



# ANNUAL REPORT FOR 2022





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Absolutely everyone here, past and present, has been a fantastic support, an amazing help - mentally, emotionally, physically. It would be a massive impact on my life, and a very negative one, if the Centre wasn't here and available to support me.

Nathan Higgins  
Centre Member

”



# Welcome to the Chilterns MS Centre report of The Trustees for the year ended 31 December 2022

2022 was an important year for the Chilterns MS Centre (the Centre) as we began to implement our plan to ensure its long term sustainability. The main elements of the plan are to introduce treatment for other neurological conditions.

The Centre's clear strategy for sustainability has been confirmed by the success of our pilot programmes for Parkinson's and stroke patients during the latter part of the year. Having identified a demand for these services we look forward to meeting the challenge of delivering and enhancing them with professionalism and care for the benefit of all members.

As part of this plan, the Trustees propose to change the name of the Centre to reflect its wider scope of services during the summer of 2023. In future, the charity will be known as the Chilterns Neuro Centre. The charity is grounded in its history of serving MS members and the trustees and all the staff at the Centre will ensure that the services available to those with MS will remain as comprehensive as before the name change.

The financial result for 2022 reflected the continuing difficult conditions for raising funds for most charities; however, we slightly exceeded our fundraising budget for the year. With our continuing close control over expenditure, the cash outflow for the year was £65k.

Although the outlook remains challenging, our strategy for fundraising is for growth in 2023, with attention to maintaining and enhancing more robust income streams. We continue to work vigorously, having already had some encouraging results, and the fundraising team deserve congratulations for their achievements.

With a strong reserves position, we have committed to a level of operational resources in 2023 that will enable growth in services for MS members to return to pre-pandemic levels and for the provision of valuable services to other neurological conditions.

The result projected for 2023 will therefore again be a cash deficit and a lowering of reserves. Moving forward, with our reach into other conditions becoming more established, we plan for income to return closer to pre-pandemic levels or more, and an appropriate balancing of income and expenditure.



The great contribution of staff and volunteers at every level of the organisation cannot be overestimated. We are fortunate to have such a dedicated and professional group of staff who are all focussed directly or indirectly on maintaining and improving the services offered by the Centre. We are equally fortunate to be able to call on the support of the many volunteers who give their time generously and help to create a warm and welcoming environment for members.

Since the end of 2022, we have said goodbye to a number of valued staff members, all of whom have made a great contribution to our progress in the last few years. Andy Graham retired at the end of the year, after several years of dedicated service to the Centre first as head of finance and later as an able and effective Chief Executive. In February 2023 Amy Smissen decided to take on a new role outside of the Centre. Amy is a skilled Occupational Therapist and had been a popular Head of Integrated Clinical Services for two years. She also had a positive effect on many members during her 10 years at the Centre. I am glad to have this opportunity of personally thanking Andy, Amy, Lauren Arnell, Barbara Edmonds and Sharon Deacon for their work.

I will be stepping aside as Chairman at the AGM, although I am standing for re-election as a Trustee. I am delighted to report that Liz Tubb, currently Vice Chair, has agreed to take over the Chair. Liz has been a Trustee for five years and brings many years of experience in legal practice as well as volunteering roles. Ian Summerfield, who has a long association with the Centre and many years of senior commercial experience, will become our new Vice Chair.

It has been a pleasure to act as Chairman for the past twelve months. I would like to give my personal thanks to all of the staff and volunteers who make the Centre what it is, and to all of the Trustees for their hard work, support and advice over the past year.



**Henry Snow**  
**Chair of Trustees**



# The difference we make

From our purpose-built facility nestling in the Chiltern Hills just outside Wendover, Buckinghamshire, we support over 500 people living with MS. During 2022 we also began to offer support to those with Parkinson's and stroke survivors. By the end of 2022 we had 639 members, with 57 of these affected by a condition that was not MS – an increase in membership of 28%.

MS is a long-term condition that affects the central nervous system. It impacts the ability of nerves to conduct electrical impulses to and from the brain, and this produces various symptoms of MS.

Parkinson's is a condition in which parts of the brain become progressively damaged over many years. A person with Parkinson's can also experience a wide range of other physical and psychological symptoms.

A stroke survivor is someone who has suffered a stroke and needs assistance with a number of mobility and other issues.

The increasing level of symptoms and disability experienced by many affected by MS, Parkinson's or stroke can impact work, family and social life.

We don't think having one of these neurological conditions should define our beneficiaries, who become members for just £25\* a year. We can't change their diagnosis but we can meet them on their journey, and help to ensure they are able to live life to the full.

The Centre offers a number of therapies including physiotherapy, Pilates, hydrotherapy, talking therapy, exercise classes, acupuncture, clinical counselling, and oxygen treatment.

It offers our members an opportunity to meet others with similar issues, share their experiences – and get plenty of advice and peer support at the same time.

We believe what the Centre offers makes a huge difference to our members and their families and we intend to continue to ensure that this continues for many years to come.

*\*a hardship fund is available on request should this fee be unattainable for any member.*

**519 MS members  
receive our support**

**49 Parkinson's and  
stroke members  
receive our support**

**896 hours of  
therapy, classes and  
advice are delivered  
each month**

**0 people turned  
away from accessing  
our services**

**71 carer members  
are supported**

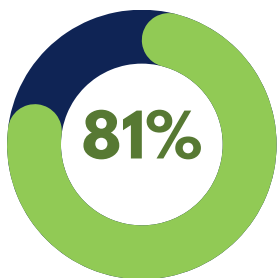


# Annual member survey 2022

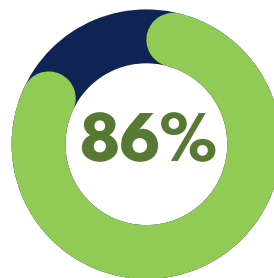


In total there were 177 responses, 29% of membership. Both the total number and percentage of membership were an increase from the previous year.

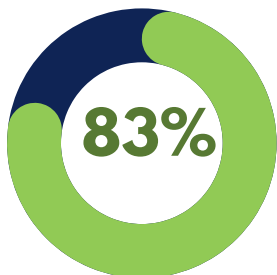
95% of members stated they would recommend the Centre to someone with a neurological condition or their carer.



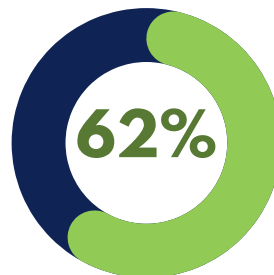
81% of members agreed the Centre helped manage their symptoms at least most of the time.



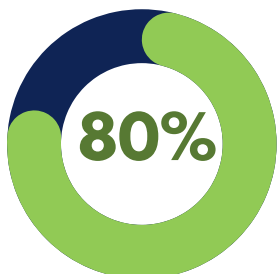
86% of members agreed the Centre helped improve their overall wellbeing at least most of the time.



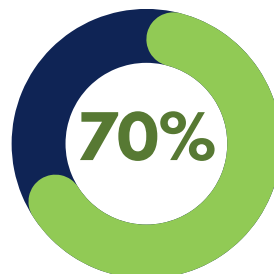
83% of members agreed the Centre helped improve their physical health at least most of the time.



62% of members agreed the Centre helped them stay active in the community at least most of the time.



80% of members agreed the Centre helped improve their mental health at least most of the time.



70% of members agreed the Centre helped maintain their independence at least most of the time.

**"It's a community, not just a provider of services. The connections I've made with other people with MS, the staff and volunteers at the Centre is greatly valued."**

**"It feels safe and welcoming, and the activities I am able to take part in are helping me with both my physical and mental wellbeing. I feel very lucky to have access to it. The staff and volunteers are so kind and friendly, and the other members too."**



In addition to the incredibly positive feedback above, there were some constructive comments made by our members on how we could improve our services further still. We will take all this feedback on board and will report on progress in due course.

## Mat's story



Life before my diagnosis was normal, says Mat Sparrow, a member of the Chilterns MS Centre who has lived with the chronic neurological condition that is multiple sclerosis for over 15 years.

Before coming to the Centre I was doing the best I could, but then in April 2021 I had a big attack which left me unable to walk without a stick and I felt even more fatigued. The attack also caused some of my old symptoms to return, exacerbating the problems I was experiencing.

If I had not sought help it would have been a lot worse with no other help on the horizon.

I was a bit nervous about coming at first and seeing lots of other people with MS. I had a misconception of seeing my future, but this was not the case at all. The Centre has supported me mentally and there is a huge sense of belonging. It's ok to not be ok!

Physically the impact is huge. The fatigue I experienced was overwhelming and I'd wake up in the mornings feeling like I'd been on a big night out. It would be hard to concentrate and my sight, speech and hearing would all be affected. The Centre runs a course on fatigue management and this has helped me pace my day and provided me with some strategies to help with this.

Physiotherapy, Pilates and hydrotherapy have all helped my mobility and strength which makes me feel more like my old self.

I attended a course of acupuncture which I was really sceptical about to begin with but it has really helped with my fatigue and bladder issues.

Being diagnosed with MS has helped put some perspective on life and it has encouraged me to go out and do things that I never normally would have done. I did a London to Paris cycle ride, and I have been cycling around the Goodwood Motor Circuit which was all for charity.

