

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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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

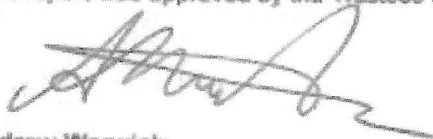
The trustees have examined the charity's requirements for reserves in the light of the main risks to the organisation. It has established a policy whereby the level of unrestricted funds which have been neither committed nor invested in tangible fixed assets held by the charity should be sufficient to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

A handwritten signature in black ink, appearing to read 'Andrew Warwick', written over a horizontal line.

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	<u>101,255</u>	<u>-</u>	<u>101,255</u>	<u>125,919</u>
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	<u>101,432</u>	<u>-</u>	<u>101,432</u>	<u>101,234</u>
Net incoming resources/(resources expended) before taxation		(177)	-	(177)	24,685
Taxation		-	-	-	-
Net income/(expenditure) for the year		<u>(177)</u>	<u>-</u>	<u>(177)</u>	<u>24,685</u>
Fund balances brought forward at 1 January		65,146	-	65,146	40,461
Fund balances carried forward at 31 December		<u>64,969</u>	<u>-</u>	<u>64,969</u>	<u>65,146</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 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	6		18,596		26,563
Current assets					
Stocks		2,625		2,625	
Debtors	7	18,862		16,784	
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			<u>64,969</u>		<u>65,146</u>
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>				
Incurred 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	10,324	8,324
Prepayments	8,338	8,460
	18,662	16,784

8 Creditors: amounts falling due within one year

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

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