

NOTTINGHAM MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

England & Wales · Charity number 701421

Details

Other names	NOTTINGHAM FRIENDS OF ARMS LIMITED
Status	Registered
Legal form	Charitable company
Company number	02294556
Registered	1989-04-10
Register	View on the Charity Commission register

Contact

Address Nottingham MS Therapy Centre
Unit H2
Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

Phone 01159505991

Email enquiries@theoxygencentre.co.uk

Website www.theoxygencentre.org.uk

Activities

Objects: 1. TO AID AND IMPROVE FOR ALL THE PUBLIC BENEFIT IN THE AREA OF BENEFIT THE CONDITION OF THOSE SUFFERING FROM MULTIPLE SCLEROSIS BY ANY LAWFUL MEANS INCLUDING ANY OF THE FOLLOWING MEANS:- (A) BY BRINGING TOGETHER PERSONS SUFFERING FROM MULTIPLE SCLEROSIS AND PERSONS INTERESTED IN MULTIPLE SCLEROSIS; (B) BY PROVIDING ADVICE GUIDANCE AND MORAL AND PRACTICAL SUPPORT FOR PERSONS SUFFERING FROM MULTIPLE SCLEROSIS; (C) BY PROVIDING THERAPY (INCLUDING HYPERBARIC OXYGEN THERAPY) FOR PERSONS SUFFERING FROM MULTIPLE SCLEROSIS OR OTHER SYMPTOMS OR CONDITIONS.

Activities: The Centre provides a range of complementary therapies to people with multiple sclerosis and other neurological conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, Reflexology, Aromatherapy, a range of exercise equipment suitable for people with disabilities, and advice, information

and support. We open at different times each day - for further details please check our website.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** NOTTINGHAMSHIRE, DERBYSHIRE, LEICESTERSHIRE, LINCOLNSHIRE AND ELSEWHERE IN THE UK.
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£107,058	£129,948	-	-
2023-12-31	£106,802	£114,285	-	-
2022-12-31	£101,255	£101,432	-	-
2021-12-31	£125,824	£101,234	-	-
2020-12-31	£76,211	£79,075	-	-

Trustees

Name	Role	Appointed
ANDREW JAMES WARWICK	Chair	
Caroline Kalsheker		2018-10-01
John Fearon		2016-05-18

NOTTINGHAM MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

England & Wales - Charity number 701421

Accounts

Nottingham Multiple Sclerosis Therapy Centre Limited

(A company limited by guarantee)

Report and Financial Statements

Year ended: 31 December 2024

Charity no: 701421

Company no: 02294556

Nottingham Multiple Sclerosis Therapy Centre Limited

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Nottingham Multiple Sclerosis Therapy Centre Limited
Legal and administrative information

Directors and Trustees:

Andrew Warwick
John Fearon
Caroline Kalsheker

Registered Office:

Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

Reporting Accountants:

Samantha Allan
3 Holloway Close
East Bridgford
Nottingham
NG13 8NG

Company Registered Number:

02294556

Charity Registered Number:

701421

Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2024
Company registration number: 02294556

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the period ended 31 December 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities (issued March 2005 as modified June 2008) in preparing the annual report and financial statements of the charity.

The charity is a charitable company limited by guarantee, not having a share capital, and was incorporated on 9th September 1988 and it is registered with the Charity Commission. It is governed by its memorandum and articles of association dated 6th January 1998.

Reference and administrative information

The trustees/directors, charity registration number and principal address of the charity are listed on page 1.

Structure, governance and management

Governing document

The charity is governed by its memorandum and articles of association dated 6th January 1998. There are no restrictions on the operation of the charity or on its investment powers, other than those imposed by general charity law.

Governing body

The company's directors, who are also the charity's trustees, are set out on page 1. The directors also constitute the board of directors which accepts overall responsibility for operational, financial and constitutional matters.

Recruitment and training of trustees

The board of trustees is composed of individuals nominated by existing members. They are constantly looking to recruit new trustees who can broaden the skills, knowledge and experience of the charity to ensure that it continues to be focused on meeting the needs of its beneficiaries. Trustees are chosen for their particular skills and personal knowledge.

Trustee vacancies are advertised in the local press, within the Centre itself and with the local Volunteer Bureau. Nominated trustees are appointed by vote at the next available committee or Annual General Meeting, whichever comes first.

Organisational Management

The charity's trustees are legally responsible for the overall management and control of the charity and meet regularly throughout the year.

Risk management

The trustees regularly review the major risks which the charity faces, and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity. We are still operating under our Covid protocol as the risk is still very present.

Public benefit, objectives, activities and achievements

Public benefit and objectives

The trustees have due regard to the guidance issued by the Charity Commission on public benefit. Their objective is to aid and improve for all the public benefit in the area of benefit, the condition of those suffering from multiple sclerosis by any lawful means, including the following:

- (a) by bringing together people with multiple sclerosis and people interested in, and professionals working with, multiple sclerosis.
- (b) by providing advice, guidance and practical support for people with multiple sclerosis;
- (c) by providing therapy (including hyperbaric oxygen therapy) for people with multiple sclerosis or other conditions.

Activities and achievements

The Centre provides a range of complementary therapies to people with multiple sclerosis and other chronic conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, a range of accessible exercise equipment, and advice, information and support.

As ever it's been a rollercoaster of challenges that stalled or prevented things we wanted to do from happening, but at the same time we have made significant progress on other fronts, and have achieved some goals that we had set ourselves.

Fees and suggested treatment donations have had to increase a little, for obvious reasons. The general economy exerts a constant financial impact on centre overheads and consumable costs and we need to account for that to ensure the centre remains open. We also struggle with financial pressure on the staffing side, as it is by far our biggest cost, and they remain overworked and underpaid for what we ask them to do. We appreciate their dedication, alongside all our volunteers, in keeping the centre running as smoothly as it does.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. Volunteers are recruited through local advertising and volunteer bureau. Full training is given, by the manager, for the role in which the volunteer is placed.

The Centre's small team of paid staff are supported by a team of 10 dedicated volunteers in a variety of roles, including trustees, hyperbaric chamber operators, admin, community fund raisers and shop collectors, web site designer and general Centre assistants. Without the invaluable on-going support and time of our volunteers the Centre would not be sustainable.

Financial review

Although the financial statements to follow show a net resources expended, the trustees consider 2024 to be a successful year in terms of charitable activities. Income from charitable activities show an increase of 15%.

The extra costs involved with the expansion play a huge part in pushing the figures into deficit but these will hopefully be balanced out when additional funding comes in.

The trustees would like to thank everyone for their donations and grants throughout the year. Detailed thanks will be given in our published 2024 Report provided to our members and donors.

Policy on Reserves

The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to cover the proposed expenditure of the charity in the following year.

Accounts preparation

The trustees confirm that the accounts comply with current statutory requirements and with those of the governing instrument.

This report has been prepared in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (issued March 2005 as modified June 2008) and in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Trustees on 29th September 2025.

A handwritten signature in black ink, appearing to read 'Andrew Warwick', written in a cursive style.