It has made me realise the importance of inclusion so I have become part of the inclusion network at work, helping to ensure that my workplace is accessible to all and everyone is accepted by all. It has been really rewarding and fascinating to listen to other people and what they have faced in life.

Now I am continuing to improve my fitness with the help of the teams at the Centre and enjoying the new phases of my life.

My advice to anyone who has been diagnosed with MS is to accept the help of the Chilterns MS Centre and all that it can offer. It really does make a big difference. There is so much help available and the atmosphere is like a big family.





## Laurel's story



Laurel Miller was diagnosed with Parkinson's in 2014 on March 20th. It's a date that sticks in her mind because it was the day everything changed.

"I was shocked to be told I had a progressive neurological disorder for which there was treatment but no cure. I was frightened and full of despair when I looked online. I expected only the worst for the future.

Time has changed my perspective. Over the years I have had wonderful support from my PD nurse. I have learned a great deal about the condition and the current state of research, and I have a clear picture of how to live as well as I can with Parkinson's. Now I can access support from the Chilterns MS Centre, which is a real bonus!

I joined the pilot programme to include People with Parkinson's early in 2022. I have had a motor symptom assessment by a physiotherapist, joined an online Pilates classes, had one-to-one sessions on foot health, diet and speech and language and a lovely relaxation massage.

Constipation is a severe problem for many people with Parkinson's because it can stop our medication from working; also tremors can lead to weight loss. Sessions with Claire Fenlon helped me review my eating habits to see what I could do to tackle both these areas. Claire is hugely empathetic and caring and gave me really good advice, which has proved very beneficial.

Problems with speech are another feature of Parkinson's – reduced lip and tongue movements mean speech becomes mumbled, vocal cords are affected leading to poor voice quality and reduced pitch range, and less powerful breathing leads to our voices becoming quieter. A speedy referral to the local NHS Speech and Language Department led to a series of sessions with a therapist who taught me how to 'think loud' and also equipped me with daily voice exercises.

It is wonderful to have been able to access services in the caring, friendly and supportive atmosphere of the Centre – every time I go there I am welcomed as a friend. There is nothing overtly clinical about the Centre – it is really a pleasant place to spend time.

I already had a group of 'Parkie Pals' before I joined the MS Centre. I am looking forward to learning more about the needs of people with MS and other neurological conditions as time goes by – we have much in common, and together we will be stronger in sharing our journey, helping the public to understand our needs better and working with researchers to find new treatments to help us."



# Report of the Trustees: strategic report

## Finance

Having endured difficult conditions in every area of activity during the pandemic, 2022 showed a modest recovery in our financial position. Revenue improved and we continued to exercise close control over our costs. The success of our efforts to widen the scope of our services to other neurological conditions, further described below, has met our expectations and the Trustees believe that the charity is well placed to deliver an enhanced range of services in the future.

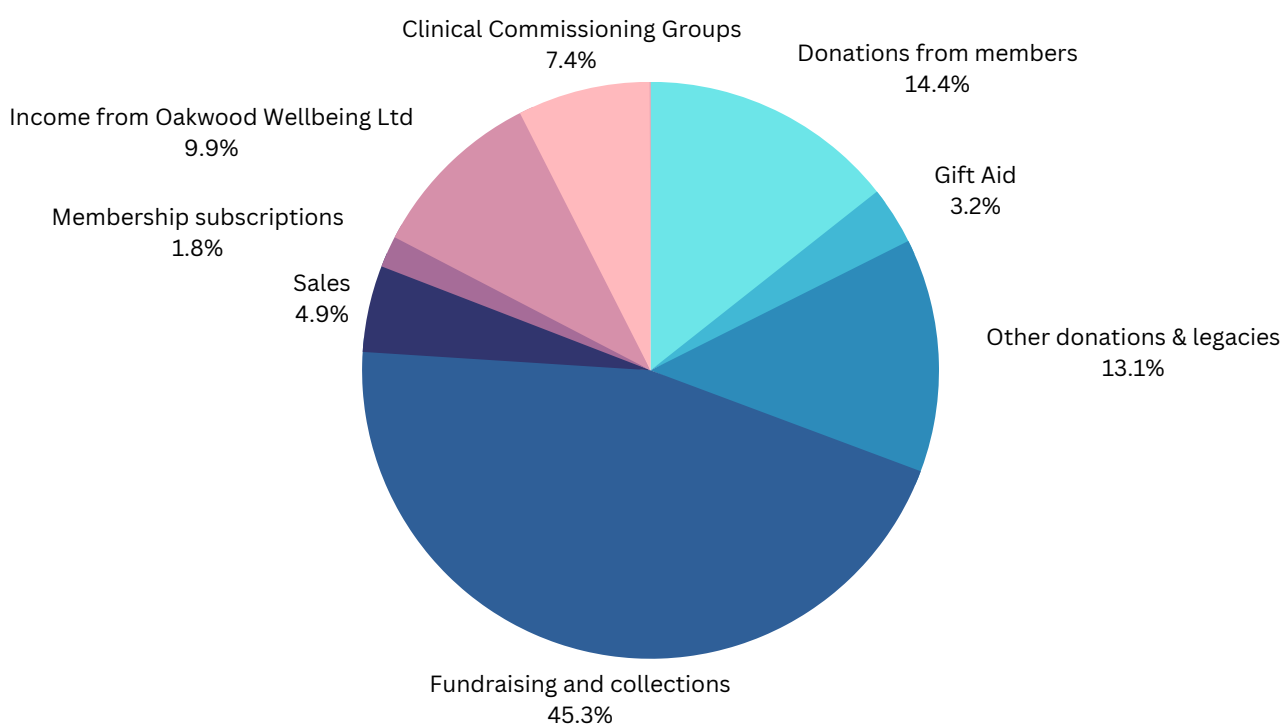
The financial result for the year was a deficit of £142k and a net cash outflow of £65k. The closing reserves position (net current assets) was £475k. The outcome is discussed in more detail in the financial report below, and the Trustees consider that the financial result is satisfactory.

## How we are supported

### Our income

The charity undertakes a broad range of fundraising activities including events and sponsorship, applications to grant making trusts, corporate, individual and community donations. All activities are in line with the Code of Fundraising Practice set by the Fundraising Regulator, of which the Centre is a member.

### Income Chart



# How we are supported

## Fundraising

### Corporate

The generosity of our corporate supporters came to just over £43,000 in 2022.

We are fortunate to have ten corporate friends who regularly give to our Centre and we are immensely grateful for their ongoing support to our members. We also received sponsorship money for some of our Centre organised events such as Run Prestwood, our Golf Day and the Pop Up Art Weekend.

This year also saw organisations fundraising for us through skydives, quizzes and runs as those who have a connection with the Centre joined with their friends and colleagues to help raise money as a team. Local solicitors supported us through our annual Make A Will Month.

Additionally, we are working with organisations to help us raise awareness of the charity to potential members and supporters locally and further afield.

Due to my mum suffering from multiple sclerosis herself and using the Centre prior to covid hitting, I was really keen to work with Stella and the charity to give something back for the great work they are doing. Nationwide provides us with two days of paid volunteering a year and so I knew I wanted to use some of this time to help benefit the Centre and did so by taking part in the Windsor colour run and fundraising alongside this. I managed to rope in another five managers to do it with me and as a result we raised just over £750! I am very excited to continue supporting the Centre into 2023 and hope to organise another event soon to raise even more money for this great charity.

**Casey Osborne, Nationwide**





We are grateful to the following for their generous support, listed alphabetically:

Anglo Dutch; Ashridge Group; BWK Solicitors; EIC Insurance; Emma Stevens Accountancy; Ethical Health Consulting; FWP Consulting; GE Healthcare; Greens; Harpers Estate Agents; iLECSYS; iLECSYS Rail; Machins Solicitors; Nationwide; Penman Sedgwick LLP; RH Amar; Specsavers (Aylesbury); Specsavers Opticians, Hemel Hempstead; Stewart Fantham Solicitors; TPS MyData; Vectec Ltd.

## **Member donations**

All services are offered free of charge to members. However, many members kindly donate both time and money when they can. This makes a huge difference to our work.

We are actively trying to encourage more regular donations from members, but we recognise that not everyone is in a position to do this. At present around 22% of members give a financial donation monthly. We hope to increase this in 2023, but we are very clear that donating monthly is not mandatory and everyone will still be able to get the treatment and support they need from us, even if they cannot make regular donations.

## **Trusts**

Grants income in 2022 totalled £228,350, made up of £144,450 for specific projects and £83,900 in unrestricted funding. We are grateful for major grants from the Garfield Weston Foundation, Edward Gostling Foundation and Ernest Hecht Charitable Foundation. Our thanks also go to all the other grant makers whose support we can acknowledge publicly:

- Arnold Clark Community Fund
- Aston Clinton Charitable Foundation
- BLCF on behalf of London Luton Airport Operations Ltd – Community Trust Fund
- Doris Field Charitable Trust
- Fairhive Homes
- King/Cullimore Charitable Trust
- Kop Hill Climb through Heart of Bucks
- Rectory Foundation
- Shanly Foundation
- The Souter Charitable Trust
- The Stockwell-Cliffe Charitable Trust
- The Bouttell Bequest
- The Childwick Trust
- The Clothworkers' Foundation
- The David Family Foundation
- The E M MacAndrew Trust
- The Hospital Saturday Fund
- The Julia Mary Wood Charitable Trust
- The Lionel Abel-Smith Trust
- The Puttenham Trust
- The Spurrell Charitable Trust
- Thomas Hickman's Charity

Funding was received for the following projects:

Oxygen therapy	£13,000
Physiotherapy programme	£107,000
Pilates programme	£4,550
UV filtration kit for hydro pool	£9,900
Wellbeing programme	£10,000
Unrestricted	£83,900
<b>Total</b>	<b>£228,350</b>

We also received the final £50k instalment of a three-year grant from the National Lottery Community Fund to support our Physiotherapy programme, which was accrued in 2021.

