dr Will Malein, Dr Sam Lucas, Dr Kelsey Joyce, Dr Sarah Clarke, Dr Kim Ashdown, Dr Kyle Pattinson

Meetings were held monthly in person and on zoom.

The main activity of the year was preparing for an expedition of 18 participants to the Annapurna region of Nepal for an ambitious trek including four high altitude passes. Studies were planned to include continuous oximetry and further assessments of acetazolamide in a placebo-controlled trial with crossover. A cognitive study was developed to include both Lake Louise scores and an acetazolamide questionnaire. The expedition was thwarted by 8cms of torrential rain over three days and by respiratory infections. Research was not possible. Subsequently seven members managed to complete the Annapurna circuit over the Thorong La (the high point at 5416m reached in the first BMRES expedition) in a clockwise direction and others explored Tilicho Lake (the world's highest lake at 4919m). The seriousness of the weather was emphasised by reports of about 50 deaths in the Annapurna region as a result of the storm. It is hoped that some of the research plans could be completed subsequently in the Alps.

Walks in the Lake District. The summer walk was based on New Dungeon Ghyll and was used to trial the use of Nonin sensors for continuous oximetry. The winter walk was based on Patterdale.

Publications included the Rush and Rest data in New Zealand Journal of Sports Science, environmental studies and two books (Grand Annapurna Traverse and the 3<sup>rd</sup> edition of BMRES publications)

The 2,600 trees planted in the BMRES wood were reported to be well established with only 3% mortality during the summer drought.

The Society was pleased to note the successful completion of a tough 48-day trans-Antarctic expedition by Chris Imray (Inspire 22).

BMRES remains grateful for the secretarial support given by Amy Cogswell, the technical support given by Amy and Kelsey Joyce and the help towards the accounts given by Ruth Keighley. The website has been updated by Kelsey.



Birmingham Medical Research  
Expeditionary Society

277893

## Receipts and payments accounts

For the period  
from

6th April 2022

To

5th April 2023

CC16a

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Members Subscriptions	7,356	-	-	7,356	5,806
Other income	192	-	-	192	170
Conference Registration fees	-	-	-	-	3,910
Expedition Annapurna - The JABBS Foundation	-	44,979	-	44,979	-
Expedition Annapurna - Arthur Thomson Trust	-	7,896	-	7,896	-
Expedition Annapurna - Members	-	9,650	-	9,650	-
Expedition Margherita	500	-	-	500	-
Woodland offset	-	-	-	-	10,250
<b>Sub total (Gross income for AR)</b>	<b>8,048</b>	<b>62,525</b>	<b>-</b>	<b>70,573</b>	<b>20,136</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>8,048</b>	<b>62,525</b>	<b>-</b>	<b>70,573</b>	<b>20,136</b>
<b>A3 Payments</b>					
Misc expenses	50	-	-	50	374
Publication Fees	-	-	-	-	2,901
Conference Expenses	-	-	-	-	4,084
Expedition- Annapurna	-	73,189	-	73,189	5,674
Woodland carbon offset	-	-	-	-	12,610
Bank Charges	31	-	-	31	180
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>81</b>	<b>73,189</b>	<b>-</b>	<b>73,270</b>	<b>25,823</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>81</b>	<b>73,189</b>	<b>-</b>	<b>73,270</b>	<b>25,823</b>
<b>Net of receipts/(payments)</b>	<b>7,967</b>	<b>10,664</b>	<b>-</b>	<b>2,697</b>	<b>5,687</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>10,664</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>26,206</b>	<b>1,620</b>	<b>-</b>	<b>27,826</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>23,509</b>	<b>1,620</b>	<b>-</b>	<b>25,129</b>	<b>5,687</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Balance	23,509	1,620	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>23,509</b>	<b>1,620</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

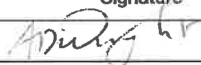
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
	Accuo Limited - Accountancy	Unrestricted	150	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	A.D. WRIGHT	12 Dec 2023



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Birmingham Medical Research Expeditionary Society

**On accounts for the year  
ended**

5 April 2023

**Charity no  
(if any)**

277893

**Set out on pages**

1-2

(remember to include the page numbers of additional sheets)

**Respective  
responsibilities of  
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

**Basis of independent  
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent  
examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed:**

**Date:**

14 DECEMBER  
2023

**Name:**

DAVID SEELEY

**Relevant professional  
qualification(s) or body  
(if any):**

FCA

**Address:**

ACCUO ACCOUNTING LTD, 40 BEAR HILL, ALVECHURCH B48 7JX