Andrew Warwick

Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Independent examiner's report to the Trustees of Nottingham Multiple Sclerosis Therapy Centre Limited

I report on the accounts of the company for the year ended 31 December 2024, which are set out on pages 6 to 12.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 the seeking of explanations from you as 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 matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the Charities Act; and
 - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Samantha Allan
Chartered Accountant
3 Holloway Close
East Bridgford
Nottingham
NG13 8NG

29 SEPTEMBER 2025

Nottingham Multiple Sclerosis Therapy Centre Limited
Statement of Financial Activities (including summary income and expenditure account)
for the year ended 31 December 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Incoming Resources					
Income from:					
Voluntary income	2	38,982	-	38,982	47,438
Charitable activities	2	67,879	-	67,879	59,022
Investment income	2	197	-	197	342
Total incoming resources	9	<u>107,058</u>	<u>-</u>	<u>107,058</u>	<u>106,802</u>
Resources expended					
Expenditure on:					
Generating voluntary income	3	100,400	-	100,400	85,053
Charitable activities	3	25,233	-	25,233	23,825
Investment management costs	3	1,492	-	1,492	1,512
Governance costs	3	2,823	-	2,823	3,895
Total resources expended	9	<u>129,948</u>	<u>-</u>	<u>129,948</u>	<u>114,285</u>
Net incoming resources/(resources expended) before taxation		(22,890)	-	(22,890)	(7,483)
Taxation		-	-	-	-
Net income/(expenditure) for the year		<u>(22,890)</u>	<u>-</u>	<u>(22,890)</u>	<u>(7,483)</u>
Fund balances brought forward at 1 January		57,486	-	57,486	64,969
Fund balances carried forward at 31 December		<u>34,596</u>	<u>-</u>	<u>34,596</u>	<u>57,486</u>

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

Nottingham Multiple Sclerosis Therapy Centre Limited
Balance Sheet as at 31 December 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	6		3,518		9,842
Current assets					
Stocks		1,375		1,000	
Debtors	7	16,708		34,199	
Cash at bank and in hand		20,649		21,299	
		<u>38,732</u>		<u>56,498</u>	
Creditors: amounts falling due within one year	8	<u>(7,654)</u>		<u>(8,854)</u>	
Net current assets			<u>42,250</u>		<u>47,644</u>
Total assets less current liabilities			<u>34,596</u>		<u>57,486</u>
Funds:					
Unrestricted funds					
General funds			34,596		57,486
Total funds	9		<u>34,596</u>		<u>57,486</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts.

The accounts have been prepared and delivered in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 29 September 2025



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2024

1 Accounting policies

(a) Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as applied to small entities by section 1A of the standard) issued on 16 July 2014 and with the Charities Act 2011.

(b) Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the members of the company undertake to contribute to the assets of the company an amount not exceeding £1 per member of the company.

(c) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income and gains are allocated to the appropriate fund.

(d) Incoming resources

All incoming resources are shown gross and included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are included in the SOFA when receivable. No amounts are included in the financial statements for services donated by volunteers.

Interest income is recognised when receivable.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. All costs have been attributed directly to the relevant headings.

Governance costs includes bookkeeping and the cost of preparing and examining the statutory accounts.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2024

(f) Tangible fixed assets and depreciation

Tangible fixed assets are included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Fixtures, fittings and equipment	over 5 years
Decompression chamber	over 5 years

(g) Stock

Stocks are valued at the lower of cost and net realisable value.

(h) Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange ruling at the balance sheet date. All differences are taken to the SOFA.

(i) Debtors

Debtors (including trade debtors) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

(j) Creditors

The charity has creditors which are measured at settlement amounts less any discounts.

2 Analysis of income

Analysis	Unrestricted funds	Restricted funds	Total funds	Prior year funds
<u>Donations and legacies:</u>				
Membership subscriptions	5,200	-	5,200	5,400
Donations	11,782	-	11,782	20,434
Funding	22,000	-	22,000	21,604
Totals	38,982	-	38,982	47,438
<u>Charitable activities</u>				
Oxygen	67,879	-	67,879	59,022
<u>Income from investments:</u>				
Interest income	197	-	197	342

Nottingham Multiple Sclerosis Therapy Centre Limited
notes forming part of the financial statements
for the year ended 31 December 2024

3 Analysis of expenditure

Analysis	Unrestricted funds	Restricted funds	Total for year	Total prior year
<u>Costs of generating voluntary income:</u>				
Incurring seeking funding	42,189	-	42,189	26,144
Other trading activities	12,751	-	12,751	11,738
Staff costs	39,136	-	39,136	38,417
Depreciation	6,324	-	6,324	8,754
Profit on disposal of assets	-	-	-	-
Total	100,400		100,400	85,053
<u>Costs of charitable activities:</u>				
Oxygen, insurance and maintenance	13,650	-	13,650	13,560
Staff costs	11,583	-	11,583	10,265
Total	25,233		25,233	23,825
	3		3	5
<u>Investment administration costs:</u>				
Bank interest paid	-	-	-	-
Bank charges	1,492	-	1,492	1,512
Currency charges	-	-	-	-
Total	1,492		1,492	1,512
<u>Governance costs:</u>				
Book-keeping costs	250	-	250	250
Independent examiner's fees	1,500	-	1,500	1,500
Consultancy fees	1,073	-	1,073	2,145
Total	2,823		2,823	3,895

4 Staff costs

	2024	2023
Salaries and wages	49,999	48,149
Pension costs	720	533
Total	50,719	48,682

5 Pension costs

Contributions to defined contribution plans are expensed in the period to which they relate.

Nottingham Multiple Sclerosis Therapy Centre Limited
notes forming part of the financial statements
for the year ended 31 December 2024

6 Tangible fixed assets

	Fixtures, fittings and equipment £	Decompression Chamber £	Total £
Cost			
At 1 January 2024	93,446	39,537	132,983
Additions			
Disposals			
At 31 December 2024	<u>93,446</u>	<u>39,537</u>	<u>132,983</u>
Depreciation			
At 1 January 2024	83,604	39,537	123,141
Charge for year	6,324		6,324
On disposals			
At 31 December 2024	<u>89,928</u>	<u>39,537</u>	<u>129,465</u>
Net book value			
At 31 December 2024	<u>3,518</u>	-	<u>3,518</u>
At 31 December 2023	<u>9,842</u>	-	<u>9,842</u>

There was no capital expenditure contracted for, but not provided in the financial statements.

7 Debtors

	2024 £	2023 £
Trade debtors	-	-
Other debtors	7,931	24,747
Prepayments	8,777	9,452
	<u>16,708</u>	<u>34,199</u>

8 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	3,871	3,386
Other creditors	2,103	1,204
Accruals	1,680	4,264
	<u>7,654</u>	<u>6,942</u>

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2024

9 Statement of funds

	At 1 January 2024 £	Income £	Expenditure £	At 31 December 2024 £
General reserve	57,486	107,058	129,948	34,596
Total unrestricted funds	<u>57,486</u>	<u>107,058</u>	<u>129,948</u>	<u>34,596</u>
Total funds	<u>57,486</u>	<u>107,058</u>	<u>129,948</u>	<u>34,596</u>

The General reserve represents the free funds of the charity which are not designated for particular purposes. The total net assets of the company are represented by its general reserve.

10 Other information

Nottingham Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee and incorporated in England. Its registered office is:

Unit H2, Trent Park Industrial Estate
 Little Tennis Street South
 Nottingham
 NG2 4EU

NOTTINGHAM MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

England & Wales - Charity number 701421

Accounts

Nottingham Multiple Sclerosis Therapy Centre Limited

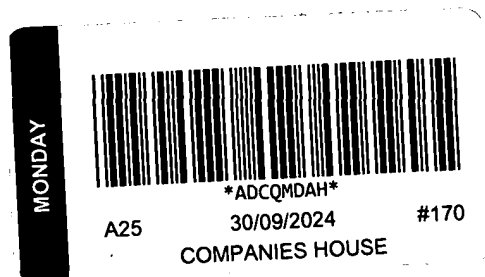
(A company limited by guarantee)

Report and Financial Statements

Year ended: 31 December 2023

Charity no: 701421

Company no: 02294556



Nottingham Multiple Sclerosis Therapy Centre Limited
Legal and administrative information

Directors and Trustees:

Andrew Warwick
John Feraon
Caroline Kalsheker
Gregory Bradshaw

Registered Office:

Unit H2, Trent Park Industrial Estate
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NG2 4EU

Reporting Accountants:

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Nottingham Multiple Sclerosis Therapy Centre Limited

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Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2023
Company registration number: 02294556

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Organisational Management

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Risk management

The trustees regularly review the major risks which the charity faces, and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity. We are still operating under our Covid protocol as the risk is still very present.