### **Community and events**

After two years of real disruption to this income stream, 2022 was a far stronger year for our community and events activities. Income was over £97,000 (almost double that of 2021).

This was made up of some of our well-established regular events including our largest fundraiser of the year; the Pop Up Art Weekend. Other very well attended events were Run Prestwood, our Golf Day and local Quiz with fish and chips night. In addition, there were so many supporters doing their own events for the Centre; from progressive suppers, band nights, wedding donations and choir collections to Rotary clubs, sponsored head shaves and even a staff running team!

The effects of the cost-of-living crisis were evident however when we sadly had to cancel our Winter Ball after insufficient tickets were sold. Feedback was clear, the ticket prices were fair but as a higher priced item people were less likely to invest at a time of economic uncertainty. We have used this feedback wisely to frame our 2023 calendar of events.

### **Individual giving**

Many supporters make a regular gift to the Centre which creates a steady income stream. For 2023 we are hoping to reach more people and engage them in our work, as well as putting out more appeals for income, and we intend to see this area grow.

We are incredibly lucky to continue receiving regular donations from individuals throughout 2022, and although the average individual monthly donation of £44 fell below the £55 average monthly donation of 2021. This is felt to be a reflection of the continuing effect of rapid and steep inflation rises. The number of donations made in total, however, was marginally increased and we will be concentrating further on reaching a wider audience of supporters yet again in 2023.

## **Legacy and in-memory**

Every year the Centre receives a number of gifts which are either left in people's Wills or are donated in memory of someone to whom the Centre has been important. These gifts are very humbling to receive, and the income goes straight into supporting our members. In 2023 we are hoping to raise the profile of legacy giving more as this is a wonderful way of supporting the Centre and helping to ensure that it will be here for generations to come.

## **Oakwood Wellbeing Ltd**

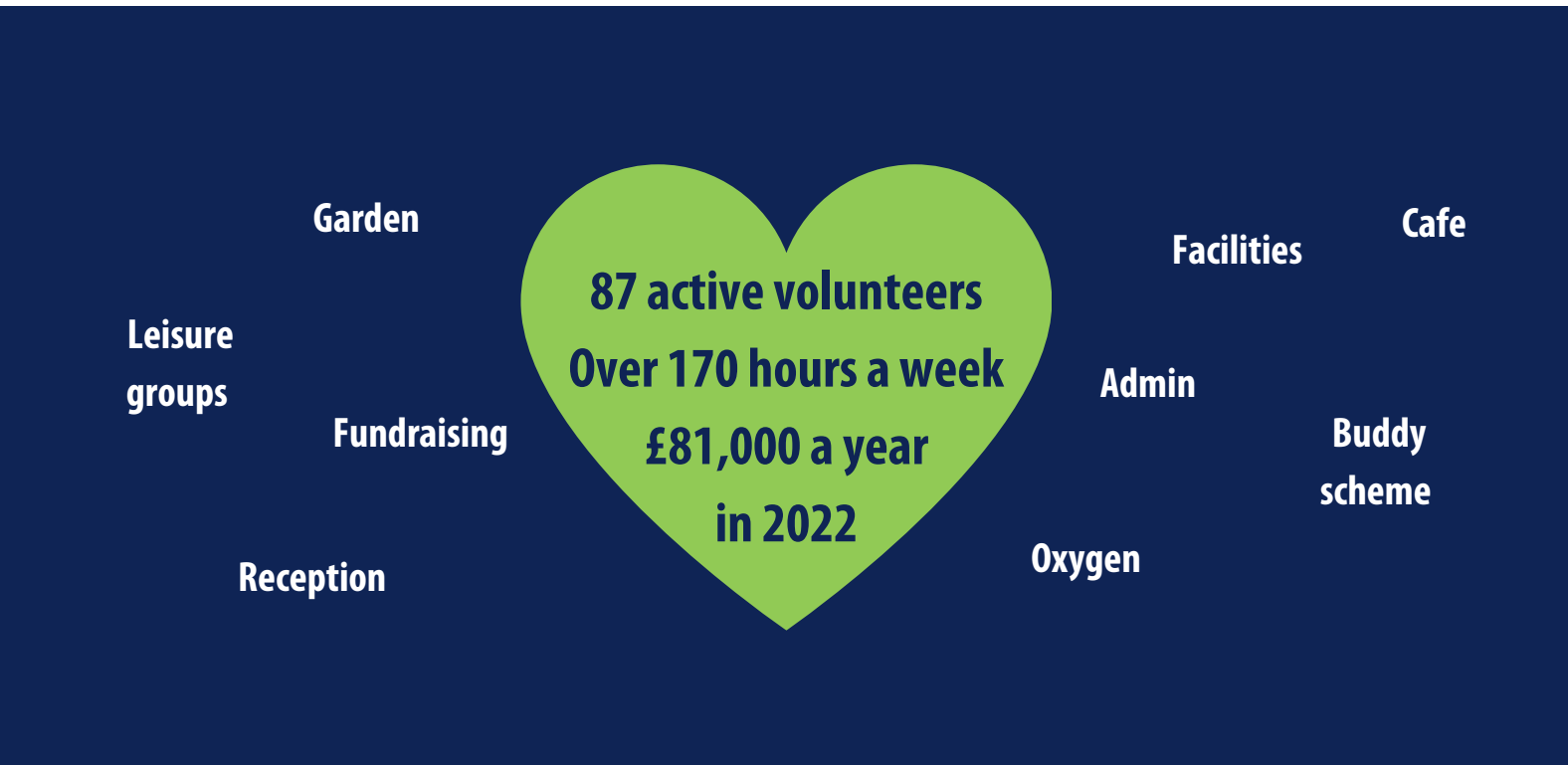
Oakwood Wellbeing Limited (OWL), a wholly-owned subsidiary of the Chilterns MS Centre, was set up in 2016 to generate income for the Centre from its main resources: the premises, specialist equipment and staff. OWL operates on a commercial basis, outside the Centre's busiest hours with all profits gifted free of tax to the charity. With our COVID-19 safe environment, including air-purifiers, we have focused our attention on maximising potential income. In particular, the refurbished pool and specialist clinical equipment and setting have enabled us to raise £82,093 for the charity in 2022.





## Our volunteers

We simply could not run the Chilterns MS Centre without the huge support we receive from an army of wonderful volunteers. Many thanks to each volunteer who generously gives their time to our cause.



# Health and safety

Health and safety remain of great importance to the charity. The H&S sub-committee meets monthly and includes Ray Hipkin and Claire Rumney, professional safety advisers, who have volunteered their time and expertise.

## Clinical

The charity has continued to provide a broad range of clinical services to support members in their physical and mental wellbeing. We follow NICE guidelines and our ethos is to assist members in effective self-management of their conditions. We also recognise the importance of supporting our carer members and have helped them with practical advice, social events and workshops. This year, our talented gardening volunteers developed a restful outdoor space to provide some calm respite.

We are lucky to have physiotherapy, hydrotherapy, OT, acupuncture, clinical counselling, dietetics, SALT, and massage clinicians, all of whom provide a high level of specialist neurological expertise. Members really benefit from their input and are seen in either 1:1 or small group settings. Hyperbaric oxygen therapy continues to be popular with our members and we are extremely grateful to our skilled team of volunteers that operate this service. This year we've continued to provide clinical placements for physiotherapy degree students and one of our exercise therapists has just commenced a physiotherapy apprenticeship.

It is well recognised that movement and regular exercise are important components of effectively managing MS and other neurological conditions. We have therefore held daily exercise classes, both in-person and via Zoom, catering for members with a range of abilities. We have also been able to continue our popular weekly yoga and pilates sessions.

All members have been pleased to see the reopening of our social activities following Covid and our therapeutic leisure groups are thriving. Thanks to the support of our amazing volunteers, we have been able to run regular art groups, Boccia games, gardening and craft sessions, a singing group and a book club. We have been able to expand many of these as we've welcomed new members and demand has increased.

We have learnt valuable lessons from the pilot projects mentioned elsewhere and adapted our services for other neurological conditions. We have made changes to our referral process and fostered relations with local specialist nurses and patient support groups. Staff training and professional development have also been key to the success of this stage and will continue as we expand to include a broader range of neurological conditions

# Becoming the Chilterns Neuro Centre

Following a successful pilot project in 2022, we are pleased that we have now opened our doors and fully support people with Parkinson's or who have experienced Strokes and welcome them into our community. We continue to look to support other neuro conditions along with assessing and monitoring capacity and facility usage and will continue to adjust resources to meet the changes as funding and recruitment allow.

A significant learning from the pilot project was that the name of the charity, its vision, mission and values no longer reflected all of our community and was less inclusive and welcoming to our new members than we would like. To address this, the board established a subcommittee to look into what was needed and to ensure we encompassed everything the charity had become without losing our heritage.

