

Nottingham Multiple Sclerosis Therapy Centre Limited

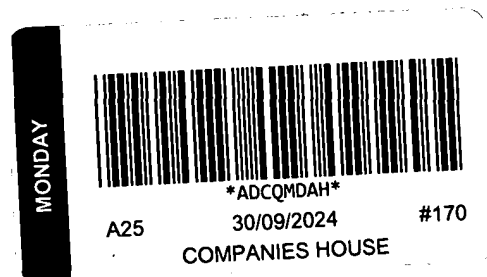
(A company limited by guarantee)

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
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

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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

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 2023. 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.

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.

A handwritten signature in black ink, appearing to read 'Andrew Warwick', with a stylized, cursive script.

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

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.

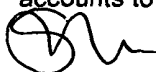
Basis of independent examiner's report

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

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	<u>106,802</u>	<u>-</u>	<u>106,802</u>	<u>101,255</u>
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	<u>114,285</u>	<u>-</u>	<u>114,285</u>	<u>101,432</u>
Net incoming resources/(resources expended) before taxation		<u>(7,483)</u>	<u>-</u>	<u>(7,483)</u>	<u>(177)</u>
Taxation		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net income/(expenditure) for the year		<u>(7,483)</u>	<u>-</u>	<u>(7,483)</u>	<u>(177)</u>
Fund balances brought forward at 1 January		<u>64,969</u>	<u>-</u>	<u>64,969</u>	<u>65,146</u>
Fund balances carried forward at 31 December		<u>57,486</u>	<u>-</u>	<u>57,486</u>	<u>64,969</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 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>				
Incurred 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	93,446	39,537	132,983
Depreciation			
At 1 January 2023	74,850	39,537	114,387
Charge for year	8,754		8,754
On disposals			
At 31 December 2023	83,604	39,537	123,141
Net book value			
At 31 December 2023	9,842	-	9,842
At 31 December 2022	18,596	-	18,596

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
	34,199	18,662

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
	8,854	6,942

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