Public benefit, objectives, activities and achievements

Public benefit and objectives

The trustees have due regard to the guidance issued by the Charity Commission on public benefit. Their objective is to aid and improve for all the public benefit in the area of benefit, the condition of those suffering from multiple sclerosis by any lawful means, including the following:

- (a) by bringing together people with multiple sclerosis and people interested in, and professionals working with, multiple sclerosis.
- (b) by providing advice, guidance and practical support for people with multiple sclerosis;
- (c) by providing therapy (including hyperbaric oxygen therapy) for people with multiple sclerosis or other conditions.

Activities and achievements

The Centre provides a range of complementary therapies to people with multiple sclerosis and other chronic conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, a range of accessible exercise equipment, and advice, information and support.

2023 launched the start of our intent to expand our existing facilities into the unit adjoining ours. With full support of our landlords, plans have been drawn up to add an additional three therapy rooms, an expanded gym area with specialised physiotherapy room, a yoga/learning suite and an additional disabled toilet. This expansion will also allow for additional parking facilities outside. As we are already the only facility of our kind in Nottinghamshire and Derbyshire, we feel these additional therapies and services will allow our members to access more of the therapies they need all under the same roof.

Word appears to have been spreading about the use of hyperbaric oxygen therapy and its benefits with a number of consultants now telling their patients about our Centre too. We are further increasing our awareness work to alert all GP's in Nottinghamshire of our presence so they might tell their patients too. People are also sharing their experiences more on social media now resulting in an increase in both enquiries and new members.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. Volunteers are recruited through local advertising and volunteer bureau. Full training is given, by the manager, for the role in which the volunteer is placed.

The Centre's small team of paid staff are supported by a team of 10 dedicated volunteers in a variety of roles, including trustees, hyperbaric chamber operators, admin, community fund raisers and shop collectors, web site designer and general Centre assistants. Without the invaluable on-going support and time of our volunteers the Centre would not be sustainable.

Financial review

Although the financial statements to follow show a net resources expended, the trustees consider 2023 to be a successful year in terms of donations. Member donations for therapies show an increase of over £10,000 more than the previous year where the direct costs associated with providing these therapies remain around the same.

The extra costs involved with planning the expansion play a huge part in pushing the figures into deficit but these will hopefully be balanced out when additional funding comes in.

The trustees would like to thank everyone for their donations and grants throughout the year. Detailed thanks will be given in our published 2023 Report provided to our members and donors.

Policy on Reserves

The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to cover the proposed expenditure of the charity in the following year.

Accounts preparation

The trustees confirm that the accounts comply with current statutory requirements and with those of the governing instrument.

This report has been prepared in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (issued March 2005 as modified June 2008) and in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Trustees on 27th September 2024.

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Andrew Warwick

Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Independent examiner's report to the Trustees of Nottingham Multiple Sclerosis Therapy Centre Limited

I report on the accounts of the company for the year ended 31 December 2023, which are set out on pages 6 to 12.

Respective responsibilities of trustees and examiner

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Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

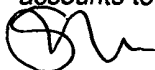
Basis of independent examiner's report

My examination was carried out in accordance with the 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 the seeking of explanations from you as 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 matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the Charities Act; and
 - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Samantha Allan
Chartered Accountant
3 Holloway Close
East Bridgford
Nottingham
NG13 8NG

27 September 2024

Nottingham Multiple Sclerosis Therapy Centre Limited
Statement of Financial Activities (including summary income and expenditure account)
for the year ended 31 December 2023

	Notes	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
Incoming Resources					
Income from:					
Voluntary income	2	47,438	-	47,438	51,698
Charitable activities	2	59,022	-	59,022	49,453
Investment income	2	342	-	342	104
Total incoming resources	9	106,802	-	106,802	101,255
Resources expended					
Expenditure on:					
Generating voluntary income	3	85,053	-	85,053	77,045
Charitable activities	3	23,825	-	23,825	20,519
Investment management costs	3	1,512	-	1,512	1,398
Governance costs	3	3,895	-	3,895	2,470
Total resources expended	9	114,285	-	114,285	101,432
Net incoming resources/(resources expended) before taxation		(7,483)	-	(7,483)	(177)
Taxation		-	-	-	-
Net income/(expenditure) for the year		(7,483)	-	(7,483)	(177)
Fund balances brought forward at 1 January		64,969	-	64,969	65,146
Fund balances carried forward at 31 December		57,486	-	57,486	64,969

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

**Nottingham Multiple Sclerosis Therapy Centre Limited
Balance Sheet as at 31 December 2023**


	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	6		9,842		18,596
Current assets					
Stocks		1,000		2,625	
Debtors	7	34,199		18,662	
Cash at bank and in hand		21,299		32,028	
		<u>56,498</u>		<u>53,315</u>	
Creditors: amounts falling due within one year	8	<u>(8,854)</u>		<u>(6,942)</u>	
Net current assets			<u>47,644</u>		<u>46,373</u>
Total assets less current liabilities			<u>57,486</u>		<u>64,969</u>
Funds:					
Unrestricted funds					
General funds			57,486		64,969
Total funds	9		<u>57,486</u>		<u>64,969</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts.

The accounts have been prepared and delivered in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 27th September 2024



**Andrew Warwick
Director**

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2023

1 Accounting policies

(a) Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as applied to small entities by section 1A of the standard) issued on 16 July 2014 and with the Charities Act 2011.

(b) Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the members of the company undertake to contribute to the assets of the company an amount not exceeding £1 per member of the company.

(c) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income and gains are allocated to the appropriate fund.

(d) Incoming resources

All incoming resources are shown gross and included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are included in the SOFA when receivable. No amounts are included in the financial statements for services donated by volunteers.

Interest income is recognised when receivable.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. All costs have been attributed directly to the relevant headings.

Governance costs includes bookkeeping and the cost of preparing and examining the statutory accounts.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2023

(f) Tangible fixed assets and depreciation

Tangible fixed assets are included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Fixtures, fittings and equipment	over 5 years
Decompression chamber	over 5 years

(g) Stock

Stocks are valued at the lower of cost and net realisable value.

(h) Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange ruling at the balance sheet date. All differences are taken to the SOFA.

(i) Debtors

Debtors (including trade debtors) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

(j) Creditors

The charity has creditors which are measured at settlement amounts less any discounts.

2 Analysis of income

Analysis	Unrestricted funds	Restricted funds	Total funds	Prior year funds
<u>Donations and legacies:</u>				
Membership subscriptions	5,400	-	5,400	3,813
Donations	20,434	-	20,434	17,885
Funding	21,604	-	21,604	30,000
Totals	47,438	-	47,438	51,698
<u>Charitable activities</u>				
Oxygen	59,022	-	59,022	49,453
<u>Income from investments:</u>				
Interest income	342	-	342	104

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2023

3 Analysis of expenditure

Analysis	Unrestricted funds	Restricted funds	Total for year	Total prior year
<u>Costs of generating voluntary income:</u>				
Incurring seeking funding	26,144	-	26,144	22,380
Other trading activities	11,738	-	11,738	11,726
Staff costs	38,417	-	38,417	34,185
Depreciation	8,754	-	8,754	8,754
Profit on disposal of assets	-	-	-	-
Total	85,053	-	85,053	77,045
<u>Costs of charitable activities:</u>				
Oxygen, insurance and maintenance	13,560	-	13,560	11,409
Staff costs	10,265	-	10,265	9,110
Total	23,825	-	23,825	20,519
<u>Investment administration costs:</u>				
Bank interest paid	-	-	-	-
Bank charges	1,512	-	1,512	1,398
Currency charges	-	-	-	-
Total	1,512	-	1,512	1,398
<u>Governance costs:</u>				
Book-keeping costs	250	-	250	250
Independent examiner's fees	1,500	-	1,500	2,220
Consultancy fees	2,145	-	2,145	-
Total	3,895	-	3,895	2,470

4 Staff costs

	2023	2022
Salaries and wages	48,149	42,763
Pension costs	533	532
Total	43,295	43,295

5 Pension costs

Contributions to defined contribution plans are expensed in the period to which they relate.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2023

6 Tangible fixed assets

	Fixtures, fittings and equipment	Decompression Chamber	Total
	£	£	£
Cost			
At 1 January 2023	93,446	39,537	132,983
Additions			
Disposals			
At 31 December 2023	<u>93,446</u>	<u>39,537</u>	<u>132,983</u>
Depreciation			
At 1 January 2023	74,850	39,537	114,387
Charge for year	8,754		8,754
On disposals			
At 31 December 2023	<u>83,604</u>	<u>39,537</u>	<u>123,141</u>
Net book value			
At 31 December 2023	<u>9,842</u>	-	<u>9,842</u>
At 31 December 2022	<u>18,596</u>	-	<u>18,596</u>

There was no capital expenditure contracted for, but not provided in the financial statements.