Over a busy few months, the sub-committee ran a number of focus groups to capture all the thoughts and input from a wide variety of members, staff, supporters and volunteers. Along with research into other similar charities and some professional input to help us bring it all together, we are excited to propose that the charity will have a new name of Chilterns Neuro Centre from July 2023 with a strapline underneath of Treating, Supporting & Empowering.

To support the revised name we have updated our corporate profile and reinforced and enhanced the statements which we hope more accurately reflect our vision, mission and values.

## **Vision**

Chilterns Neuro Centre strives to create a community in which people affected by neurological conditions can live life to the full.

## **Mission**

Chilterns Neuro Centre is a charity that enhances the quality of life of individuals, families and communities of people affected by neurological conditions.

## **Values**

- Welcoming - We are committed to creating a diverse, inclusive community that helps people in safe and happy surroundings.
- Caring - We believe deeply in delivering the highest standards of care, therapy and treatments that improve people's quality of life.
- Empowering - With dedicated support we encourage people to aim for and achieve more and to work towards greater personal goals.
- Improving - By working and developing together we want to make a positive difference and will continue to strive for better with an ambitious and determined approach.

We believe these will provide a strong basis for the future of the charity going forwards.



# Administrative details

## Company details

Registered company number 02294557 (England and Wales)  
Registered charity number 800853  
Registered office and principal address  
Chilterns MS Centre  
Oakwood Close, Wendover, Aylesbury,  
Buckinghamshire. HP22 5LX

## Trustees

Henry Snow ACA (Chair, appointed May 2022)  
Catherine Golds DipIWM PgD (Resigned May 2022)  
Liz Tubb LLB (Hons) Vice Chair  
John Bedford  
Robert Carter BA Hons  
Alison Heywood DBO  
Darayus Motivala BSc(Hons)  
Justin Stephenson  
Simon Turner  
Karen Cross, appointed Jul 2022  
Ian Summerfield, appointed Jul 2022

## Company Secretary

Liz Tubb LLB (Hons) barrister-at-law

## Chief Executive

Richard Parkin (appointed January 2023)  
Andy Graham (Resigned December 2022)

## Leadership Team

Amy Smissen - Head of Integrated Clinical Services  
(resigned Feb 2023)  
Lou Grace - Deputy Head of Integrated Clinical Services  
Stella Kubale - Head of Fundraising  
Eileen Inman - Finance Manager  
Gemma Hill - Communications Manager (resigned  
January 2022)  
Andrew Scott - Communications Manager (appointed  
January 2022)  
Terry Baldwin – Head of Facilities and Business  
Development

## Patrons

Trishna Bharadia BA (Hons)  
The Earl of Buckinghamshire Lord Carlile of Berriew QC  
Prof Gavin Giovannoni MBBCh PhD FCP FRCP FRCPATH  
Derek K Townsend DL

## Telephone numbers

01296 696133 (Reception)  
01296 823040 (Fundraising)  
01296 823047 (Finance office)  
Website / Email  
www.chilternsmcentre.org  
info@chilternsmcentre.org

## Social media

Facebook: www.facebook.com/  
ChilternsMSCentre  
Twitter: @ChilternsMS  
Linkedin: Chilterns MS Centre  
Instagram: chilternsmcentre

## Auditors

Haines Watts  
Statutory Auditor  
Milton House  
Gatehouse Rd,  
Gatehouse Industrial Area,  
Aylesbury  
HP19 8EA

## Bankers

National Westminster Bank Plc  
22 Market Square  
Aylesbury  
Bucks HP20 1PR

Lloyds Bank Plc  
79 High Street  
Chesham  
Buckinghamshire HP5 1DE

Santander  
1st Floor  
Operations Block  
Bridle Road  
Bootle  
Merseyside L30 4GB

# Structure, governance and management

## Governing Document

Chilterns MS Centre Ltd is registered with the Charity Commission for England and Wales; it was incorporated as a company limited by guarantee on 9 September 1988. The charity was governed by its Memorandum and Articles of Association as adopted on 22 December 2004 until the Annual General Meeting on 21 June 2016 when new Articles of Association were approved and adopted by the members. They were further amended at the Annual General Meeting held on 26 July 2018.

## Organisational Structure

The Board of Trustees is responsible for the overall management and governance of the charity and meets on a monthly basis. The Board sets the strategic direction and policy for the charity, agrees on an annual budget and monitors performance against it. The day-to-day management is delegated to the Chief Executive, Richard Parkin, who was appointed in January 2023 following the retirement of Andy Graham. He is supported by the leadership team. The Leadership Team (LT) comprises Stella Kubale, Head of Fundraising; Lou Grace, acting Head of Integrated Clinical Services; Eileen Inman, Finance Manager; Andrew Scott, Communications Manager, and Terry Baldwin, Head of Facilities and Business Development.

## Governance

The CEO and the Chair of Trustees meet on a regular basis. For governance purposes, and in order to maintain good lines of communication, the LT provides monthly written reports to the Trustees including any resolutions required by the Board. This provides a coordinated approach to the running and development of the charity. Risk management, Human Resources Health and Safety and complaints, as well as feedback from the various sub-committees, form part of the agenda for trustee meetings. Each of the Trustees works on one or more of the charity's governance sub-committees.

There are five permanent committees: Clinical, Income Generation and Finance, Facilities and Support Services, Human Resources, and Health and Safety. Governance committee meetings are held with formal agendas and notes taken. The Trustees review policies and operating procedures as part of a programme of continual improvement for effective control of the operation of the charity.

In 2022, an additional sub-committee, the Rebranding Committee, was established to consider how best to reflect the widening of the work of the Centre to treating other neurological conditions.

## Recruitment and Appointment of New Trustees

In accordance with the Articles of Association, the Board is authorised to appoint new Trustees as additions to the Board or to fill vacancies. The Board works to ensure it has members with the appropriate balance of skills, knowledge and experience to enable it to operate effectively.

All Trustees are elected by the membership. A third of the Board retires by rotation at the Annual General Meeting but may seek re-election. On appointment to the Board, Trustees receive a copy of the Memorandum and Articles of Association of the Company and Charity Commission and Good Governance information and a role description. The Board believes that the Trustees bring the skills, knowledge and experience necessary to guide and govern the charity's activities effectively.

At the AGM in May 2022 Catherine Golds, after two years as Chair, retired from the Board. Henry Snow was appointed as Interim Chair supported by Liz Tubb as Vice Chair. The Board has appointed Liz Tubb to take over from Henry as Chair with effect from the AGM in May 2023. In addition during the year we welcomed Karen Cross and Ian Summerfield to the Board. Ian will replace Liz as Vice Chair.

The Board ensures there is a balance of Trustees who have MS, Trustees who have close relatives who have MS and other neurological conditions and those who do not have any connection to those conditions. As a result, the Trustees are able to ensure that the interests of our beneficiaries are represented by people with direct, first-hand knowledge and experience of MS in particular, but decisions taken are in the best interests of the charity overall.

With the decision to open the Centre to other neurological conditions, the Board already has a Trustee with experience of a relative with another neurological condition.

## Staff Pay

The charity benchmarks clinical staff pay to the NHS Agenda for Change pay scales and benchmarks all non-clinical staff salaries against similar positions in similar size charities. Key management personnel are benchmarked in the same way.

The board is very aware of the current cost of living pressures and approved a pay rise to staff in October 2022.

## Risk Management

The Board, in conjunction with the Chief Executive and Leadership Team, continues to review and monitor risk within the charity. The Trustees are grateful for the continued guidance provided by the specialist Health and Safety advisers referred to above, who work on a voluntary basis with the Health and Safety Committee.

“

**Getting support from the Centre has the potential to have a fundamental impact on your quality of life, whether that be physical, mental or emotional.**

**Trishna Bharadia  
Member and Patron**

”

## **Public Benefit**

The Trustees have complied with their duty to have regard to the guidance on public benefit published by the Charity Commission in exercising their duties or powers. The activities of the charity are focused on providing significant support for those with MS through treatment and therapy, informal advice and peer support.

## **Performance**

The charity's performance is monitored on a monthly basis using a range of activity reports and indicators. These inform the Board of Trustees and governance committees and enable the leadership team to measure performance against strategic objectives and inform future planning. Three year strategic objectives have been set for 2022-2024.

## **Workplace Pension**

All eligible staff are enrolled in a workplace pension scheme and the charity made contributions in line with the statutory requirements.

## **Professional Development and Training**

All employed clinical staff are supported by professional training as appropriate and appraisals.

Other staff are also supported if possible, to ensure their training needs are met and they develop additional skills within their roles. Specific training continued to be undertaken on COVID-19 protocols for all relevant staff and volunteers. A training programme for clinicians around the expansion to other conditions is underway.

“

**The Centre gives you a sense of belonging, community and support with whatever you need. From Facebook groups to Centre activities I would advise anyone with MS to get involved and get support according to your need.**

**Steve Rose  
Centre Member**

”



# Financial overview

The main points of the results for 2022 are:

Income for the year showed a significant reduction from 2021. This was partly due to some unbudgeted receipts in 2021 which were not repeated, including the benefit of a significant insurance claim and a generous legacy donation, but also to the continuing unfavourable conditions for charitable giving generally. Nonetheless, the budgeted revenue for the year was exceeded.

