

**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 9<sup>th</sup> September 1988 and it is registered with the Charity Commission. It is governed by its memorandum and articles of association dated 6<sup>th</sup> 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 6<sup>th</sup> 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 14<sup>th</sup> 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
		£	£	£	£
<b>Incoming Resources</b>					
<b>Incoming resources from generated funds:</b>					
Voluntary income	2	125,824	-	125,824	76,136
Investment income	2	95	-	95	75
<b>Total incoming resources</b>	9	<u>125,919</u>	<u>-</u>	<u>125,919</u>	<u>76,211</u>
<b>Resources expended</b>					
<b>Cost of generating funds:</b>					
Costs of generating voluntary income	3	98,548	-	98,548	76,356
Investment management costs	3	282	-	282	369
<b>Governance costs</b>	3	<u>2,404</u>	<u>-</u>	<u>2,404</u>	<u>2,350</u>
<b>Total resources expended</b>	9	<u>101,234</u>	<u>-</u>	<u>101,234</u>	<u>79,075</u>
<b>Net incoming resources/(resources expended) before taxation</b>		24,685	-	24,685	(2,864)
Taxation		-	-	-	-
<b>Net income/(expenditure) for the year</b>		<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.



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

	Notes	2021 £	2021 £	2020 £	2020 £
<b>Fixed assets</b>					
Tangible assets	6		26,563		12,355
<b>Current assets</b>					
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>	
<b>Creditors: amounts falling due within one year</b>	8	<u>(8,677)</u>		<u>(86,012)</u>	
<b>Net current assets</b>			<u>38,583</u>		<u>28,106</u>
<b>Total assets less current liabilities</b>			<u>65,146</u>		<u>40,461</u>
<b>Funds:</b>					
<b>Unrestricted funds</b>					
General funds			65,146		40,461
<b>Total funds</b>	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 14<sup>th</sup> 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
<b><u>Donations and legacies:</u></b>				
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
<b><u>Income from investments:</u></b>				
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>				
Incurred 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	-	-	-	-
<b>Total</b>	<b>98,095</b>	<b>-</b>	<b>98,095</b>	<b>76,356</b>
<u>Investment administration costs:</u>				
Bank interest paid	-	-	-	-
Bank charges	735	-	282	369
Currency charges	-	-	-	-
<b>Total</b>	<b>735</b>	<b>-</b>	<b>282</b>	<b>369</b>
<u>Governance costs:</u>				
Book-keeping costs	250	-	250	250
Independent examiner's fees	2,154	-	2,154	2,100
Consultancy fees	-	-	-	-
<b>Total</b>	<b>2,404</b>	<b>-</b>	<b>2,404</b>	<b>2,350</b>

**4 Staff costs**

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

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

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 £
<b>General reserve</b>	40,461	125,919	101,234	65,146
<b>Total unrestricted funds</b>	<u>40,461</u>	<u>125,919</u>	<u>101,234</u>	<u>65,146</u>
<b>Total funds</b>	<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