7 Debtors

	2023	2022
	£	£
Trade debtors	-	-
Other debtors	24,747	10,324
Prepayments	9,452	8,338
	<u>34,199</u>	<u>18,662</u>

8 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	3,386	1,590
Other creditors	1,204	2,523
Accruals	4,264	2,829
	<u>8,854</u>	<u>6,942</u>

Nottingham Multiple Sclerosis Therapy Centre Limited
notes forming part of the financial statements
for the year ended 31 December 2023

9 Statement of funds

	At 1 January 2023 £	Income £	Expenditure £	At 31 December 2023 £
General reserve	64,969	106,802	114,285	57,486
Total unrestricted funds	<u>64,969</u>	<u>106,802</u>	<u>114,285</u>	<u>57,486</u>
Total funds	<u>64,969</u>	<u>106,802</u>	<u>114,285</u>	<u>57,486</u>

The General reserve represents the free funds of the charity which are not designated for particular purposes. The total net assets of the company are represented by its general reserve.

10 Other information

Nottingham Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee and incorporated in England. Its registered office is:

Unit H2, Trent Park Industrial Estate
 Little Tennis Street South
 Nottingham
 NG2 4EU

NOTTINGHAM MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

England & Wales - Charity number 701421

Accounts

Nottingham Multiple Sclerosis Therapy Centre Limited

(A company limited by guarantee)

Report and Financial Statements

Year ended: 31 December 2022

Charity no: 701421

Company no: 02294556

Nottingham Multiple Sclerosis Therapy Centre Limited

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Report of the Trustees	2
Independent Examiners Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes forming part of the financial statements	8

Nottingham Multiple Sclerosis Therapy Centre Limited
Legal and administrative information

Directors and Trustees:

Andrew Warwick
John Feraon
Caroline Kalsheker

Registered Office:

Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

Reporting Accountants:

Longleys
81 Melton Road
West Bridgford
Nottingham
NG2 6EN

Company Registered Number:
02294556

Charity Registered Number:
701421

Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2022
Company registration number: 02294556

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the period ended 31 December 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities (issued March 2005 as modified June 2008) in preparing the annual report and financial statements of the charity.

The charity is a charitable company limited by guarantee, not having a share capital, and was incorporated on 9th September 1988 and it is registered with the Charity Commission. It is governed by its memorandum and articles of association dated 6th January 1998.

Reference and administrative information

The trustees/directors, charity registration number and principal address of the charity are listed on page 1.

Structure, governance and management

Governing document

The charity is governed by its memorandum and articles of association dated 6th January 1998. There are no restrictions on the operation of the charity or on its investment powers, other than those imposed by general charity law.

Governing body

The company's directors, who are also the charity's trustees, are set out on page 1. The directors also constitute the board of directors which accepts overall responsibility for operational, financial and constitutional matters.

Recruitment and training of trustees

The board of trustees is composed of individuals nominated by existing members. They are constantly looking to recruit new trustees who can broaden the skills, knowledge and experience of the charity to ensure that it continues to be focused on meeting the needs of its beneficiaries. Trustees are chosen for their particular skills and personal knowledge.

Trustee vacancies are advertised in the local press, within the Centre itself and with the local Volunteer Bureau. Nominated trustees are appointed by vote at the next available committee or Annual General Meeting, whichever comes first.

Organisational Management

The charity's trustees are legally responsible for the overall management and control of the charity and meet regularly throughout the year.

Risk management

The trustees regularly review the major risks which the charity faces, and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity. We are still operating under our Covid protocol as the risk is still very present.

Public benefit, objectives, activities and achievements

Public benefit and objectives

The trustees have due regard to the guidance issued by the Charity Commission on public benefit. Their objective is to aid and improve for all the public benefit in the area of benefit, the condition of those suffering from multiple sclerosis by any lawful means, including the following:

- (a) by bringing together people with multiple sclerosis and people interested in, and professionals working with, multiple sclerosis.
- (b) by providing advice, guidance and practical support for people with multiple sclerosis;
- (c) by providing therapy (including hyperbaric oxygen therapy) for people with multiple sclerosis or other conditions.

Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2022

Activities and achievements

The Centre provides a range of complementary therapies to people with multiple sclerosis and other neurological conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, a range of accessible exercise equipment, and advice, information and support.

2022 has shown a slow and steady increase in both the number of people attending our Centre, and in income. Although 2021 showed an increase in our normal average income, this was an exception due to the influx of funds available over the pandemic making income in 2022 of £101,151 a positive sign.

We have been pleased to welcome more people with multiple sclerosis, cancer, fibromyalgia, CFS/ME and many more conditions into our Centre not only for hyperbaric oxygen therapy but for the comfort and support that comes from meeting others going through the same thing. Numbers of members with long covid continue to rise as more symptoms become attributable to Covid 19, placing more people into that bracket. Hyperbaric oxygen therapy continues to offer relief to the majority of people coming to us with chronic fatigue and cognitive issues, whatever the condition.

Word continues to spread about the use of hyperbaric oxygen therapy, and its benefits, with more consultants now telling their patients about our Centre. We are further increasing our awareness work to alert all GP's in Nottinghamshire of our presence so they might tell their patients, and interestingly we have an increasing number of GP's coming to us for their own symptoms.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. Volunteers are recruited through local advertising and volunteer bureau. Full training is given, by the manager, for the role in which the volunteer is placed.

The Centre's small team of paid staff are supported by a team of 10 dedicated volunteers in a variety of roles, including trustees, hyperbaric chamber operators, admin, community fund raisers and shop collectors, web site designer and general Centre assistants. Without the invaluable on-going support and time of our volunteers the Centre would not be sustainable.

Financial review

The financial statements are set out on pages 5 to 10. The trustees consider the financial performance by the charity during the period to have increased.

The Statement of Financial Activities show net incoming resources for the period of (£177). Whilst this is a small deficit, it is still considered to be more inline with normal levels. All of the increased income (excluding the large covid grant carried over to the 2021 accounts) has been spent on running the Centre and providing different services to the members.

The trustees are grateful to the following larger donors for their support:

The Dunn Family Trust
The Jones 1986 Charitable Trust
The Wesleyan Foundation
The J N Derbyshire Trust

The trustees are also extremely grateful to the many other trusts and donors who help keep the Centre open and providing the relatively unique hyperbaric oxygen therapy to the people of Nottinghamshire and surrounding areas.

The total reserves at the period end stand at £64,969, down from the previous year.

Policy on Reserves

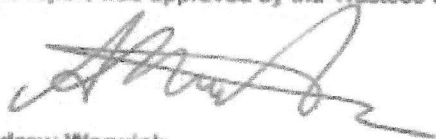
The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to cover the proposed expenditure of the charity in the following year.