The strategic move to widen the charity's reach to other neurological conditions should, over time, improve our ability to raise funds. This will combine with careful management of investment in additional resources to enhance our services.

Despite inevitable increases in energy and other costs, we continued to exercise close control over expenditure. As a result, net cash outflow was £65k, and the closing net current assets figure was £475k.

## Income

The following table demonstrates the underlying income performance for the past three years and the continued impact of the pandemic in 2021.

	2019	2020	2021	2022
	No Covid	9 Months Covid	12 Months Covid	No Covid
	£000s	£000s	£000s	£000s
<b>Total Income Reported</b>	<b>1065</b>	<b>1012</b>	<b>968</b>	<b>841</b>
Significant Unbudgeted Event		196	180	
Underlying Income	1065	816	788	841
<b>vs 2019 Baseline</b>		<b>-23%</b>	<b>-26%</b>	<b>-21%</b>

We continue to see a modest recovery in income for the charity as the effect of the pandemic reduces. The underlying net income for 2022 of £841k compares to £788k for the previous year as shown in the table above.

The Oakwood Wellbeing Limited trading subsidiary continues to perform well and has benefited from a gradual improvement in space rentals and the popularity of the swimming pool with outside groups as well as with members.

## Expenditure

Total expenditure increased to £982k from £783k in 2021. This was predominantly driven by the following factors.

Expenditure on raising funds increased to £238k (2021: £154k). This reflected a reinvestment in staffing in this area as part of our strategy for future growth.

The Centre's running costs increased significantly in 2022 as a result of general price inflation and unsurprisingly particularly high increases in insurance and utilities in particular. Staff costs also increased following pay increases which took effect in October. Keeping a tight control on expenditure remains an essential part of our financial management process.

The Trustees had planned for a total expenditure of £1,025k, but the difficulties in filling staff vacancies across the year have led to some savings on projected expenditure. However, the requirement to fill vacancies as they arise remains.

## Cash Flow

Cash expenditure exceeded income by £65k during the year. However, we started the year with unusually high cash balances and by the end of 2022 the balance remained at £510k. This cash foundation continues to support the delivery of the sustainability strategy by enabling funding of resources and enhanced service delivery. The relevant costs are reflected in the charity's budgeted expenditure for 2023 and beyond.

## Resource Management

Resource planning for service delivery and fundraising for a multi condition future remains at the heart of the financial strategy for the Centre.

Andy Graham retired at the end of the year, after several years of dedicated service to the Centre first as head of finance and later as an able and effective Chief Executive.

“

**My journey has not been easy but meeting professionals like you has made a significant difference for me. All you have suggested or helped me to gain access to has happened. It has never taken years or not at all. You are fab and it is lovely to come somewhere where I don't feel different, intimidated or self-conscious.**

**Lorna Ashton-Scott  
Centre Member**

”

Richard Parkin has taken over as our new CEO from January 2023. He brings several years of experience in finance and corporate administration.

The charity is well placed to deliver a model where establishing a donor journey is the core principle for the smallest to the largest of donations, and to forge new fundraising relationships as we extend our services to people with other neurological conditions.

Whilst the clinical team remained largely stable in overall shape in 2022, we continue with plans to increase resources in physiotherapy, occupational therapy, speech and language therapy and clinical administration as resources and opportunities allow. We are also working on increasing the effectiveness of the service delivery through a range of capacity increasing initiatives with existing staff.

## Performance Indicators

The proportion of expenditure on the provision of treatments has fallen in the year. Although expenditure in this area has increased, the larger increase in the fundraising division reflects the continuing investment in this area.

The fundraising multiple shows how much income was raised per pound of investment in fundraising costs. The increase in costs primarily reflects the changes in the fundraising team structure implemented in late 2021 and 2022 in line with our future strategy. Although the multiple has fallen it remains satisfactory.

	2022	2021
	£	£
Income raised through fundraising excluding furlough income	£639,527	£763,743
Fundraising income classified within other Trading Activities-Sales	£29,090	£10,478
<b>Total – Excluding Oakwood Income and membership fees</b>	<b>£668,617</b>	<b>£774,221</b>
Expenditure on raising funds – including Oakwood direct costs	£238,055	£154,489
Less cost of goods sold	-£6,112	-£4,294
Less Oakwood direct costs	-£7,095	-£8,975
<b>Pure Fundraising Costs</b>	<b>£224,848</b>	<b>£141,220</b>
<b>Fundraising Multiple of income to cost</b>	<b>3.0</b>	<b>5.5</b>

2021

**80p** of every £1  
on care & support

2022

**76p** of every £1  
on care & support

## **Oakwood Wellbeing Limited**

Income generated from Oakwood in the year was £82k (2021: £61k). This is a satisfactory result, and Oakwood's activity is expected to increase in 2023.

All profits from the trading subsidiary are paid to the Charity through the HMRC approved "Gift Aid Payment" scheme.

## **Reserves**

The Group's total reserves at 31st December 2022 were £2,812k of which £23k were restricted, leaving £2,789k of unrestricted general reserves, most of which is the value of our building and land. In terms of free reserves the charity held £475k of which £23k were restricted leaving £452k unrestricted.

The £475k free reserves provide 5.8 months cover (2021: 8.8) of average expenditure. This level of reserves is comfortably above the charity target of four months, and has resulted primarily from the relatively successful performance in 2022 as well as the opening cash position.

Whilst high, these reserves provide financial protection in times of ongoing uncertainty and the funds to underpin investment in our future strategy.

“

To cut a long story short, the Centre has already helped me in ways I couldn't have imagined, and they continue to do so. Because I've been lucky and don't suffer as badly as many people with MS I've always felt that MS is just something I have to put up with, there's no cure so I just have to get on with it. But now I realise there are things that can be done and help available from the Centre which isn't readily accessible via the NHS.

Centre Member

”



# Statement of the Trustees responsibilities

The Trustees (who are also directors of the Chilterns MS Centre for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

# Statement as to disclosure of information to auditors

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

## Auditors

The auditors, Haines Watts, will be proposed for re-appointment at the forthcoming Annual General Meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies.

Approved by order of the board of trustees on 17th April 2023

Henry Snow  
Chair of Trustees

A handwritten signature in dark ink, appearing to read 'Henry Snow', is written over the printed name and title.

# Independent auditor's report to the members and Trustees of Chilterns MS Centre Ltd.

## Opinion

We have audited the financial statements of Chilterns MS Centre Ltd. (the 'parent charitable company') and its subsidiaries (the 'group') for the year ended 31 December 2022 in this report, which comprise a consolidated statement of financial activities, a consolidated balance sheet and a consolidated cash flow statement, and notes to the financial statements, including a summary of significant accounting policies.

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and parent charitable company's affairs as at 31 December 2022, and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011.

## Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report.

We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## **Conclusions Relating to Going Concern**

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

## **Other Information**

The Trustees are responsible for the other information. The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## **Opinions on Other Matters Prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Report of the Trustees has been prepared in accordance with applicable legal requirements.



## **Matters on Which We are Required to Report by Exception**

In the light of our knowledge and understanding of the group and parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Act 2011 requires us to report to you if, in our opinion:

- adequate and sufficient accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

## **Responsibilities of Trustees**

As explained more fully in the Trustees' responsibilities statement set out in this report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the group's and parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations or have no realistic alternative but to do so.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which it operates. We determined that the following laws and regulations were most significant: The Companies Act 2006, The Charities Act 2011, UK GAAP, the UK Corporate Governance Code, UK corporate tax laws, Occupational Health and Safety regulations, and the Data Protection Act.
- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks and made enquiries to the management of known or suspected instances of fraud and non-compliance with laws and regulations. We corroborated our enquiries through our review of board minutes, other relevant meeting minutes and review of correspondence with regulatory bodies.

We assessed the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the audit team included:

- Identifying and assessing the controls management has in place to prevent and detect fraud;
- Understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process;
- Challenging assumptions and judgments made by management in its significant accounting estimates and judgments.
- Identifying and testing journal entries, in particular journal entries posted with unusual account combinations.
- Assessing the extent of compliance with the relevant laws and regulations.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations are from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

## Use of Our Report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's members and its Trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body and the charitable company's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

## Auditor details



Mr S Brownsmith FCA  
Senior Statutory Auditor  
For and on behalf of Haines Watts (Berkhamsted) Limited, Statutory Auditor  
Milton House, Gatehouse Rd,  
Gatehouse Industrial Area,  
Aylesbury, HP19 8EA

17 April 2023

Haines Watts is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.

**CHILTERN MS CENTRE LTD.**  
**CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted Funds £	Restricted Funds £	31.12.2022 Total funds £	31.12.2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	494,577	144,950	639,527	765,123
<b>Charitable activities</b>					
Provision of treatments, care and support for people with MS	6	62,572	0	62,572	29,580
Other trading activities	4	137,739	0	137,739	173,795
Investment income	5	360	0	360	16
<b>Total</b>		<b>695,248</b>	<b>144,950</b>	<b>840,198</b>	<b>968,514</b>
<b>EXPENDITURE ON</b>					
Raising funds	7	238,055	0	238,055	154,489
<b>Charitable activities</b>					
Provision of treatments, care and support for people with MS	8	592,521	151,253	743,774	628,202
<b>Total</b>		<b>830,576</b>	<b>151,253</b>	<b>981,829</b>	<b>782,691</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>(135,328)</b>	<b>(6,303)</b>	<b>(141,631)</b>	<b>185,823</b>
<b>Transfers between funds</b>	23	13,533	(13,533)	0	0
<b>Net movement in funds</b>		<b>(121,795)</b>	<b>(19,836)</b>	<b>(141,631)</b>	<b>185,823</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>2,910,672</b>	<b>43,009</b>	<b>2,953,682</b>	<b>2,767,858</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	23	<b><u>2,788,877</u></b>	<b><u>23,174</u></b>	<b><u>2,812,051</u></b>	<b><u>2,953,681</u></b>

The notes on pages 34 to 48 form part of these financial statements.