Accounts preparation

The trustees confirm that the accounts comply with current statutory requirements and with those of the governing instrument.

This report has been prepared in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (issued March 2005 as modified June 2008) and in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Trustees on 28th September 2023.



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Independent examiner's report to the Trustees of Nottingham Multiple Sclerosis Therapy
Centre Limited

I report on the accounts of the company for the year ended 31 December 2022, which are set out on pages 6 to 12.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 the seeking of explanations from you as 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 matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the Charities Act; and
 - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

M.R. Longley

M R Longley
Longleys
Chartered Accountants
81 Melton Road
West Bridgford
Nottingham
NG2 6EN

29 SEPTEMBER 2023
.....

Nottingham Multiple Sclerosis Therapy Centre Limited
Statement of Financial Activities (including summary income and expenditure account)
for the year ended 31 December 2022

	Notes	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
		£	£	£	£
Incoming Resources					
Incoming resources from generated funds:					
Voluntary income	2	101,151	-	101,151	125,824
Investment income	2	104	-	104	95
Total incoming resources	9	101,255	-	101,255	125,919
Resources expended					
Cost of generating funds:					
Costs of generating voluntary income	3	97,564	-	97,564	98,548
Investment management costs	3	1,398	-	1,398	282
Governance costs	3	2,470	-	2,470	2,404
Total resources expended	9	101,432	-	101,432	101,234
Net incoming resources/(resources expended) before taxation		(177)	-	(177)	24,685
Taxation		-	-	-	-
Net income/(expenditure) for the year		(177)	-	(177)	24,685
Fund balances brought forward at 1 January		65,146	-	65,146	40,461
Fund balances carried forward at 31 December		64,969	-	64,969	65,146

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

Nottingham Multiple Sclerosis Therapy Centre Limited
Balance Sheet as at 31 December 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	6		18,596		26,583
Current assets					
Stocks		2,625		2,625	
Debtors	7	18,862		18,784	
Cash at bank and in hand		32,028		27,851	
		<u>53,315</u>		<u>47,260</u>	
Creditors: amounts falling due within one year	8	<u>(6,942)</u>		<u>(8,677)</u>	
Net current assets			<u>46,373</u>		<u>38,583</u>
Total assets less current liabilities			<u>64,969</u>		<u>65,146</u>
Funds:					
Unrestricted funds					
General funds			64,969		65,146
Total funds	9		<u>64,969</u>		<u>65,146</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts.

The accounts have been prepared and delivered in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 28/9/23



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2022

1 Accounting policies

(a) Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as applied to small entities by section 1A of the standard) issued on 16 July 2014 and with the Charities Act 2011.

(b) Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the members of the company undertake to contribute to the assets of the company an amount not exceeding £1 per member of the company.

(c) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income and gains are allocated to the appropriate fund.

(d) Incoming resources

All incoming resources are shown gross and included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are included in the SOFA when receivable. No amounts are included in the financial statements for services donated by volunteers.

Interest income is recognised when receivable.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. All costs have been attributed directly to the relevant headings.

Governance costs includes bookkeeping and the cost of preparing and examining the statutory accounts.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2022

(f) **Tangible fixed assets and depreciation**

Tangible fixed assets are included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Fixtures, fittings and equipment	over 5 years
Decompression chamber	over 5 years

(g) **Stock**

Stocks are valued at the lower of cost and net realisable value.

(h) **Foreign currencies**

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange ruling at the balance sheet date. All differences are taken to the SOFA.

(i) **Debtors**

Debtors (including trade debtors) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

(j) **Creditors**

The charity has creditors which are measured at settlement amounts less any discounts.

2 Analysis of income

Analysis	Unrestricted funds	Restricted funds	Total funds	Prior year funds
<u>Donations and legacies:</u>				
Membership subscriptions	3,813	-	3,813	3,995
Donations	17,885	-	17,885	6,701
Funding	79,453	-	79,453	115,128
Totals	101,151	-	101,151	125,824
<u>Income from investments:</u>				
Interest income	104	-	104	95

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2022

3 Analysis of expenditure

Analysis	Unrestricted funds	Restricted funds	Total for year	Total prior year
<u>Costs of generating voluntary income:</u>				
Incurring seeking funding	33,789	-	33,789	34,990
Other trading activities	11,726	-	11,726	15,929
Staff costs	43,295	-	43,295	38,580
Depreciation	8,754	-	8,754	8,596
Profit on disposal of assets	-	-	-	-
Total	97,564	-	97,564	98,095
<u>Investment administration costs:</u>				
Bank interest paid	-	-	-	-
Bank charges	1,398	-	1,398	282
Currency charges	-	-	-	-
Total	1,398	-	1,398	282
<u>Governance costs:</u>				
Book-keeping costs	250	-	250	250
Independent examiner's fees	2,220	-	2,220	2,154
Consultancy fees	-	-	-	-
Total	2,470	-	2,470	2,404

4 Staff costs

	2022	2021
Salaries and wages	42,763	37,828
Pension costs	532	752
Total	43,295	38,580

5 Pension costs

Contributions to defined contribution plans are expensed in the period to which they relate.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2022

6 Tangible fixed assets

	Fixtures, fittings and equipment £	Decompression Chamber £	Total £
Cost			
At 1 January 2022	92,658	39,537	132,195
Additions	788		788
Disposals			
At 31 December 2022	93,446	39,537	132,983
Depreciation			
At 1 January 2022	66,096	39,537	105,633
Charge for year	8,754		8,754
On disposals			
At 31 December 2022	74,850	39,537	114,387
Net book value			
At 31 December 2022	18,596	-	18,596
At 31 December 2021	26,563	-	26,563

There was no capital expenditure contracted for, but not provided in the financial statements.

7 Debtors

	2022 £	2021 £
Trade debtors		
Other debtors	-	-
Prepayments	10,324	8,324
	8,338	8,460
	<u>18,662</u>	<u>16,784</u>

8 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors		
Other creditors	1,590	2,620
Accruals	2,523	3,525
	2,829	2,532
	<u>6,942</u>	<u>8,677</u>

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2022

9 Statement of funds

	At 1 January 2022 £	Income £	Expenditure £	At 31 December 2022 £
General reserve	65,146	101,255	101,432	64,969
Total unrestricted funds	<u>65,146</u>	<u>101,255</u>	<u>101,432</u>	<u>64,969</u>
Total funds	<u>65,146</u>	<u>101,255</u>	<u>101,432</u>	<u>64,969</u>

The General reserve represents the free funds of the charity which are not designated for particular purposes. The total net assets of the company are represented by its general reserve.

10 Other information

Nottingham Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee and incorporated in England. Its registered office is:

Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

NOTTINGHAM MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

England & Wales - Charity number 701421

Accounts

Nottingham Multiple Sclerosis Therapy Centre Limited

(A company limited by guarantee)

Report and Financial Statements

Year ended: 31 December 2021

Charity no: 701421

Company no: 02294556

Nottingham Multiple Sclerosis Therapy Centre Limited

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Nottingham Multiple Sclerosis Therapy Centre Limited

Legal and administrative information

Directors and Trustees:

Andrew Warwick
John Feraon
Caroline Kalsheker

Registered Office:

Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

Reporting Accountants:

Longleys
81 Melton Road
West Bridgford
Nottingham
NG2 6EN

Company Registered Number:

02294556

Charity Registered Number:

701421

Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2021
Company registration number: 02294556

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the period ended 31 December 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities (issued March 2005 as modified June 2008) in preparing the annual report and financial statements of the charity.

The charity is a charitable company limited by guarantee, not having a share capital, and was incorporated on 9th September 1988 and it is registered with the Charity Commission. It is governed by its memorandum and articles of association dated 6th January 1998.

Reference and administrative information

The trustees/directors, charity registration number and principal address of the charity are listed on page 1.

Structure, governance and management

Governing document

The charity is governed by its memorandum and articles of association dated 6th January 1998. There are no restrictions on the operation of the charity or on its investment powers, other than those imposed by general charity law.

Governing body

The company's directors, who are also the charity's trustees, are set out on page 1. The directors also constitute the board of directors which accepts overall responsibility for operational, financial and constitutional matters.

Recruitment and training of trustees

The board of trustees is composed of individuals nominated by existing members. They are constantly looking to recruit new trustees who can broaden the skills, knowledge and experience of the charity to ensure that it continues to be focused on meeting the needs of its beneficiaries. Trustees are chosen for their particular skills and personal knowledge.

Trustee vacancies are advertised in the local press, within the Centre itself and with the local Volunteer Bureau. Nominated trustees are appointed by vote at the next available committee or Annual General Meeting, whichever comes first.

Organisational Management

The charity's trustees are legally responsible for the overall management and control of the charity and meet regularly throughout the year.

Risk management

The trustees regularly review the major risks which the charity faces, and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity. We are still operating under our Covid protocol as the risk is still very present.

Public benefit, objectives, activities and achievements

Public benefit and objectives

The trustees have due regard to the guidance issued by the Charity Commission on public benefit. Their objective is to aid and improve for all the public benefit in the area of benefit, the condition of those suffering from multiple sclerosis by any lawful means, including the following:

- (a) by bringing together people with multiple sclerosis and people interested in, and professionals working with, multiple sclerosis.
- (b) by providing advice, guidance and practical support for people with multiple sclerosis;
- (c) by providing therapy (including hyperbaric oxygen therapy) for people with multiple sclerosis or other conditions.

Nottingham Multiple Sclerosis Therapy Centre Limited

Report of the Trustees for the period ended 31 December 2021

Activities and achievements

The Centre provides a range of complementary therapies to people with multiple sclerosis and other neurological conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, a range of accessible exercise equipment, and advice, information and support.

2021 has been a difficult year again as we recovered from the effects of the pandemic. Due to the nature of our charity, many members remained in isolation. This fall decline in numbers though was balanced by the huge number of people coming to us with long covid. We were one of the first organisations in Nottinghamshire to offer a practical therapy for people struggling to manage after their initial infection. While there is still no empirical data, anecdotal evidence was fairly easy to gather as approximately 95% of people coming reported improvement, with many crediting HBOT for their recovery.

The publicity given by the local media also helped raise awareness of our Centre and we have seen an increase in the number of members with multiple sclerosis towards the end of the year.

Word appears to have been spreading about the use of hyperbaric oxygen therapy and its benefits with a number of consultants now telling their patients about our Centre too. We are further increasing our awareness work to alert all GP's in Nottinghamshire of our presence so they might tell their patients too.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. Volunteers are recruited through local advertising and volunteer bureau. Full training is given, by the manager, for the role in which the volunteer is placed.

The Centre's small team of paid staff are supported by a team of 10 dedicated volunteers in a variety of roles, including trustees, hyperbaric chamber operators, admin, community fund raisers and shop collectors, web site designer and general Centre assistants. Without the invaluable on-going support and time of our volunteers the Centre would not be sustainable.

Financial review

The financial statements are set out on pages 6 to 12. The trustees consider the financial performance by the charity during the period to have increased but this is due to the release of deferred income from the HM Government/National Lottery grant in 2020. Without this income release, income is lower than pre-covid times. The pandemic had a huge impact on income as trusts were still recovering from the emergency covid funds granted making general funds harder to secure. This thankfully started to show signs of improving towards the end of the year and into 2022.

The Statement of Financial Activities show net incoming resources for the period of £24,658 but the trustees consider this to be artificially inflated due to the £70,000 plus released funds. The rush of new members with long covid also partly explains the increase. The £24,658 is certainly an anomaly though, and all surpluses are invested back into the Centre.

The total reserves at the period end stand at £65,146 but again this is completely against the norm and mainly due to Covid specific emergency funds.

Policy on Reserves

The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to cover the proposed expenditure of the charity in the following year.

Accounts preparation

The trustees confirm that the accounts comply with current statutory requirements and with those of the governing instrument.

This report has been prepared in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (issued March 2005 as modified June 2008) and in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Trustees on 14th October 2022.



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Independent examiner's report to the Trustees of Nottingham Multiple Sclerosis Therapy Centre Limited

I report on the accounts of the company for the year ended 31 December 2021, which are set out on pages 6 to 12.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 the seeking of explanations from you as 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 matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the Charities Act; and
 - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


M R Longley
Longleys
Chartered Accountants
81 Melton Road
West Bridgford
Nottingham
NG2 6EN

17 OCTOBER 2022

Nottingham Multiple Sclerosis Therapy Centre Limited
Statement of Financial Activities (including summary income and expenditure account)
for the year ended 31 December 2021

	Notes	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
		£	£	£	£
Incoming Resources					
Incoming resources from generated funds:					
Voluntary income	2	125,824	-	125,824	76,136
Investment income	2	95	-	95	75
Total incoming resources	9	<u>125,919</u>	<u>-</u>	<u>125,919</u>	<u>76,211</u>
Resources expended					
Cost of generating funds:					
Costs of generating voluntary income	3	98,548	-	98,548	76,356
Investment management costs	3	282	-	282	369
Governance costs	3	<u>2,404</u>	<u>-</u>	<u>2,404</u>	<u>2,350</u>
Total resources expended	9	<u>101,234</u>	<u>-</u>	<u>101,234</u>	<u>79,075</u>
Net incoming resources/(resources expended) before taxation		24,685	-	24,685	(2,864)
Taxation		-	-	-	-
Net income/(expenditure) for the year		<u>24,685</u>	<u>-</u>	<u>24,685</u>	<u>(2,864)</u>
Fund balances brought forward at 1 January		<u>40,461</u>	<u>-</u>	<u>40,461</u>	<u>43,325</u>
Fund balances carried forward at 31 December		<u>65,146</u>	<u>-</u>	<u>65,146</u>	<u>40,461</u>

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

M R J...
Chartered Accountant
17 October 2022

Nottingham Multiple Sclerosis Therapy Centre Limited
Balance Sheet as at 31 December 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	6		26,563		12,355
Current assets					
Stocks		2,625		100	
Debtors	7	16,784		9,023	
Cash at bank and in hand		27,851		104,995	
		<u>47,260</u>		<u>114,118</u>	
Creditors: amounts falling due within one year	8	<u>(8,677)</u>		<u>(86,012)</u>	
Net current assets			<u>38,583</u>		<u>28,106</u>
Total assets less current liabilities			<u>65,146</u>		<u>40,461</u>
Funds:					
Unrestricted funds					
General funds			65,146		40,461
Total funds	9		<u>65,146</u>		<u>40,461</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts.

The accounts have been prepared and delivered in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 14th October 2022



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2021

1 Accounting policies

(a) Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as applied to small entities by section 1A of the standard) issued on 16 July 2014 and with the Charities Act 2011.

(b) Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the members of the company undertake to contribute to the assets of the company an amount not exceeding £1 per member of the company.

(c) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income and gains are allocated to the appropriate fund.

(d) Incoming resources

All incoming resources are shown gross and included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are included in the SOFA when receivable. No amounts are included in the financial statements for services donated by volunteers.

Interest income is recognised when receivable.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. All costs have been attributed directly to the relevant headings.

Governance costs includes bookkeeping and the cost of preparing and examining the statutory accounts.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2021

(f) Tangible fixed assets and depreciation

Tangible fixed assets are included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Fixtures, fittings and equipment	over 5 years
Decompression chamber	over 5 years

(g) Stock

Stocks are valued at the lower of cost and net realisable value.

(h) Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange ruling at the balance sheet date. All differences are taken to the SOFA.

(i) Debtors

Debtors (including trade debtors) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

(j) Creditors

The charity has creditors which are measured at settlement amounts less any discounts.