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure has arisen from continuing activities.



**CHILTERN MS CENTRE LTD.**  
**CONSOLIDATED BALANCE SHEET**  
**AT 31 DECEMBER 2022**

**(REGISTERED NUMBER: 02294557)**

	Notes	Group		Charity	
		31.12.2022	31.12.2021	31.12.2022	31.12.2021
		£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	14	2,452,529	2,503,333	2,452,529	2,503,333
Investments	15	1,999	1,999	2,099	2,099
		<u>2,454,528</u>	<u>2,505,332</u>	<u>2,454,628</u>	<u>2,505,432</u>
<b>CURRENT ASSETS</b>					
Stocks	16	2,488	3,993	2,488	3,993
Debtors	17	23,842	79,311	37,942	78,823
Cash at bank		510,457	575,748	495,759	574,431
		<u>536,787</u>	<u>659,052</u>	<u>536,189</u>	<u>657,247</u>
<b>CREDITORS</b>					
Amounts falling due within one year	18	(61,897)	(83,818)	(61,663)	(82,312)
<b>NET CURRENT ASSETS</b>		<u>474,890</u>	<u>575,234</u>	<u>474,526</u>	<u>574,935</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>2,929,418</u>	<u>3,080,566</u>	<u>2,929,154</u>	<u>3,080,367</u>
<b>CREDITORS</b>					
Amounts falling due after more than one year	19	(117,367)	(126,885)	(117,367)	(126,885)
<b>NET ASSETS</b>		<u><u>2,812,051</u></u>	<u><u>2,953,681</u></u>	<u><u>2,811,787</u></u>	<u><u>2,953,482</u></u>
<b>FUNDS</b>	23				
Unrestricted		2,788,877	2,910,672	2,788,613	2,910,473
Restricted		23,174	43,009	23,174	43,009
<b>TOTAL FUNDS</b>		<u><u>2,812,051</u></u>	<u><u>2,953,681</u></u>	<u><u>2,811,787</u></u>	<u><u>2,953,482</u></u>

The financial statements were approved and authorised for issue by the Board of Trustees on and were signed on its behalf by:-

17th April 2023



Henry Snow  
Trustee



Ian Summerfield  
Trustee

The notes on pages 34 to 48 form part of these financial statements.

**CHILTERN MS CENTRE LTD.**  
**CONSOLIDATED CASH FLOW STATEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

	31.12.2022	31.12.2021
Notes	£	£
<b>Cash flows from operating activities:</b>		
Cash generated from operations	1 (11,065)	304,792
Interest paid	(5,284)	(4,154)
<b>Net cash provided by / (used in) operating activities</b>	<b><u>(16,349)</u></b>	<b><u>300,638</u></b>
<b>Cash flows from investing activities:</b>		
Purchase of tangible fixed assets	(36,468)	(100,063)
Interest received	360	16
<b>Net cash provided by / (used in) investing activities</b>	<b><u>(36,108)</u></b>	<b><u>(100,047)</u></b>
<b>Cash flows from financing activities:</b>		
Loan repayments in year	<u>(12,835)</u>	<u>(8,810)</u>
<b>Net cash provided by / (used in) financing activities</b>	<b><u>(12,835)</u></b>	<b><u>(8,810)</u></b>
<b>Change in cash and cash equivalents in the reporting period</b>	<b>(65,291)</b>	<b>191,781</b>
<b>Cash and cash equivalents at the beginning of the reporting period</b>	<b><u>575,748</u></b>	<b><u>383,967</u></b>
<b>Cash and cash equivalents at the end of the reporting period</b>	<b><u><u>510,457</u></u></b>	<b><u><u>575,748</u></u></b>

The notes on pages 34 to 48 form part of these financial statements.

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE CONSOLIDATED CASH FLOW STATEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**1 RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	31.12.2022 £	31.12.2021 £
<b>Net income/(expenditure) for the reporting period (as per the consolidated statement of financial activities)</b>	(141,631)	185,823
Donated professional services and donated facilities		
<b>Adjustments for:</b>		
Depreciation charges	87,272	76,926
Interest received	(360)	(16)
Interest paid	5,284	4,154
(Increase)/decrease in stocks	1,505	(2,307)
(Increase)/decrease in debtors	55,469	32,132
Increase/(decrease) in current creditors excluding bank loans and overdrafts	(18,604)	8,080
Net cash provided by / (used in) operating activities	<u>(11,065)</u>	<u>304,792</u>

**2 ANALYSIS OF CHANGES IN NET DEBT**

	At 01.01.2022 £	Cash Flows £	Other non cash changes £	At 31.12.2022 £
Cash	575,748	(52,456)	(12,835)	510,457
Loans falling due within one year	(13,191)		3,317	(9,874)
Loans falling due after more than one year	(126,885)		9,518	(117,367)
	<u>435,672</u>	<u>(52,456)</u>	<u>0</u>	<u>383,216</u>

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**1 STATUTORY INFORMATION**

Chilterns MS Centre Ltd. is a private company limited by guarantee incorporated in England and Wales. The registered office is Oakwood Close, Wendover, Aylesbury, Buckinghamshire HP22 5LX.

The presentation currency of the financial statements is the Pound Sterling (£) and the financial statements are rounded to the nearest £.

**2 ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued in October 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', and the Companies Act 2006.

Chilterns MS Centre Ltd. meets the definition of a public benefit entity under FRS102. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

At the date of approving these financial statements the trustees believe the charity has sufficient resources to ensure continued operational existence for the foreseeable future. The financial statements have therefore been prepared on the basis that the charity is a going concern.

**Preparation of consolidated financial statements**

The consolidated financial statements incorporate those of the Chilterns MS Centre and its wholly owned subsidiary Oakwood Wellbeing Limited on a line by line basis. Details of the subsidiary results are given in note 15. As permitted by section 408 of the Companies Act 2006, the SOFA of the parent company is not presented as part of these financial statements.

**Income**

Governance costs include those related to the cost of governance of the charity and its assets and are primarily associated with the compliance with constitutional and statutory requirements.

Recognition of income from donations will be deferred if the donor has specified the donation must be spent in a future accounting period(s) or if certain conditions have been imposed which must be met before the charity has unconditional entitlement. The gift aid associated with a donation is recognised when the donation is received by the charity. Gifts in kind are included at valuation at the time of the gift.

Subscription income is recognised in the year to which it relates and deferred in so much as it relates to a subsequent period.

The charity receives grants from Clinical Commissioning Groups which are accrued in accordance with calculations based on monthly clinical activity data provided.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the estate that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

## **2 ACCOUNTING POLICIES - continued**

### **Donated services and facilities**

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS102), the general volunteer time of the charity's volunteers is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain the services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Raising funds**

Raising funds includes all expenditure incurred by the charity to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

### **Charitable activities**

The costs of charitable activities are those directly incurred in support of the charity's objectives and include the costs of running the building owned and used by the charity.

### **Governance costs**

Governance costs include those related to the cost of governance of the charity and its assets and are primarily associated with the compliance with constitutional and statutory requirements.

### **Allocation and apportionment of costs**

Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**2 ACCOUNTING POLICIES - continued**

**Tangible fixed assets**

Tangible assets are stated at cost less accumulated depreciation. The cost of minor additions or those below £500 are not capitalised. Depreciation is provided at the following annual rates in order to write off the cost of each asset, less estimated residual value, over its estimated useful life.

Freehold property	- 2% straight line (50 years)
Plant and machinery etc.	- 10%/33.3% straight line (3 to 10 years)
Main pool	- 6.67% straight line (15 years)
Pool refurbishment	- 13.3% straight line (7.5 years, or to the end of life of the main pool if shorter)
Oxygen chamber	- 4% straight line (25 years)

**Stocks**

Stocks are valued at the lower of cost and net realisable value on a FIFO basis after making due allowance for obsolete and slow moving items.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Cash and cash equivalents**

Cash and cash equivalents include cash in hand and deposits held on call with the charity's banks.



**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**2 ACCOUNTING POLICIES - continued**

**Financial instruments**

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. The trustees are of the opinion that the charity does not currently have any Financial Instruments falling within the definition of Section 12 of FRS 102.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

*Basic financial assets*

Basic financial assets, which include debtors and cash and cash equivalents, are initially measured at transaction price including costs and are subsequently carried at amortised cost using the effective interest method. Financial assets classified as receivable within one year are not amortised.

*Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Financial liabilities classified as payable within one year are not amortised.

*Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

**Critical accounting estimates and judgements**

There have been no judgements made by the trustees in applying the accounting policies which have had a significant effect on the amounts recognised in the financial statements.