2 Analysis of income

Analysis	Unrestricted funds	Restricted funds	Total funds	Prior year funds
<u>Donations and legacies:</u>				
Membership subscriptions	3,995	-	3,995	635
Donations	6,701	-	6,701	20,337
Funding	115,128	-	115,128	55,164
Totals	125,824	-	125,824	76,136
<u>Income from investments:</u>				
Interest income	95	-	95	75

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2021

3 Analysis of expenditure

Analysis	Unrestricted funds	Restricted funds	Total for year	Total prior year
<u>Costs of generating voluntary income:</u>				
Incurring seeking funding	34,990	-	34,990	25,040
Other trading activities	15,929	-	15,929	13,283
Staff costs	38,580	-	38,580	33,867
Depreciation	8,596	-	8,596	4,166
Profit on disposal of assets	-	-	-	-
Total	98,095	-	98,095	76,356
<u>Investment administration costs:</u>				
Bank interest paid	-	-	-	-
Bank charges	735	-	282	369
Currency charges	-	-	-	-
Total	735	-	282	369
<u>Governance costs:</u>				
Book-keeping costs	250	-	250	250
Independent examiner's fees	2,154	-	2,154	2,100
Consultancy fees	-	-	-	-
Total	2,404	-	2,404	2,350

4 Staff costs

	2021	2020
Salaries and wages	37,828	33,208
Pension costs	752	659
Total	38,580	33,867

5 Pension costs

Contributions to defined contribution plans are expensed in the period to which they relate.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2021

6 Tangible fixed assets

	Fixtures, fittings and equipment £	Decompression Chamber £	Total £
Cost			
At 1 January 2021	69,854	39,537	109,391
Additions	22,804		22,803
Disposals			
At 31 December 2021	<u>92,658</u>	<u>39,537</u>	<u>132,195</u>
Depreciation			
At 1 January 2021	57,500	39,537	97,037
Charge for year	8,596		8,596
On disposals			
At 31 December 2021	<u>66,096</u>	<u>39,537</u>	<u>105,633</u>
Net book value			
At 31 December 2021	<u><u>26,563</u></u>	-	<u><u>26,563</u></u>
At 31 December 2020	<u><u>12,355</u></u>	-	<u><u>12,355</u></u>

There was no capital expenditure contracted for, but not provided in the financial statements.

7 Debtors

	2021 £	2020 £
Trade debtors	-	-
Other debtors	8,324	5,684
Prepayments	8,460	3,339
	<u>16,784</u>	<u>9,023</u>

8 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	2,620	8,738
Other creditors	3,525	74,211
Accruals	2,532	3,063
	<u>8,677</u>	<u>86,012</u>

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2021

9 Statement of funds

	At 1 January 2021 £	Income £	Expenditure £	At 31 December 2021 £
General reserve	40,461	125,919	101,234	65,146
Total unrestricted funds	<u>40,461</u>	<u>125,919</u>	<u>101,234</u>	<u>65,146</u>
Total funds	<u>40,461</u>	<u>125,919</u>	<u>101,234</u>	<u>65,146</u>

The General reserve represents the free funds of the charity which are not designated for particular purposes. The total net assets of the company are represented by its general reserve.

10 Other information

Nottingham Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee and incorporated in England. Its registered office is:

Unit H2, Trent Park Industrial Estate
 Little Tennis Street South
 Nottingham
 NG2 4EU

NOTTINGHAM MULTIPLE SCLEROSIS THERAPY CENTRE LIMITED

England & Wales - Charity number 701421

Accounts

Nottingham Multiple Sclerosis Therapy Centre Limited

(A company limited by guarantee)

Report and Financial Statements

Year ended: 31 December 2020

Charity no: 701421

Company no: 02294556

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COMPANIES HOUSE

Nottingham Multiple Sclerosis Therapy Centre Limited

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Nottingham Multiple Sclerosis Therapy Centre Limited
Legal and administrative information

Directors and Trustees:

Andrew Warwick
John Feraon
Caroline Kalsheker

Registered Office:

Unit H2, Trent Park Industrial Estate
Little Tennis Street South
Nottingham
NG2 4EU

Reporting Accountants:

Longleys
81 Melton Road
West Bridgford
Nottingham
NG2 6EN

Company Registered Number:

02294556

Charity Registered Number:

701421

Nottingham Multiple Sclerosis Therapy Centre Limited
Report of the Trustees for the period ended 31 December 2020
Company registration number: 02294556

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the period ended 31 December 2020. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities (issued March 2005 as modified June 2008) in preparing the annual report and financial statements of the charity.

The charity is a charitable company limited by guarantee, not having a share capital, and was incorporated on 9th September 1988 and it is registered with the Charity Commission. It is governed by its memorandum and articles of association dated 6th January 1998.

Reference and administrative information

The trustees/directors, charity registration number and principal address of the charity are listed on page 1.

Structure, governance and management

Governing document

The charity is governed by its memorandum and articles of association dated 6th January 1998. There are no restrictions on the operation of the charity or on its investment powers, other than those imposed by general charity law.

Governing body

The company's directors, who are also the charity's trustees, are set out on page 1. The directors also constitute the board of directors which accepts overall responsibility for operational, financial and constitutional matters.

Recruitment and training of trustees

The board of trustees is composed of individuals nominated by existing members. They are constantly looking to recruit new trustees who can broaden the skills, knowledge and experience of the charity to ensure that it continues to be focused on meeting the needs of its beneficiaries. Trustees are chosen for their particular skills and personal knowledge.

Trustee vacancies are advertised in the local press, within the Centre itself and with the local Volunteer Bureau. Nominated trustees are appointed by vote at the next available committee or Annual General Meeting, whichever comes first.

Organisational Management

The charity's trustees are legally responsible for the overall management and control of the charity and meet regularly throughout the year.

Risk management

The trustees regularly review the major risks which the charity faces and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity.

Public benefit, objectives, activities and achievements

Public benefit and objectives

The trustees have due regard to the guidance issued by the Charity Commission on public benefit. Their objective is to aid and improve for all the public benefit in the area of benefit, the condition of those suffering from multiple sclerosis by any lawful means, including the following:

- (a) by bringing together people with multiple sclerosis and people interested in, and professionals working with, multiple sclerosis.
- (b) by providing advice, guidance and practical support for people with multiple sclerosis;
- (c) by providing therapy (including hyperbaric oxygen therapy) for people with multiple sclerosis or other conditions.

Nottingham Multiple Sclerosis Therapy Centre Limited

Report of the Trustees for the period ended 31 December 2020

Activities and achievements

The Centre provides a range of complementary therapies to people with multiple sclerosis and other neurological conditions. These include Hyperbaric Oxygen, Physiotherapy, Massage, Reflexology, a range of accessible exercise equipment, and advice, information and support.

2020 has been an incredibly difficult year for everyone. We lost Maureen, our manager of 13 years, and we had to adapt for the pandemic. Our entire Centre has been refurbished to ensure that we can operate in a Covid safe environment, and we spent approximately nine months closed. Thankfully we were able to access many trust funds offering emergency funding and this allowed us to cover our overheads.

Word appears to have been spreading about the use of hyperbaric oxygen therapy and its benefits with a number of consultants now telling their patients about our Centre too. We are further increasing our awareness work to alert all GP's in Nottinghamshire of our presence so they might tell their patients too.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. Volunteers are recruited through local advertising and volunteer bureau. Full training is given, by the manager, for the role in which the volunteer is placed. The Centre's small team of paid staff are supported by a team of 10 dedicated volunteers in a variety of roles, including trustees, hyperbaric chamber operators, admin, community fund raisers and shop collectors, web site designer and general Centre assistants. Without the invaluable on-going support and time of our volunteers the Centre would not be sustainable.

Financial review

The financial statements are set out on pages 5 to 10. The trustees consider the financial performance by the charity during the period to have increased slightly over the previous years and are confident that income can increase again. The Statement of Financial Activities show net outgoing resources for the period of a revenue nature of £2,864. The total reserves at the period end stand at £40,461.

Policy on Reserves

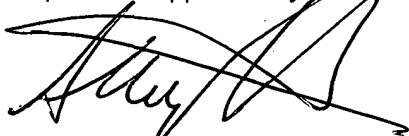
The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to cover the proposed expenditure of the charity in the following year.

Accounts preparation

The trustees confirm that the accounts comply with current statutory requirements and with those of the governing instrument.

This report has been prepared in accordance with the Statement of Recommended Practice : Accounting and Reporting by Charities (issued March 2005 as modified June 2008) and in accordance with the special provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the Trustees on 23rdth September 2021.



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Independent examiner's report to the Trustees of Nottingham Multiple Sclerosis Therapy Centre Limited

I report on the accounts of the company for the year ended 31 December 2020, which are set out on pages 5 to 10.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 the seeking of explanations from you as 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 matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the Charities Act; and
 - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



M R Longley
Longleys
Chartered Accountants
81 Melton Road
West Bridgford
Nottingham
NG2 6EN

24 SEPTEMBER 2021

Nottingham Multiple Sclerosis Therapy Centre Limited
Statement of Financial Activities (including summary income and expenditure account)
for the year ended 31 December 2020

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Incoming Resources					
Incoming resources from generated funds:					
Voluntary income	2	76,136	-	76,136	80,417
Investment income	2	75	-	75	5
Total incoming resources	9	<u>76,211</u>	<u>-</u>	<u>76,211</u>	<u>80,422</u>
Resources expended					
Cost of generating funds:					
Costs of generating voluntary income	3	76,356	-	76,356	75,611
Investment management costs	3	369	-	369	708
Governance costs	3	<u>2,350</u>	<u>-</u>	<u>2,350</u>	<u>2,290</u>
Total resources expended	9	<u>79,075</u>	<u>-</u>	<u>79,075</u>	<u>78,609</u>
Net incoming resources/(resources expended) before taxation		(2,864)	-	(2,864)	1,813
Taxation		-	-	-	-
Net income/(expenditure) for the year		(2,864)	-	(2,864)	1,813
Fund balances brought forward at 1 January		<u>43,325</u>	<u>-</u>	<u>43,325</u>	<u>41,512</u>
Fund balances carried forward at 31 December		<u>40,461</u>	<u>-</u>	<u>40,461</u>	<u>43,325</u>

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

Nottingham Multiple Sclerosis Therapy Centre Limited
Balance Sheet as at 31 December 2020

	Notes	2020 £	2020 £	2019 £	2019 £
Fixed assets					
Tangible assets	6		12,355		9,052
Current assets					
Stocks		100		100	
Debtors	7	9,023		9,134	
Cash at bank and in hand		104,995		31,764	
		<u>114,118</u>		<u>40,998</u>	
Creditors: amounts falling due within one year	8	(86,012)		(6,725)	
Net current assets			<u>28,106</u>		<u>34,273</u>
Total assets less current liabilities			<u>40,461</u>		<u>43,325</u>
Funds:					
Unrestricted funds					
General funds			40,461		43,325
Total funds	9		<u>40,461</u>		<u>43,325</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of the accounts.

The accounts have been prepared and delivered in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on ²⁴..... September 2021



Andrew Warwick
Director

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2020

1 Accounting policies

(a) Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as applied to small entities by section 1A of the standard) issued on 16 July 2014 and with the Charities Act 2011.

(b) Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the members of the company undertake to contribute to the assets of the company an amount not exceeding £1 per member of the company.

(c) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income and gains are allocated to the appropriate fund.

(d) Incoming resources

All incoming resources are shown gross and included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donations are included in the SOFA when receivable. No amounts are included in the financial statements for services donated by volunteers.

Interest income is recognised when receivable.

(e) Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. All costs have been attributed directly to the relevant headings.

Governance costs includes bookkeeping and the cost of preparing and examining the statutory accounts.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2020

(f) Tangible fixed assets and depreciation

Tangible fixed assets are included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Fixtures, fittings and equipment	over 5 years
Decompression chamber	over 5 years

(g) Stock

Stocks are valued at the lower of cost and net realisable value.

(h) Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities are retranslated at the rate of exchange ruling at the balance sheet date. All differences are taken to the SOFA.

(i) Debtors

Debtors (including trade debtors) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

(j) Creditors

The charity has creditors which are measured at settlement amounts less any discounts.

2 Analysis of income

Analysis	Unrestricted funds	Restricted funds	Total funds	Prior year funds
<u>Donations and legacies:</u>				
Membership subscriptions	635	-	635	2,939
Donations	20,337	-	20,337	75,534
Funding	55,164	-	55,164	1,944
Totals	76,136	-	76,136	80,417
<u>Income from investments:</u>				
Interest income	75	-	75	5

Nottingham Multiple Sclerosis Therapy Centre Limited
notes forming part of the financial statements
for the year ended 31 December 2020

3 Analysis of expenditure

Analysis	Unrestricted funds	Restricted funds	Total for year	Total prior year
<u>Costs of generating voluntary income:</u>				
Incurring seeking funding	25,040	-	25,040	31,611
Other trading activities	13,283	-	13,283	7,777
Staff costs	33,867	-	33,867	33,332
Depreciation	4,166	-	4,166	2,891
Profit on disposal of assets	-	-	-	-
Total	76,356	-	76,356	75,611
<u>Investment administration costs:</u>				
Bank interest paid	-	-	-	-
Bank charges	369	-	369	708
Currency charges	-	-	-	-
Total	369	-	369	708
<u>Governance costs:</u>				
Book-keeping costs	250	-	250	250
Independent examiner's fees	2,100	-	2,100	2,040
Consultancy fees	-	-	-	-
Total	2,350	-	2,350	2,290

4 Staff costs

	2020	2019
Salaries and wages	33,208	32,877
Pension costs	659	455
Total	33,867	33,332

5 Pension costs

Contributions to defined contribution plans are expensed in the period to which they relate.

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2020

6 Tangible fixed assets

	Fixtures, fittings and equipment £	Decompression Chamber £	Total £
Cost			
At 1 January 2020	62,386	39,537	101,923
Additions	7,469		7,469
Disposals			
At 31 December 2020	69,855	39,537	109,392
Depreciation			
At 1 January 2020	53,334	39,537	92,871
Charge for year	4,166		4,166
On disposals			
At 31 December 2020	57,500	39,537	97,037
Net book value			
At 31 December 2020	12,355	-	12,355
At 31 December 2019	6,018	-	6,018

There was no capital expenditure contracted for, but not provided in the financial statements.

7 Debtors

	2020 £	2019 £
Trade debtors	-	-
Other debtors	5,684	5,684
Prepayments	3,339	3,450
	9,023	9,134

8 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	8,738	2,671
Other creditors	74,211	1,373
Accruals	3,063	2,681
	86,012	6,725

Nottingham Multiple Sclerosis Therapy Centre Limited
Notes forming part of the financial statements
for the year ended 31 December 2020

9 Statement of funds

	At 1 January 2020 £	Income £	Expenditure £	At 31 December 2020 £
General reserve	43,325	76,211	79,075	40,461
Total unrestricted funds	<u>43,325</u>	<u>76,211</u>	<u>79,075</u>	<u>40,461</u>
Total funds	<u>43,325</u>	<u>76,211</u>	<u>79,075</u>	<u>40,461</u>

The General reserve represents the free funds of the charity which are not designated for particular purposes. The total net assets of the company are represented by its general reserve.

10 Other information

Nottingham Multiple Sclerosis Therapy Centre Limited is a private company limited by guarantee and incorporated in England. Its registered office is:

Unit H2, Trent Park Industrial Estate
 Little Tennis Street South
 Nottingham
 NG2 4EU