There have been no assumptions concerning the future, and other key sources of estimation uncertainty at the year end that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

**3 DONATIONS AND LEGACIES**

	Unrestricted Funds £	Restricted Funds £	31.12.2022 Total £	31.12.2021 Total £
Donations from members	120,836	0	120,836	113,595
Gift aid	27,217	0	27,217	26,051
Other donations and legacies	109,654	500	110,154	214,172
Fundraising and collections	236,870	144,450	381,320	409,925
Furlough grant	0	0	0	1,380
	<u>494,577</u>	<u>144,950</u>	<u>639,527</u>	<u>765,123</u>

Other donations and legacies include £3,294 (2021: £5,295) being the value of goods and services donated to the charity during the year.

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**4 OTHER TRADING ACTIVITIES**

	31.12.2022	31.12.2021
	£	£
Sales	40,806	18,452
Membership subscriptions	14,840	14,435
Outside usage	82,093	60,847
Insurance recovery	0	80,061
	<u>137,739</u>	<u>173,795</u>

**5 INVESTMENT INCOME**

	31.12.2022	31.12.2021
	£	£
Bank interest receivable	<u>360</u>	<u>16</u>

**6 INCOME FROM CHARITABLE ACTIVITIES**

	31.12.2022	31.12.2021
	Provision of treatments, care and support for people with MS	Provision of treatments, care and support for people with MS
	£	£
Contributions from Clinical Commissioning Groups	<u>62,572</u>	<u>29,580</u>

**7 RAISING FUNDS**

**Raising donations, legacies and outside usage**

	31.12.2022	31.12.2021
	£	£
Staff costs	212,218	132,918
Fundraising Events	15,395	12,721
Sundries	4,111	4,456
Travel & subsistence	219	100
Cost of goods sold	6,112	4,294
	<u>238,055</u>	<u>154,489</u>

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**8 CHARITABLE ACTIVITIES COSTS**

	Direct costs	Support costs (See note 9)	Totals
	£	£	£
Provision of treatments, care and support for people with MS	574,891	168,883	743,774

**9 SUPPORT COSTS**

	Management	Information technology	Human resources	Governance costs	Totals
	£	£	£	£	£
Provision of treatments, care and support for people with MS	153,129	8,256	1,898	5,600	168,883

Support costs, included in the above, are as follows:

	31.12.2022	31.12.2021
	Provision of treatments, care and support for people with MS	Provision of treatments, care and support for people with MS
	£	£
Support salaries	138,966	161,549
Social security	8,505	9,728
Pensions	2,816	3,623
Postage, printing and stationery	4,527	3,360
Travel	168	35
Sundries	(1,853)	(2,207)
IT costs	8,256	13,267
HR costs	1,898	2,548
Auditors' remuneration	5,600	4,700
	168,883	196,603

**10 NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	31.12.2022	31.12.2021
	£	£
Auditors' remuneration	5,600	4,700
Depreciation - owned assets	87,272	76,926
Hire of plant and machinery	1,240	1,240

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**11 TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

**12 STAFF COSTS**

	31.12.2022	31.12.2021
	£	£
Wages and salaries	601,277	490,448
Social security costs	49,318	35,263
Other pension costs	16,015	12,146
	<u>666,610</u>	<u>537,857</u>

	31.12.2022	31.12.2021
Therapy staff	15	13
Fundraising staff	6	5
Facilities staff	2	4
Administrative staff	3	3
	<u>26</u>	<u>25</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.12.2022	31.12.2021
£60,001 - £70,000	<u>0</u>	<u>0</u>

**13 2021 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted £	Restricted £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	586,473	178,650	765,123
<b>Charitable activities</b>			
Contributions from Clinical Commissioning Groups	29,580	0	29,580
Other trading activities	173,795	0	173,795
Investment income	16	0	16
<b>Total</b>	<u>789,864</u>	<u>178,650</u>	<u>968,514</u>

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**13 2021 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
<b>EXPENDITURE ON</b>			
Raising funds	154,479	0	154,479
<b>Charitable activities</b>			
Provision of treatments, care and support for people with MS	431,599	196,603	628,202
<b>Total</b>	<u>586,078</u>	<u>196,603</u>	<u>782,681</u>
<b>NET INCOME/(EXPENDITURE)</b>	203,786	(17,953)	185,833
<b>Transfers between funds</b>	67,901	(67,901)	0
<b>Net movement in funds</b>	<u>271,687</u>	<u>(85,854)</u>	<u>185,833</u>
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	2,663,663	104,195	2,767,858
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>2,935,350</u></u>	<u><u>18,341</u></u>	<u><u>2,953,681</u></u>

**14 TANGIBLE FIXED ASSETS - CHARITY (ALSO COMPRISING THAT OF THE GROUP)**

	Freehold property	Fixtures and fittings	Totals
	£	£	£
<b>COST</b>			
At 1 January 2022	2,468,960	629,263	3,098,223
Additions	0	36,468	36,468
Disposals	0	0	0
At 31 December 2022	<u>2,468,960</u>	<u>665,731</u>	<u>3,134,691</u>
<b>DEPRECIATION</b>			
At 1 January 2022	231,899	362,991	594,890
Charge for year	23,190	64,082	87,272
Disposals	0	0	0
At 31 December 2022	<u>255,089</u>	<u>427,073</u>	<u>682,162</u>
<b>NET BOOK VALUE</b>			
At 31 December 2022	<u><u>2,213,871</u></u>	<u><u>238,658</u></u>	<u><u>2,452,529</u></u>
At 31 December 2021	<u><u>2,237,061</u></u>	<u><u>266,272</u></u>	<u><u>2,503,333</u></u>

The additions and disposals in the year relate to pool assets removed and replaced.

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**15 FIXED ASSET INVESTMENTS**

	Group		Charity	
	31.12.2022	31.12.2021	31.12.2022	31.12.2021
	£	£	£	£
<b>MARKET VALUE</b>				
Unlisted investment in subsidiary companies.	0	0	100	100
Other unlisted investments	1,999	1,999	1,999	1,999
	<u>1,999</u>	<u>1,999</u>	<u>2,099</u>	<u>2,099</u>

Unlisted investment in subsidiary companies.

The charity holds 100 shares of £1 each in its wholly owned trading subsidiary company Oakwood Wellbeing Limited which was incorporated in the United Kingdom on 7 September 2016 (registration number 10363280). Profits from the subsidiary are paid to the charity under the gift aid payment scheme. A summary of the financial performance of the subsidiary for the period 1 January to 31 December 2022 (1 January to 31 December 2021) is:-

	31.12.2022	31.12.2021
	£	£
Income	82,093	60,847
Less direct operating expenditure	(11,784)	(16,346)
Less service charge from parent charity	(23,700)	(15,000)
Net profit	<u>46,609</u>	<u>29,501</u>
Total equity brought forward	201	98
Profit for the financial year	46,609	29,501
Amount gift aided to the charity - prior year profits	(201)	(98)
Amount gift aided to the charity - current year profits	(46,442)	(29,300)
Total equity carried forward	<u>167</u>	<u>201</u>

The net contribution Oakwood Wellbeing Limited made to the parent charity in the year was £70,240 (2021: £44,398) being the total of the service charge and gift aided profit.

**16 STOCKS**

	Group		Charity	
	31.12.2022	31.12.2021	31.12.2022	31.12.2021
	£	£	£	£
Stocks	<u>2,488</u>	<u>3,993</u>	<u>2,488</u>	<u>3,993</u>

**17 DEBTORS**

	Group		Charity	
	31.12.2022	31.12.2021	31.12.2022	31.12.2021
	£	£	£	£
Trade debtors	13,384	61,967	6,183	56,070
Prepayments and accrued income	10,458	17,344	10,458	17,344
Amounts owed by group undertakings	0	0	21,301	5,409
	<u>23,842</u>	<u>79,311</u>	<u>37,942</u>	<u>78,823</u>

**Funds received as agents**

During the year the charity received £16,172 (2021: £5,202) as an agent for exhibitors at its annual art exhibition. The exhibitors donated £5,437 (2021: £1,971) in total to the charity and the charity therefore paid the balance of £10,735 (2021: £3,231) to the exhibitors.



**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**18 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	Group		Charity	
	31.12.2022	31.12.2021	31.12.2022	31.12.2021
	£	£	£	£
Bank loans and overdrafts (see note 20)	9,876	13,192	9,876	13,192
Trade creditors	18,848	37,382	18,616	37,119
Social security and other taxes	18,476	12,534	18,476	12,534
Accruals and deferred income	14,697	20,710	14,695	19,467
	<u>61,897</u>	<u>83,818</u>	<u>61,663</u>	<u>82,312</u>

Deferred income amounting to £3,600 (2021: £4,425) at the balance sheet date comprises grants received with time related restrictions and membership income received in advance.

**19 CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	Group		Charity	
	31.12.2022	31.12.2021	31.12.2022	31.12.2021
	£	£	£	£
Bank loans (see note 20)	<u>117,367</u>	<u>126,885</u>	<u>117,367</u>	<u>126,885</u>

**20 LOANS**

An analysis of the maturity of loans is given below:

	Group		Charity	
	31.12.2022	31.12.2021	31.12.2022	31.12.2021
	£	£	£	£
Amounts falling due within one year on demand:				
Bank loans	<u>9,876</u>	<u>13,192</u>	<u>9,876</u>	<u>13,192</u>
Amounts falling due between two and five years:				
Bank loans - 2-5 years	<u>46,278</u>	<u>57,265</u>	<u>46,278</u>	<u>57,265</u>
Amounts falling due in more than five years:				
Bank loans more than 5 years by instalments	<u>71,089</u>	<u>69,620</u>	<u>71,089</u>	<u>69,620</u>

**21 OPERATING LEASE COMMITMENTS - CHARITY (ALSO COMPRISING THAT OF THE GROUP)**

Minimum lease payments fall due as follows:

	31.12.2022	31.12.2021
	£	£
Other operating leases		
Expiring:		
between two and five years	<u>930</u>	<u>3,409</u>
	<u>930</u>	<u>3,409</u>

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**22 SECURED DEBTS - CHARITY (ALSO COMPRISING THAT OF THE GROUP)**

The following secured debts are included within creditors:

31.12.2022	31.12.2021
£	£
<u>127,243</u>	<u>140,077</u>

The bank loan is secured by two legal charges, the first being over the freehold property of the charity and all associated assets. The charity entered into a bank loan agreement for £475,000 in 2012 so as to finance its new building. This loan was restructured in 2012 at a value of £216,736 and is repayable over a period of 15 years commencing January 2015 at an interest rate of 2.75% above base rate. The trustees believe that the charity will receive sufficient donations to be able to repay this loan in line with its terms. The second legal charge is fixed and floating over the charity and all its assets present and future.

**23 MOVEMENT IN FUNDS**

<b>Unrestricted funds</b>	At 01.01.2022	Income	Expenditure	Transfers	At 31.12.2022
	£	£	£	£	£
Group - General fund	<u>2,910,672</u>	<u>695,248</u>	<u>(830,576)</u>	<u>13,533</u>	<u>2,788,877</u>
Charity - General fund	<u>2,910,473</u>	<u>683,395</u>	<u>(818,792)</u>	<u>13,533</u>	<u>2,788,613</u>

**Restricted funds - Charity (also comprising that of the Group)**

	At 01.01.2022	Income	Expenditure	Transfers	At 31.12.2022
	£	£	£	£	£
Reception & Garden Furniture	1,567	0	0	0	1,567
Physiotherapy Equipment	1,085	0	(398)	0	687
Owens building infrastructure Fund	3,815	0	0	(0)	3,815
Hardship Fund	250	0	(50)	0	200
Exercise Programme	226	0	(226)	0	0
National Lottery Community Fund	1,629	0	(1,629)	0	0
COVID19 Fund	3,633	0	0	(3,633)	(1)
Allergan Fund	9,886	(0)	(0)	0	9,886
Aims2Cure Pilates Fund	450	4,550	(5,000)	0	0
Rothschild Wellbeing Fund	9,636	5,000	(14,636)	0	0
Aylesbury Town Council & Paradigm Fund	9,000	5,000	(14,000)	0	0
Leisure Group Fund	1,833	500	(1,687)	0	646
Pool UV filters	0	9,900	0	(9,900)	0
Physio salaries	0	107,000	(107,000)	0	0
Oxygen	0	13,000	(6,627)	0	6,373
	<u>43,010</u>	<u>144,950</u>	<u>(151,252)</u>	<u>(13,533)</u>	<u>23,174</u>
<b>GROUP - TOTAL FUNDS</b>	<u>2,953,682</u>	<u>840,198</u>	<u>(981,828)</u>	<u>0</u>	<u>2,812,051</u>
	<u>2,953,483</u>	<u>828,345</u>	<u>(970,044)</u>	<u>0</u>	<u>2,811,787</u>

The transfer between funds reflects expenditure on capital items in accordance with the terms of the fund.

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**23 MOVEMENT IN FUNDS - COMPARATIVES**

	At 01.01.2021 £	Income £	Expenditure £	Transfers £	At 31.12.2021 £
<b>Unrestricted funds</b>					
	<u>2,663,663</u>	<u>789,864</u>	<u>(610,756)</u>	<u>67,901</u>	<u>2,910,672</u>
Charity - General fund	<u>2,663,567</u>	<u>773,479</u>	<u>(594,474)</u>	<u>67,901</u>	<u>2,910,473</u>
<b>Restricted funds</b>					
Computers	650	0	0	(650)	0
Tring Lions Building Fund	5,500	0	0	(5,500)	0
Reception & Garden Furniture	1,567	0	0	0	1,567
Physiotherapy Equipment	1,640	0	(555)	0	1,085
Owens building infrastructure Fund	11,000	0	(1,770)	(5,415)	3,815
Hardship Fund	250	0	0	0	250
Exercise Programme	10,994	15,972	(26,740)	0	226
Pool Refurbishment Fund	56,336	0	0	(56,336)	0
National Lottery Community Fund	0	100,000	(98,371)	0	1,629
COVID19 Fund	5,669	12,100	(14,135)	0	3,634
Allergan Fund	10,589	0	(704)	0	9,885
Aims2Cure Pilates Fund	0	4,550	(4,100)	0	450
Rothchilds Wellbeing fund	0	35,000	(25,364)	0	9,636
Aylesbury TC & Paradigm	0	9,000	0	0	9,000
Leisure / Therapy Group	0	2,028	(196)	0	1,832
	<u>104,195</u>	<u>178,650</u>	<u>(171,935)</u>	<u>(67,901)</u>	<u>43,009</u>
<b>GROUP - TOTAL FUNDS</b>	<u>2,767,858</u>	<u>968,514</u>	<u>(782,691)</u>	<u>0</u>	<u>2,953,681</u>
<b>CHARITY - TOTAL FUNDS</b>	<u>2,767,762</u>	<u>952,129</u>	<u>(766,409)</u>	<u>0</u>	<u>2,953,482</u>

The Reception & Garden Furniture Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on the refit of the Centre reception area.

The Physiotherapy Equipment Fund relates to donations received by the charity where they wish for the funds to be applied towards the purchase of physiotherapy equipment.

The Owens Building Infrastructure Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on infrastructure projects or energy saving schemes.

The Hardship Fund relates to a donation received by the charity where the donor has agreed to support members unable to pay membership fees through financial hardship.

**23 MOVEMENT IN FUNDS (CONTINUED)**

The National Lottery Community Fund relates to donations received by the charity where the donor has stated they wish for the donations to be spent on the provision of physiotherapy services.

The COVID-19 Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on the response to COVID-19.

The Allergan Fund relates to a donation received by the charity where the donor has stated they wish for the donation to be spent on fundraising costs.

The Aims2Cure Pilates Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on the provision of Pilates.

The Rothschild Wellbeing Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on the provision of wellbeing activities.

The Aylesbury Town Council and Paradigm Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on wellbeing activities.

The Leisure Group Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on therapeutic leisure group activities.

The Pool UV Filters Fund relates to donations received by the charity where the donor has stated they wish the donations to be spent on UV filters for the hydro pool

The Physiotherapy Salaries Fund relates to donations received by the charity where the donors stated that the funds should be used to fund the provision of physiotherapy.

The Oxygen Supplies Fund relates to donations received by the charity where the donor has stated they wish for the donation to be spent on the operational costs of the oxygen chamber.

**CHILTERN MS CENTRE LTD.**  
**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**24a ANALYSIS OF GROUP NET ASSETS BETWEEN**

	Unrestricted funds	Restricted funds	
	£	£	£
Tangible fixed assets	2,452,528	0	2,452,528
Fixed asset investment	1,999	0	1,999
Current Assets	513,613	23,174	536,787
Creditors falling due within one year	(61,897)	0	(61,897)
Creditors falling due after more than one year	(117,367)	0	(117,367)
	<u>2,788,876</u>	<u>23,174</u>	<u>2,812,051</u>

**24b ANALYSIS OF GROUP NET ASSETS BETWEEN FUNDS (PRIOR YEAR)**

	Unrestricted funds	Restricted funds	31 December 2021 Total
	£	£	£
Fixed asset investment	2,503,333	0	2,503,333
Current Assets	616,043	43,009	659,052
Creditors falling due within one year	(83,818)	0	(83,818)
Creditors falling due after more than one year	(126,885)	0	(126,885)
	<u>2,910,672</u>	<u>43,009</u>	<u>2,953,681</u>

**24 PENSION COMMITMENTS**

During the year the charity contributed a total of £16,014 (2021: £12,146) to defined contribution schemes. This cost has been charged as an expense and analysed across activities in accordance with the allocation of the related employee salaries. At 31 December 2022, based on the employee salaries at the time, there was an annualised commitment of £17,979 (2021: £13,076).

**25 RELATED PARTY DISCLOSURES**

The total employee benefits of the key management personnel of the Group and Charity were £251,585(2021: £224,942). Key management personnel comprise the chief operating officer together with the senior leadership team.

The charitable company has one subsidiary, Oakwood Wellbeing Limited as detailed in note 15 above. During the year, this subsidiary made payments under the gift aid payment scheme to the charitable company of £46,540 (2021: £29,398).

**26 ULTIMATE CONTROLLING PARTY**

Chilterns MS Centre Ltd. is an incorporated charity under the control of the trustees collectively.

**27 COMPANY LIMITED BY GUARANTEE**

The liability of each member is limited to £10 by guarantee.







Chilterns MS Centre Ltd.

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Registered charity no: 800853 | Registered company no: 02294557